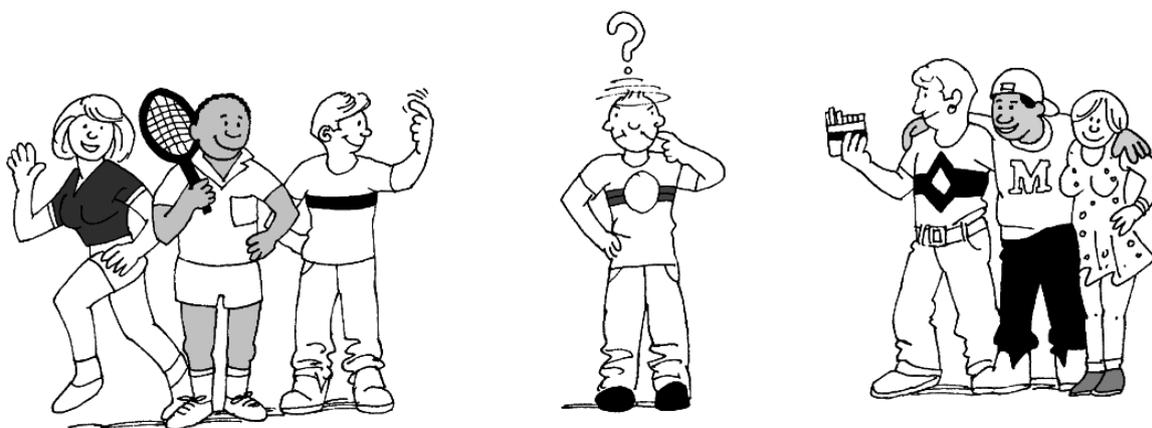


Key Stage One Pupils in North Yorkshire Schools

The Growing Up in North Yorkshire Survey 2014



A report for North Yorkshire

The Schools Health Education Unit

www.sheu.org.uk

School Survey Report 2014

Produced by the
Schools Health Education Unit

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

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Foreword

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

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

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

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



Angela Balding

Survey Manager
Schools Health Education Unit



Dr. David Regis

Research Manager
Schools Health Education Unit

Introduction

The Growing Up in North Yorkshire Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. This survey has been developed over 20 years, been used in over a thousand schools and been completed by many hundreds of thousands of school children. Data arising from the survey can be used to inform planning decisions, as well as in the classroom as the stimulus for discussion with young people.

This report contains several elements:

1. Results from this survey with explanation.
2. Quotes from the National Curriculum (2014), DfE PSHE Guidance (2013) and DfE 2014 Keeping Children Safe in Education.
3. Reference to the National Healthy Schools Programme.
4. Additional notes drawn from a variety of other sources.

Your comments are invited.

There are many aspects of the data in this report that will inform your school's needs analysis and evaluation of provision to promote the learning and wellbeing of children and young people, impacting on raising achievement and closing the achievement gap between disadvantaged pupils and their peers.

The National Curriculum states that:

"Every state-funded school must offer a curriculum which is balanced and broadly based and which: promotes the spiritual, moral, cultural, mental and physical development of learners at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life. All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice." (The National Curriculum in England Framework document, July 2014)

DfE Guidance Personal, social, health and economic (PSHE) education, September 2013 includes:

"Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum."

While we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions."

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle."

This report provides data to inform safeguarding provision in your school. DfE April 2014 Keeping Children Safe in Education:

"The Governing Body should ensure that: It considers how children may be taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum. This may include covering relevant issues through personal, social health and economic education (PSHE), and/or through sex and relationship education (SRE)."

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

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

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

Training is also available through the North Yorkshire Education and Skills team. Support materials may be found within NYCC Fronter rooms: PSE/Health and Wellbeing, E-safeguarding, Anti-bullying, Spiritual, Moral, Social, Cultural (SMSC), Vulnerable and Targeted Learner room: www.Fronter.com/northyorks

Administration

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

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

The sample

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

North Yorkshire	
	All Years
Boys	2705
Girls	2615

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

North Yorkshire Headlines

North Yorkshire	
	All Years
Boys	2705
Girls	2615

Background

ETHNICITY

- ❑ 94% of pupils are White British.

HOME LIFE

- ❑ 75% of pupils live with their mother and father together.
- ❑ 14% of pupils live mainly or only with their mother.
- ❑ 4% of pupils have a parent/carer who is in the British Army, Royal Navy or RAF, or the reserves.
- ❑ 2% of pupils have a parent/carer in the armed forces who has been away on operations in the last 12 months.
- ❑ 9% of pupils have a special educational need or learning difficulty. 0% said that they 'don't want to say'.
- ❑ 0% of pupils spend part of their school week learning at another school or centre. 0% said that they 'don't want to say'.
- ❑ 2% of pupils have a disability or long-standing illness. 0% said that they 'don't want to say'.
- ❑ 9% of pupils get free school meals or vouchers for school meals. 0% said that they 'don't want to say'.

LEISURE TIME

- ❑ 64% of pupils responded that they watched TV after school on the day before the survey, while 36% played computer games and 44% played with friends.

BEDTIME

- ❑ 69% of pupils responded that they have a set bedtime for nights when it's school the next day.
- ❑ 51% of pupils responded that they have a TV in their bedroom.
- ❑ 21% of pupils responded that they are allowed to watch TV after they have gone to bed.
- ❑ 27% of pupils responded that someone usually reads them a bedtime story.

Food and Diet

BREAKFAST

- ❑ 1% of pupils responded that they didn't have anything for breakfast on the day of the survey. 13% had a cooked breakfast.
- ❑ 2% had just a drink for breakfast.

- ❑ 34% of pupils responded that they had toast or bread for breakfast on the day of the survey, while 27% said that they had fruit.

- ❑ 23% of pupils responded that they go to a breakfast club at least 'sometimes'.

FOOD

- ❑ 60% of pupils responded that they eat fresh fruit on 'most days'; 49% said the same of vegetables.
- ❑ 44% of pupils responded that they 'never' eat brown bread; 14% said the same of fish/fish fingers.

Health & Hygiene

HAND WASHING

- ❑ 76% of pupils responded that they 'always' wash their hands after visiting the toilet, while 20% said they 'sometimes' do.
- ❑ 4% of pupils responded that they 'never' wash their hands after visiting the toilet.

DENTAL HEALTH

- ❑ 80% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 3% of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 62% of pupils responded that they have been to a dentist in the last year. 25% said they 'don't know' if they have been.

SUN CARE

- ❑ 70% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.

Emotional Health and Well-being

SELF ESTEEM

- ❑ 17% of pupils had a med-low self-esteem score (6 or less).
- ❑ 33% of pupils had a high self-esteem score (10 or more).
- ❑ 59% of pupils responded that they do not feel shy when a teacher asks them something.

WORRYING

- ❑ 36% of pupils responded that they worry about their family 'most days'.

Physical Activity

- ❑ 84% of pupils responded that they go for a walk at least 'sometimes' after school or at weekends, while 85% said they go swimming and 85% ride their bike.

School and Safety

SCHOOL

- ❑ 73% of pupils responded that they 'always' feel safe at school, while 21% said they 'sometimes' do.
- ❑ 57% of pupils responded that they like being at school 'most of the time', while 28% said they 'sometimes' do.
- ❑ 37% of pupils responded that they get the help they want in lessons 'most of the time', while 53% said they 'sometimes' do.
- ❑ 64% of pupils responded that they think they are getting better at school work 'most of the time', while 27% said that they think they are 'sometimes'.
- ❑ 12% of pupils responded that they feel scared to be at school because of other children 'most of the time', while 28% said they 'sometimes' do.
- ❑ 7% of pupils responded that they feel scared to travel to school because of other children 'most of the time', while 14% said they 'sometimes' do.

INTERNET SAFETY

- ❑ 85% of pupils responded that they use a computer at home.
- ❑ 77% of pupils responded that they use a computer at home which they play games on.
- ❑ 49% of pupils responded that they have a computer at home which helps them with their schoolwork.
- ❑ 29% of pupils responded that they have a computer at home which they mostly use with an adult to help them.
- ❑ 59% of pupils responded that they use the Internet on a shared computer at home.
- ❑ 71% of pupils responded that they know how to keep themselves safe on the Internet.
- ❑ 66% of pupils responded that they always keep themselves safe on the Internet.

BICYCLE/SCOOTER USE

- ❑ 95% of pupils responded that they have a bike.
- ❑ 90% of pupils responded that they have a scooter.
- ❑ 81% of pupils responded that they have a bike helmet.
- ❑ 44% of pupils responded that they 'always' wear a bike helmet when they use their bike or scooter, while 29% said they do so only 'sometimes'.

2014/2012 Comparisons

	2014	2012
	All Years	All Years
Boys	2705	2470
Girls	2615	2330

Your School's data for 2014 compared with your 2012 data in brackets; see notes on interpreting differences.

Background

ETHNICITY

- 94% (94%) of pupils are White British.

HOME LIFE

- 75% (76%) of pupils live with their mother and father together.
- 14% (13%) of pupils live mainly or only with their mother.

LEISURE TIME

- 64% (63%) of pupils responded that they watched TV after school on the day before the survey, while 36% (38%) played computer games and 44% (48%) played with friends.

Food and Diet

BREAKFAST

- 1% (1%) of pupils responded that they didn't have anything for breakfast on the day of the survey. 13% (12%) had a cooked breakfast.
- 2% (2%) had just a drink for breakfast.
- 34% (32%) of pupils responded that they had toast or bread for breakfast on the day of the survey, while 27% (27%) said that they had fruit.

FOOD

- 60% (61%) of pupils responded that they eat fresh fruit on 'most days' (2012: 'A lot'); 49% (51%) said the same of vegetables.
- 44% (36%) of pupils responded that they 'never' eat brown bread; 14% (14%) said the same of fish/fish fingers.

Health & Hygiene

HAND WASHING

- 76% (75%) of pupils responded that they 'always' wash their hands after visiting the toilet, while 20% (21%) said they 'sometimes' do.
- 4% (4%) of pupils responded that they 'never' wash their hands after visiting the toilet.

DENTAL HEALTH

- 80% (80%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- 3% (3%) of pupils responded that they did not clean their teeth at all on the day before the survey.

- 62% (61%) of pupils responded that they have been to a dentist in the last year. 25% (26%) said they 'don't know' if they have been.

SUN CARE

- 70% (83%) of pupils responded that they use at least one of the prevention methods listed 'always' (2012: 'A lot') to avoid getting sunburnt.

Emotional Health and Well-being

SELF ESTEEM

- 17% (15%) of pupils had a med-low self-esteem score (6 or less).
- 33% (40%) of pupils had a high self-esteem score (10 or more).
- 59% (61%) of pupils responded that they do not feel shy when a teacher asks them something.

WORRYING

- 36% (40%) of pupils responded that they worry about their family 'most days' (2012: 'A lot').

Physical Activity

- 84% (80%) of pupils responded that they go for a walk at least 'sometimes' after school or at weekends, while 85% (83%) said they go swimming and 85% (83%) ride their bike.

School and Safety

SCHOOL

- 73% (75%) of pupils responded that they 'always' (2012: 'Yes') feel safe at school, while 21% (18%) said they 'sometimes' do.
- 57% (60%) of pupils responded that they like being at school 'most of the time' (2012: 'Yes'), while 28% (26%) said they 'sometimes' do.
- 12% (14%) of pupils responded that they feel scared to be at school because of other children 'most of the time' (2012: 'Yes'), while 28% (25%) said they 'sometimes' do.
- 7% (11%) of pupils responded that they feel scared to travel to school because of other children 'most of the time' (2012: 'Yes'), while 14% (19%) said they 'sometimes' do.

INTERNET SAFETY

- 85% (93%) of pupils responded that they use a computer at home.
- 77% (82%) of pupils responded that they use a computer at home which they play games on.

- ❑ 49% (54%) of pupils responded that they have a computer at home which helps them with their schoolwork.
- ❑ 29% (40%) of pupils responded that they have a computer at home which they mostly use with an adult to help them.
- ❑ 71% (68%) of pupils responded that they know how to keep themselves safe on the Internet.

BICYCLE/SCOOTER USE

- ❑ 95% (96%) of pupils responded that they have a bike.
- ❑ 81% (79%) of pupils responded that they have a bike helmet.
- ❑ 44% (51%) of pupils responded that they 'always' wear a bike helmet when they use their bike or scooter, while 29% (23%) said they do so only 'sometimes'.

Significant differences between Your School's 2014 and 2012 data

Below we have listed some statistically significant differences between the data collected in the 2014 survey and that collected in 2012.

	2014	2012
	All Years	All Years
Boys	2705	2470
Girls	2615	2330

Sig	2014	2012	Question
***	70%	83%	of pupils responded that they use at least one of the prevention methods listed 'always' (2012: 'A lot') to avoid getting sunburnt.
***	85%	93%	of pupils responded that they use a computer at home.
***	29%	40%	of pupils responded that they have a computer at home which they mostly use with an adult to help them.
***	44%	36%	of pupils responded that they 'never' eat brown bread.
***	7%	11%	of pupils responded that they feel scared to travel to school because of other children 'most of the time' (2012: 'Yes').
***	33%	40%	of pupils had a high self-esteem score (10 or more).
***	44%	51%	of pupils responded that they 'always' wear a bike helmet when they use their bike or scooter.
***	49%	54%	of pupils responded that they have a computer at home which helps them with their schoolwork.
***	77%	82%	of pupils responded that they use a computer at home which they play games on.
***	84%	80%	of pupils responded that they go for a walk at least 'sometimes' after school or at weekends.
***	36%	40%	of pupils responded that they worry about their family 'most days' (2012: 'A lot').
***	71%	68%	of pupils responded that they know how to keep themselves safe on the Internet.
***	12%	14%	of pupils responded that they feel scared to be at school because of other children 'most of the time' (2012: 'Yes').
***	44%	48%	of pupils responded that they played with friends after school on the day before the survey.
***	73%	75%	of pupils responded that they 'always' (2012: 'Yes') feel safe at school.
***	57%	60%	of pupils responded that they like being at school 'most of the time' (2012: 'Yes').
***	81%	79%	of pupils responded that they have a bike helmet.
***	85%	83%	of pupils responded that they go swimming at least 'sometimes' after school or at weekends.
**	17%	15%	of pupils had a med-low self-esteem score (6 or less).
**	85%	83%	of pupils responded that they ride their bike at least 'sometimes' after school or at weekends.
*	36%	38%	of pupils responded that they played computer games after school on the day before the survey.
*	34%	32%	of pupils responded that they had toast or bread for breakfast on the day of the survey.
*	95%	96%	of pupils responded that they have a bike.

Tests: Chi-squared (χ^2). KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%) *** = $p < 0.001$ (0.1%).

Guidance on using the 2014 data: *Growing up in North Yorkshire*

The following is collated from school responses and work with schools, as to how they have successfully used previous data to identify needs, respond to issues identified and develop provision.

School Self-Evaluation

- Many schools have used the data well as part of their self-evaluation processes. The data has provided useful evidence of impact of the schools' provision especially focussed on outcomes for pupils, and has been included in a number of different sections in a school's self-evaluation form (SEF). Some schools have included a brief report to the governing body on the outcomes of the questionnaire informing school priorities. Additional questions have been added to the 2014 Growing Up in North Yorkshire survey to support the self-evaluation of the school's provision including Safeguarding, Spiritual, Moral, Social and Cultural Development and Learning, aligned to Ofsted judgements. Indicators aligned to the 2012 Section 5 Ofsted Inspection Framework (amended April 2014) precede this guidance section.

Policy review

- For some schools the data has informed policy review, for example, Sex and Relationships Education. Drugs policies, Anti-Bullying and e-Safety policies.

Pupil Voice

- Where pupils reported not feeling listened to, this has led to changes in practice and review of mechanisms to gather pupil voice and implement responses. Some examples include; introducing comments boxes in classes for private questions/concerns and follow-up pupil questionnaires.
- Some schools have developed more focussed follow-up through, for example, their school councils on specific issues arising through the data.

Emerging Issues

- Many schools highlighted concerns about Internet use and the need to develop work around cyber bullying and e-safety.
- A number of schools found that the data raised unexpected issues, such as the use of alcohol, especially in primary schools, which challenged previous assumptions. The schools responded by ensuring that they put strategies in place to address this, including a focus in the curriculum.
- Pupil responses highlighted a number of gender differences regarding a range of different issues which informed school-based planning.
- Lower self-esteem scores (especially in girls) highlighted the need to address self-confidence in a number of schools.
- As a result of feedback on transition experiences some schools have revisited their transition programmes and put in specific additional transition activities, for example, inviting Year 7 pupils to talk with Year 6 pupils.

Curriculum Development

- As a result of the feedback from the data, many schools have reviewed their Sex and Relationships provision. For some schools they have decided to include additional focussed activities for Year 5 pupils in preparation for puberty where previously the focus had been in Year 6.
- In many schools data has been used to inform and shape the PSHE and Citizenship curriculum.
- Use of the data through the curriculum, for example, data has been used in Mathematics lessons (e.g. pie charts). Pupils were motivated by the data and the data made the lessons feel more relevant.

Additional Provision

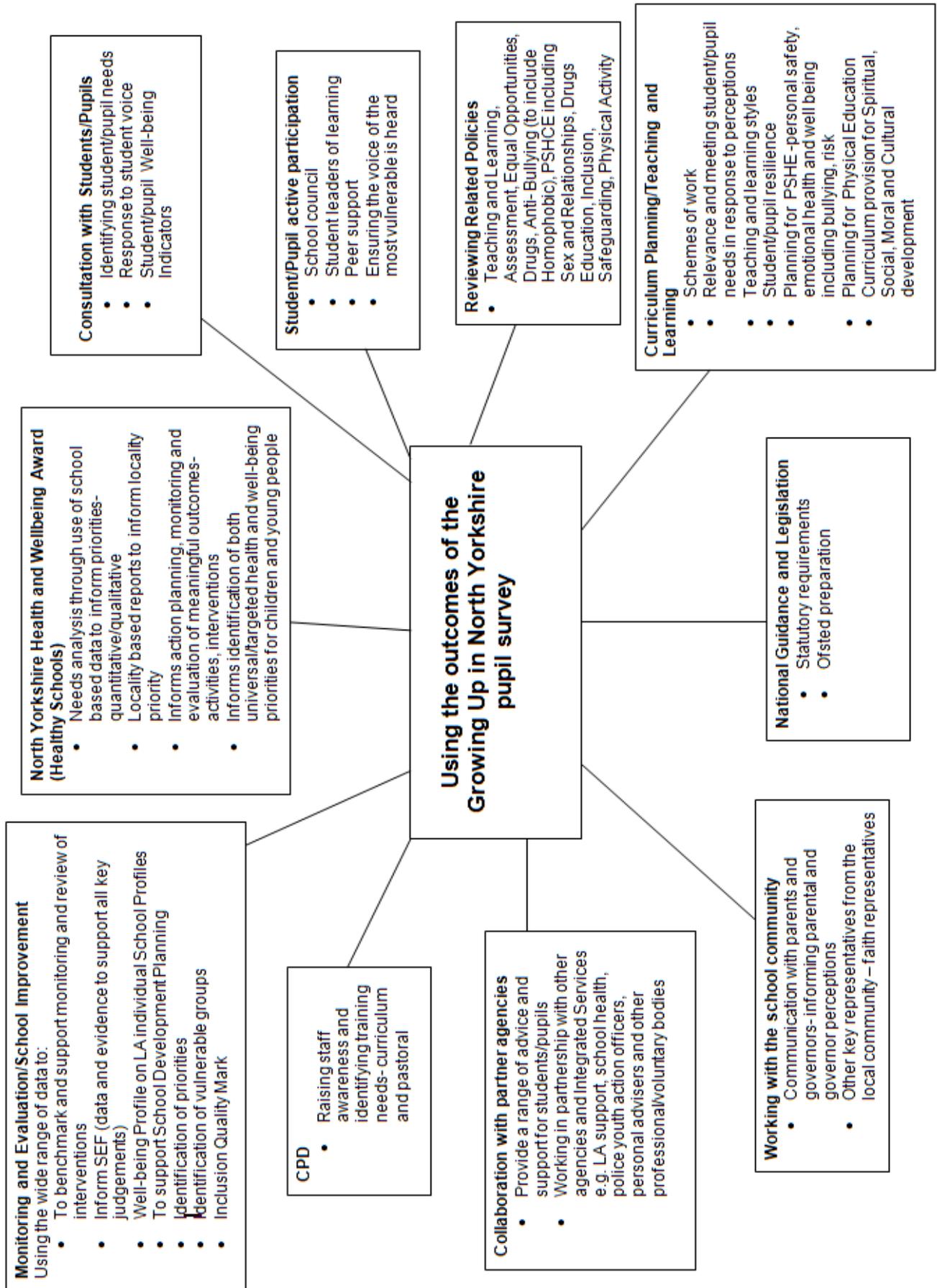
- Some schools have chosen to develop nurture groups.
- A number of schools have set up specific intervention groups for pupils engaged in some aspects of risky behaviours based on emerging issues for school data, for example, a Year 10 intervention group for a small group of boys engaged in substance misuse. Another school established an intervention group for a small number of Year 8 pupils in relation to alcohol use. Use of the data informed a 'normative' approach to ensure that some perceptions of pupils were able to be challenged.
- Pupil responses have provided many schools with a greater insight into pupil home life and background, providing valuable data to inform needs analysis.
- Further extended schools provision has been enhanced as data has been used to inform schools where there are gaps, particularly with regard to clubs involving physical activity.
- A number of breakfast clubs have been set up in response to data.
- Data has been useful to inform schools on the use of outside agencies to support their work with pupils and highlight particular gaps in provision.
- Pupil responses regarding physical activity have emphasised the need to develop PE and school sport provision.

Working with Parents

- Cooking clubs have emerged as a popular choice for schools, providing education for pupils and parents.
- Forums for parents regarding emerging issues such as drugs, alcohol and e-safety have been developed as a result of pupils' responses. Sharing relevant data with parents has been helpful in alleviating concerns that parents had about perceived levels of risky behaviours (compared to the in-school reality).

Continuing Professional Development (CPD)

- Data has been crucial in identifying whether current CPD is meeting the needs of the staff and pupils and highlighting areas for staff development to increase expertise and confidence in developing provision.



Equalities monitoring in North Yorkshire 2014

Information is collected about social identities among pupils in North Yorkshire.

Percentages in each year from social identity groups	Year 2	Year 6	Year 8	Year 10
Ethnic minority		6	9	7
Young carer	NA	NA	3	3
Children in care		<1	<1	1
Single-parent family		14	15	16
Not in own home	NA	NA	2	2
Special educational needs (SEN)		7	7	7
Disability or long-term illness		6	3	3
Free school meals		9	9	7
Armed forces family		5	5	5
Sexual identity (lesbian, gay or bisexual (LGB))	NA	NA	NA	6

We have done some analysis to see if the behaviours we see among young people in our county are different if they are to be found under one of the social identity headings above. We show the results below for Year 6 pupils. Not all differences show statistical significance; sample size is a factor.

Percentages in each social identity group reporting different behaviours - primary	All Y6 ***	Ethnic minority	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family ****
Eat 5-a-day	30	34	*24	*20	26	*23	*22
Ever tried smoking	3	*5	*6	*6	5	*8	*6
Drank last week	1	0	2	*4	3	*4	2
7+ hours exercise/week	35	32	*28	32	38	*27	30
High wellbeing score**	34	31	*28	35	29	*26	37
Bullied at or near school last year	21	24	24	26	*31	*31	*31
Worry 'very often' about health	6	*9	8	*15	*10	*11	*10
Worry 'very often' about going to secondary school	16	16	18	*23	19	*24	19
Had accident last year	27	22	27	*35	*42	*34	31
Enjoy 'most'/'all' school lessons	59	61	*51	58	58	55	61
The school encourages everyone to treat each other with respect	89	89	86	*76	81	80	87
I know my own targets and I am helped to meet them	82	82	79	73	79	73	81
Pupils' views make a difference in school	73	74	71	70	71	73	73
Numbers of pupils	4508	278	590	311	259	372	228

Shaded = a significant difference was found in 2012.

* = Difference from All Y6 is statistically significant (**bold** = more so).

** = New question for the 2014 equalities analysis.

*** = Figures given as % of whole sample and may differ slightly from those given elsewhere in this or other reports.

**** = Different criteria used in 2014 and 2012.

Your 2014 HRBS Results

Background

Ethnicity

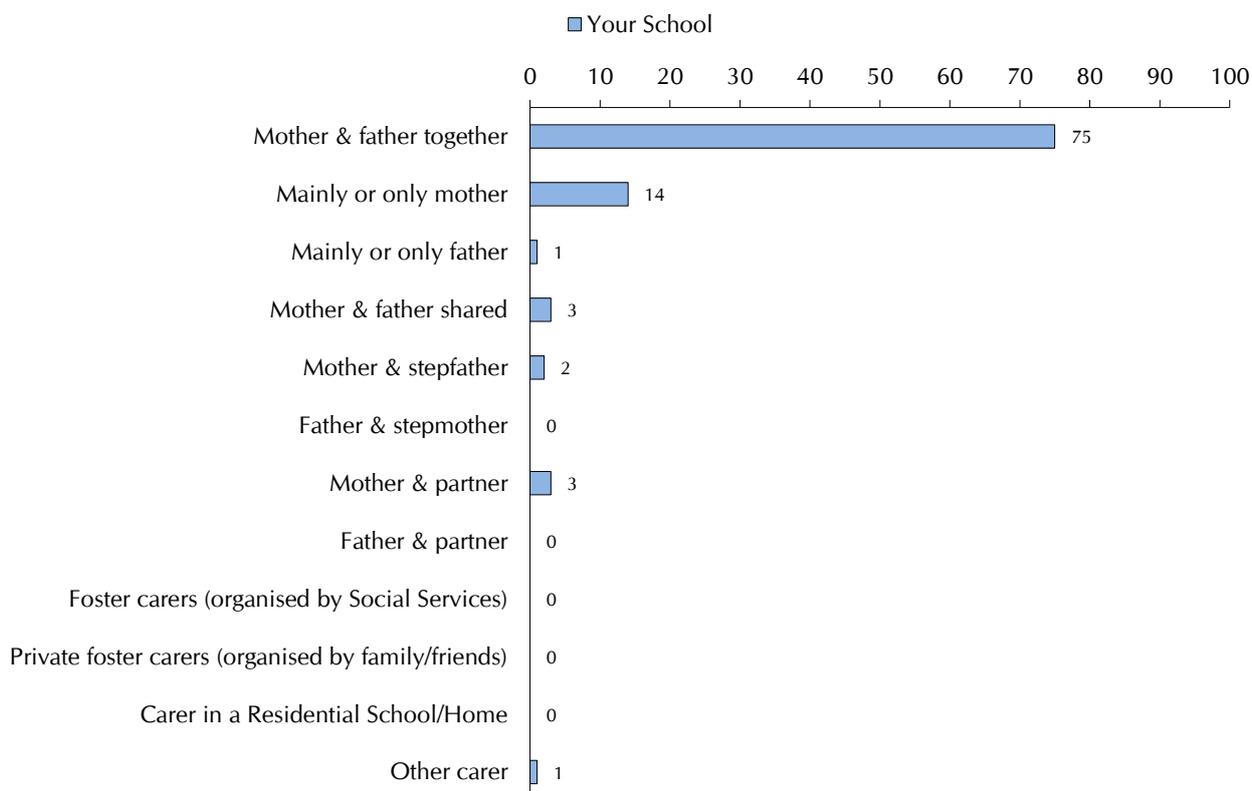
94% of pupils are White British.

QA1. Percentage of pupils who are White British.

North Yorkshire	
All Years	
Boys	94
Girls	93

Home Life

QA2. Which adults does the pupil live with?



75% of pupils live with their mother and father together.

QA2. Percentage of pupils who live with their mother and father together.

North Yorkshire	
All Years	
Boys	75
Girls	75

14% of pupils live mainly or only with their mother.

QA2. Percentage of pupils who live mainly or only with their mother.

North Yorkshire	
All Years	
Boys	13
Girls	14

4% of pupils have a parent/carer who is in the British Army, Royal Navy or RAF, or the reserves.

2% of pupils have a parent/carer in the armed forces who has been away on operations in the last 12 months.

9% of pupils have a special educational need or learning difficulty. 0% said that they 'don't want to say'.

0% of pupils spend part of their school week learning at another school or centre. 0% said that they 'don't want to say'.

2% of pupils have a disability or long-standing illness. 0% said that they 'don't want to say'.

9% of pupils get free school meals or vouchers for school meals. 0% said that they 'don't want to say'.

QA3a. Percentage of pupils who have a parent/ carer in the British Army, Royal Navy or RAF, or the reserves.

North Yorkshire

All Years

Boys 4

Girls 5

QA3c. Percentage of pupils who have a parent/ carer in the armed forces who has been away on operations in the last 12 months.

North Yorkshire

All Years

Boys 2

Girls 2

QA4. Percentage of pupils who have a special educational need or learning difficulty.

North Yorkshire

All Years

Boys 12

Girls 6

QA5a. Percentage of pupils who spend part of the week learning at another school or centre.

North Yorkshire

All Years

Boys 1

Girls 0

QA6. Percentage of pupils who have a disability or long-standing illness.

North Yorkshire

All Years

Boys 2

Girls 1

QA7. Percentage of pupils who get free school meals or vouchers for school meals.

North Yorkshire

All Years

Boys 9

Girls 9

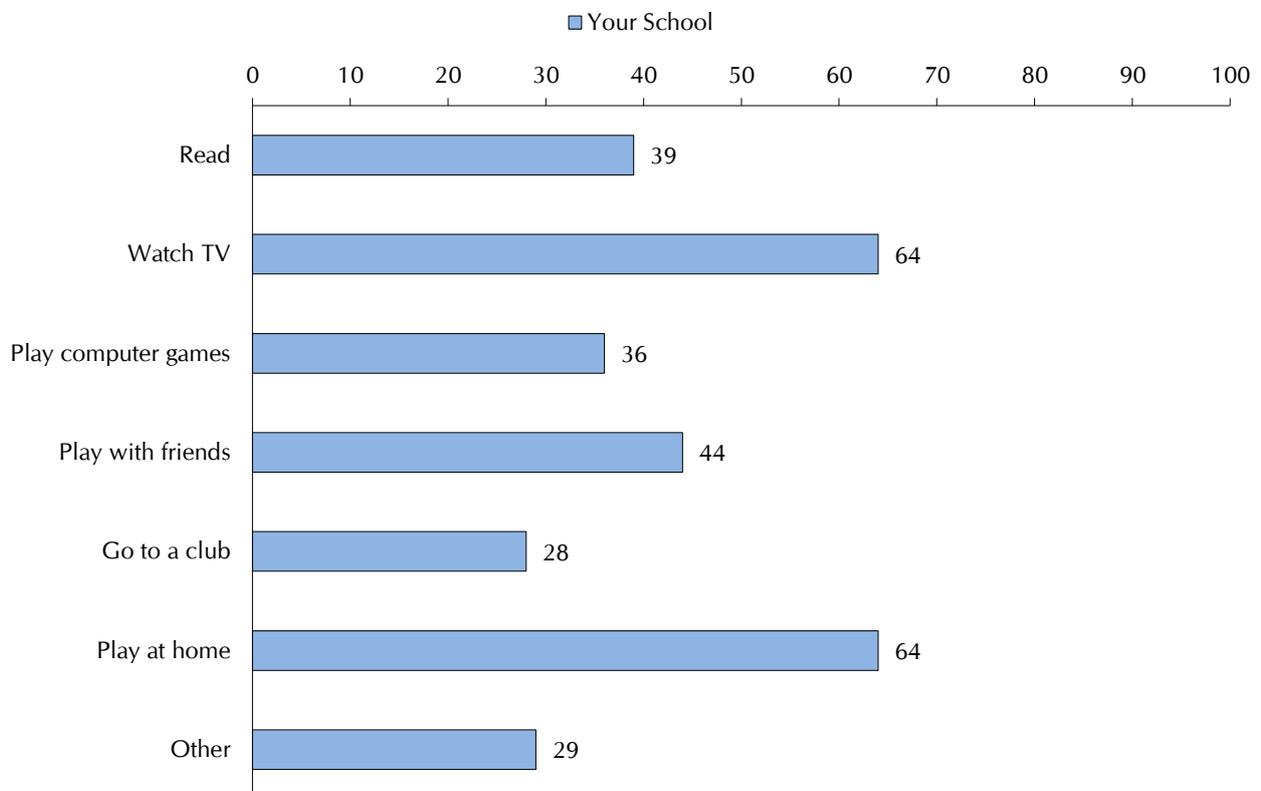
Leisure time

64% of pupils responded that they watched TV after school on the day before the survey, while 36% played computer games and 44% played with friends.

Q4. Percentage of pupils responding that they did the following after school on the day before the survey:

Boys		Girls			
1	Watch TV	66	1	Play at home	63
2	Play at home	65	2	Watch TV	62
3	Play computer games	47	3	Play with friends	45
4	Play with friends	44	4	Read	44
5	Read	35	5	Do anything else	32
6	Go to a club	27	6	Go to a club	30
7	Do anything else	26	7	Play computer games	23

Q4. Percentage of pupils responding that they did the following after school on the day before the survey:



Bedtime

69% of pupils responded that they have a set bedtime for nights when it's school the next day.

Q24a. Percentage answering that they have a set bedtime for nights when it's school the next day.

North Yorkshire

All Years

Boys 65

Girls 73

51% of pupils responded that they have a TV in their bedroom

Q24c. Percentage answering that they have a TV in their bedroom.

North Yorkshire

All Years

Boys 54

Girls 48

21% of pupils responded that they are allowed to watch TV after they have gone to bed.

Q24d. Percentage answering that they are allowed to watch TV after they have gone to bed.

North Yorkshire

All Years

Boys 24

Girls 17

27% of pupils responded that someone usually reads them a bedtime story.

Q24e. Percentage answering that someone usually reads them a bedtime story.

North Yorkshire

All Years

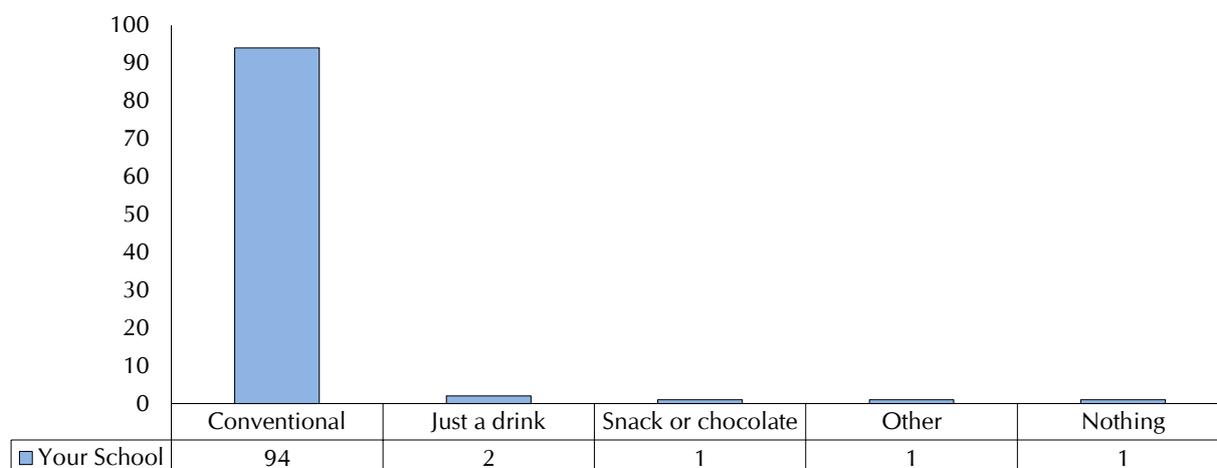
Boys 25

Girls 28

Food and Diet

Breakfast

Q5. Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; toast or bread; cooked breakfast; fruit or yoghurt. Snack or chocolate means: chocolate bar; sweets or crisp-type snack but not conventional breakfast.

1% of pupils responded that they didn't have anything for breakfast on the day of the survey, while 13% said they had a cooked breakfast.

Q5. Percentage answering that they didn't have anything to eat or drink for breakfast on the day of the survey

North Yorkshire

All Years

Boys 1

Girls 1

2% of pupils responded that they had just a drink for breakfast on the day of the survey.

Q5. Percentage answering that they had just a drink for breakfast on the day of the survey.

North Yorkshire

All Years

Boys 2

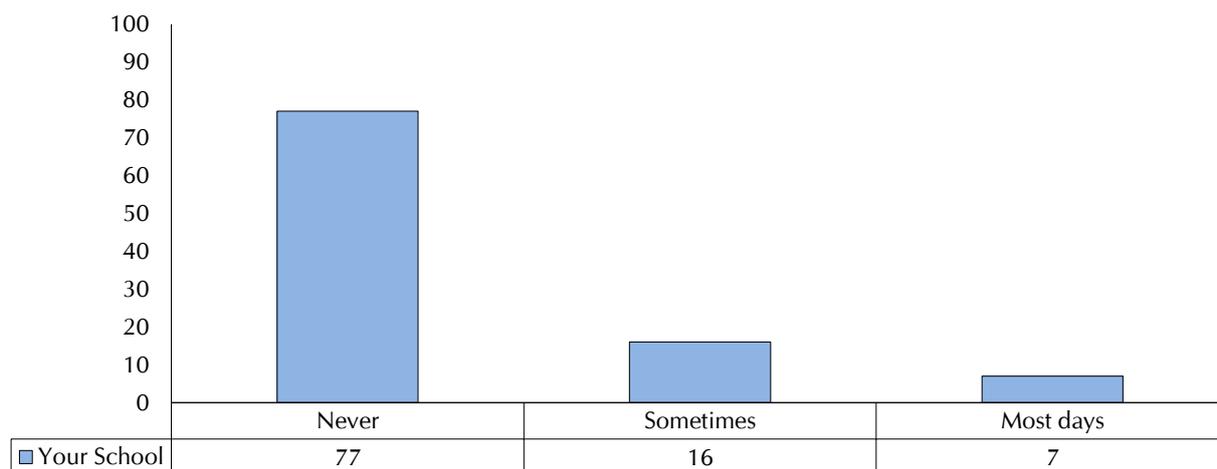
Girls 2

34% of pupils responded that they had toast or bread for breakfast on the day of the survey, while 27% said that they had fruit.

Q5. Percentage of pupils responding that they had the following for breakfast on the day of the survey (top 5):

Boys		Girls			
1	Something to drink	79	1	Something to drink	82
2	Cereal	65	2	Cereal	61
3	Toast or bread	33	3	Toast or bread	34
4	Fruit	25	4	Fruit	29
5	Yoghurt	17	5	Yoghurt	18

Q6. How often do you go to a breakfast club?



23% of pupils responded that they go to a breakfast club at least 'sometimes'.

Q6. Percentage answering that they go to a breakfast club at least 'sometimes'.

North Yorkshire

All Years

Boys 23

Girls 22

Foods

60% of pupils responded that they eat fresh fruit on 'most days'; 49% said the same of vegetables.

Q7. Percentage responding that they eat or drink the following 'on most days' (top 10):

Boys		Girls			
1	Water	55	1	Fresh fruit	65
2	Fresh fruit	55	2	Water	65
3	Milk	54	3	Vegetables	53
4	Vegetables	46	4	Milk	49
5	Sweets, chocolate, choc bars	44	5	Fruit juice	41
6	Fruit juice	44	6	White bread or white bread rolls	39
7	Crisps/crisp-type packet snack	38	7	Sweets, chocolate, choc bars	36
8	Sugary cereals	37	8	Cheese or yoghurt	35
9	White bread or white bread rolls	36	9	Rice or pasta	32
10	Fizzy drinks	35	10	Crisps/crisp-type packet snack	31

44% of pupils responded that they 'never' eat brown bread; 14% said the same of fish/fish fingers.

Q7. Percentage responding that they 'never' eat or drink the following (top 10):

Boys		Girls			
1	Brown bread or brown bread rolls	43	1	Brown bread or brown bread rolls	46
2	Weetabix, Porridge, Muesli	32	2	Weetabix, Porridge, Muesli	30
3	Cheese or yoghurt	19	3	Fizzy drinks	23
4	Sugary cereals	18	4	Sugary cereals	20
5	Fizzy drinks	17	5	Milk	16
6	White bread or white bread rolls	16	6	Cheese or yoghurt	15
7	Milk	15	7	Any fish/fish fingers	13
8	Any fish/fish fingers	14	8	White bread or white bread rolls	13
9	Rice or pasta	14	9	Any meat	11
10	Vegetables	13	10	Fruit juice	10

Health & Hygiene

Hand washing

76% of pupils responded that they 'always' wash their hands after visiting the toilet, while 20% said they 'sometimes' do.

Q8. Percentage answering that they 'always' wash their hands after visiting the toilet.

North Yorkshire

All Years

Boys 71

Girls 83

4% of pupils responded that they 'never' wash their hands after visiting the toilet.

Q8. Percentage answering that they 'never' wash their hands after visiting the toilet.

North Yorkshire

All Years

Boys 6

Girls 2

Dental health

80% of pupils responded that they cleaned their teeth at least twice on the day before the survey.

Q9. Percentage answering they cleaned their teeth at least twice on the day before the survey.

North Yorkshire

All Years

Boys 76

Girls 84

3% of pupils responded that they did not clean their teeth at all on the day before the survey.

Q9. Percentage answering they did not clean their teeth at all on the day before the survey.

North Yorkshire

All Years

Boys 5

Girls 2

62% of pupils responded that they have been to a dentist in the last year. 25% said they 'don't know' if they have been.

Q10. Percentage answering they have been to a dentist in the last year.

North Yorkshire

All Years

Boys 61

Girls 63

Sun care

70% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.

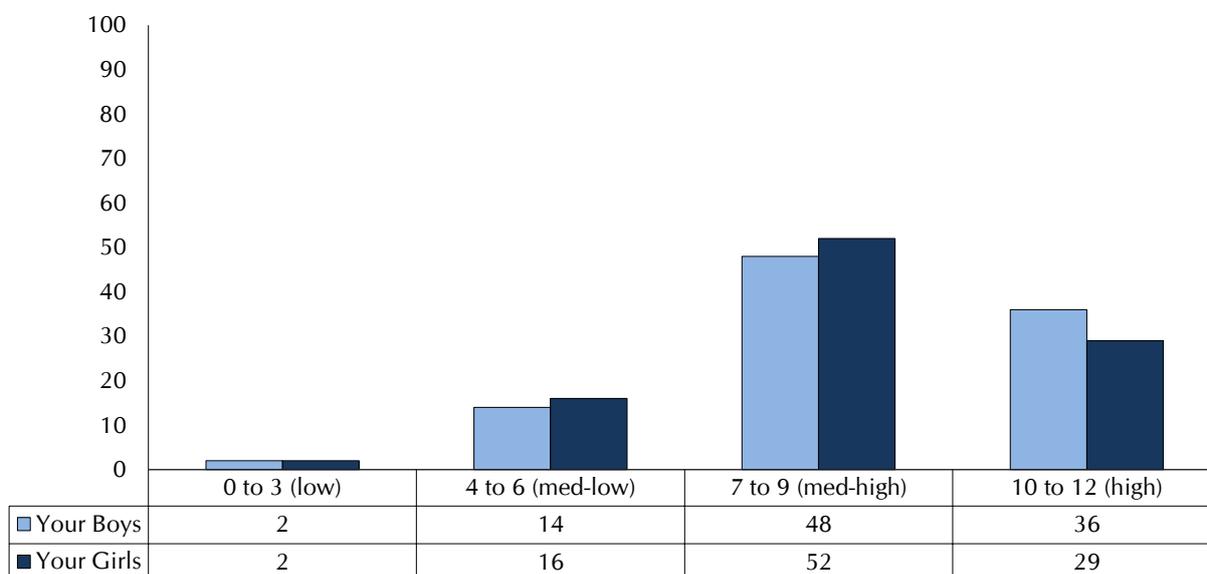
Q13. Percentage of pupils responding that they at least 'sometimes' do the following to avoid getting sunburnt:

	All Years		Total
	Boys	Girls	
Wear a hat	85	88	86
Wear long sleeves	52	51	52
Put on sun cream	87	95	91
Stay in the shade	71	82	76

Emotional Health and Well-being

Self-esteem

Q11. Composite self-esteem score:



17% of pupils had a med-low self-esteem score (6 or less).

Q11. Percentage with a med-low self-esteem score (6 or less).

North Yorkshire	
All Years	
Boys	15
Girls	18

33% of pupils had a high self-esteem score (10 or more).

Q11. Percentage with a high self-esteem score (10 or more).

North Yorkshire	
All Years	
Boys	36
Girls	29

59% of pupils responded that they do not feel shy when a teacher asks them something.

Q11. (Individual self-esteem items) Percentage in each group giving a high esteem response:

	All Years	Boys	Girls	Total
Pupils who have lots of friends to play with	78	78	76	77
Pupils who feel their parents like to listen to them	48	48	53	50
Pupils who do not feel shy when a teacher asks them something	63	63	55	59
Pupils who do not worry	36	36	22	29
Pupils who do not fall out with their friends	33	33	21	27
Pupils who feel happy	70	70	68	69
Pupils who feel safe	70	70	72	71

Worrying

36% of pupils responded that they worry about their family 'most days'.

Q14. Percentage answering that they worry about the following 'most days':

Boys		Girls			
1	Family	35	1	Family	35
2	Friendships	22	2	Being ill	25
3	Being ill	21	3	Friendships	25
4	The way you look	18	4	The way you look	22
5	School-work	18	5	School-work	17

Problem Solving

In question 22 the young people were asked to whom they would turn to if they were worried or upset about something including 'no-one'. Whom they talk to may depend on what the problem is. The top five sources of support for each problem are as follows (No Data data in brackets):

Q22. If you have worries or are upset, who would you talk to first?

School

Boys			Girls		
1	Teacher or other adult at school	31	1	Teacher or other adult at school	35
2	Adult at home	27	2	Adult at home	27
3	Friend	20	3	Friend	21
4	No-one	9	4	Brother or Sister	9
5	Brother or Sister	8	5	No-one	4

Being ill

Boys			Girls		
1	Adult at home	52	1	Adult at home	54
2	Teacher or other adult at school	14	2	Teacher or other adult at school	15
3	No-one	9	3	Friend	11
4	Friend	9	4	Brother or Sister	8
5	Brother or Sister	7	5	No-one	6

Friendships

Boys			Girls		
1	Friend	26	1	Friend	29
2	Adult at home	25	2	Adult at home	25
3	No-one	16	3	Teacher or other adult at school	18
4	Teacher or other adult at school	16	4	Brother or Sister	11
5	Brother or Sister	10	5	No-one	10

Family

Boys			Girls		
1	Adult at home	41	1	Adult at home	40
2	Brother or Sister	16	2	Friend	19
3	No-one	14	3	Brother or Sister	15
4	Friend	13	4	No-one	11
5	Teacher or other adult at school	8	5	Teacher or other adult at school	9

The way you look

Boys			Girls		
1	No-one	35	1	Adult at home	32
2	Adult at home	31	2	No-one	29
3	Friend	14	3	Friend	17
4	Brother or Sister	7	4	Brother or Sister	9
5	Teacher or other adult at school	5	5	Teacher or other adult at school	5

'No-one' is not necessarily negative. For some people it may mean that they feel they can cope without help.

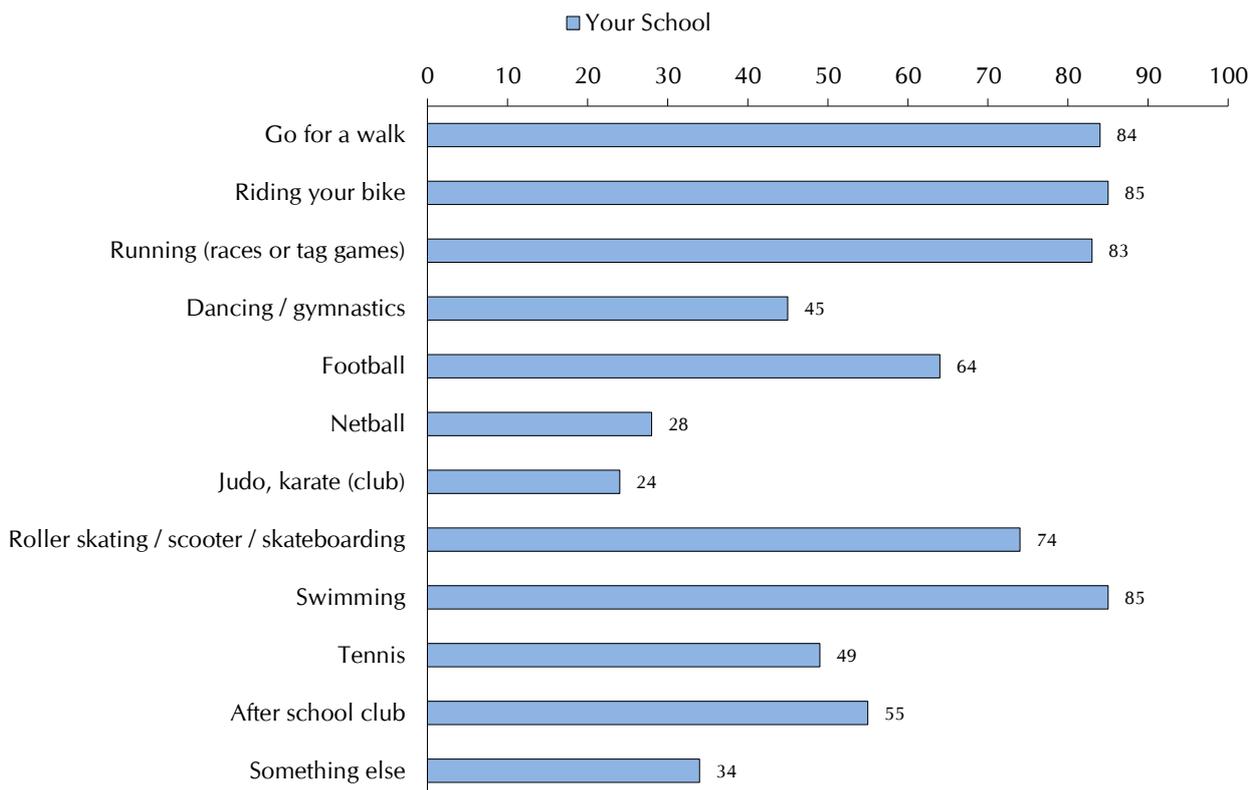
Physical Activity

84% of pupils responded that they go for a walk at least 'sometimes' after school or at weekends, while 85% said they go swimming and 85% ride their bike.

Q12. Percentage responding that they do the following after school or at weekends at least 'sometimes' (top 10):

Boys		Girls			
1	Riding your bike	84	1	Go for a walk	89
2	Football	84	2	Swimming	87
3	Swimming	83	3	Riding your bike	86
4	Running (races or tag games)	83	4	Running (races or tag games)	83
5	Go for a walk	79	5	Roller skating/scooter/skateboarding	78
6	Roller skating/scooter/skateboarding	71	6	Dancing/gymnastics	68
7	Tennis	55	7	After school club	57
8	After school club	53	8	Football	44
9	Something else	33	9	Tennis	43
10	Judo, karate (club)	32	10	Something else	34

Q12. Percentage responding that they do the following after school or at weekends at least 'sometimes':



School and Safety

School

73% of pupils responded that they 'always' feel safe at school, while 21% said they 'sometimes' do.

Q15. Percentage answering that they 'always' feel safe at school.

North Yorkshire

All Years

Boys 73

Girls 72

57% of pupils responded that they like being at school 'most of the time', while 28% said they 'sometimes' do.

Q16. Percentage answering that they like being at school 'most of the time'.

North Yorkshire

All Years

Boys 51

Girls 64

37% of pupils responded that they get the help they want in lessons 'most of the time', while 53% said they 'sometimes' do.

Q18. Percentage answering that they get the help they want in lessons 'most of the time'.

North Yorkshire

All Years

Boys 36

Girls 38

64% of pupils responded that they think they are getting better at school work 'most of the time', while 27% said they think they are 'sometimes'.

Q19. Percentage answering that they think they are getting better at school work 'most of the time'.

North Yorkshire

All Years

Boys 63

Girls 65

12% of pupils responded that they feel scared to be at school because of other children 'most of the time', while 28% said they 'sometimes' do.

Q20. Percentage answering that they feel scared to be at school because of other children 'most of the time'.

North Yorkshire

All Years

Boys 11

Girls 13

7% of pupils responded that they feel scared to travel to school because of other children 'most of the time', while 14% said they 'sometimes' do.

Q21. Percentage answering that they feel scared to travel to school because of other children 'most of the time'.

North Yorkshire

All Years

Boys 6

Girls 8

Internet safety

85% of pupils responded that they use a computer at home.

Q23a-i. Percentage answering that they use a computer at home.

North Yorkshire

All Years

Boys 86

Girls 84

77% of pupils responded that they use a computer at home which they play games on.

Q23a-ii. Percentage answering that they use a computer at home which they play games on.

North Yorkshire

All Years

Boys 79

Girls 76

49% of pupils responded that they have a computer at home which helps them with their schoolwork.

Q23a-iii. Percentage answering that they have a computer at home which helps them with their schoolwork.

North Yorkshire

All Years

Boys 45

Girls 53

29% of pupils responded that they have a computer at home which they mostly use with an adult to help them.

Q23a-iv. Percentage answering that they have a computer at home which they mostly use with an adult to help them.

North Yorkshire

All Years

Boys 26

Girls 31

59% of pupils responded that they use the Internet on a shared computer at home.

Q23b. Percentage of pupils responding that they use the Internet in the following ways:

Boys		Girls	
1	Computer at school	80	80
2	Their own mobile device	64	59
3	Shared computer at home	58	59
4	Their own computer at home	39	36

71% of pupils responded that they know how to keep themselves safe on the Internet.

Q23c-i. Percentage answering that they know how to keep themselves safe on the Internet.

North Yorkshire

All Years

Boys 72

Girls 70

66% of pupils responded that they always keep themselves safe on the Internet.

Q23c-ii. Percentage answering that they always keep themselves safe on the Internet.

North Yorkshire

All Years

Boys 67

Girls 66

Bicycle/Scooter use

95% of pupils responded that they have a bike.

90% of pupils responded that they have a scooter.

81% of pupils responded that they have a bike helmet.

44% of pupils responded that they 'always' wear a bike helmet when they use their bike or scooter, while 29% said they do so only 'sometimes'.

Q25. Percentage answering that they have a bike.

North Yorkshire

All Years

Boys 94

Girls 95

Q26. Percentage answering that they have a scooter.

North Yorkshire

All Years

Boys 90

Girls 91

Q27. Percentage answering that they have a bike helmet.

North Yorkshire

All Years

Boys 79

Girls 83

Q28. Percentage answering that they 'always' wear a bike helmet when they use their bike or scooter.

North Yorkshire

All Years

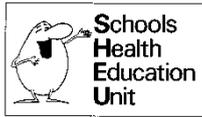
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**This is not the end of your
Health Related Behaviour Survey!**

Ask us about...

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

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