

Rotherham
Voice of the Child
Education Lifestyle Survey
2015

Borough Wide Report

DRAFT

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Acknowledgements

We would like to express our thanks to all of the head-teachers and staff at schools who co-ordinated the completion of the Education Lifestyle Survey for 2015. Also thank-you to healthy schools consultant Kay Denton for the support in developing the survey for 2015 and thank-you to Emma Soames for completion of the data analysis.

In 2015 13 out of 16 secondary schools participated in the survey along with all 3 pupil referral units. Schools participating in the survey gave their commitment to engagement with young people, capturing their views on health, well-being and safety.

Also thank you to the 3110 pupils who did participate and shared their views by taking part in this years' survey.

1. Background Information

This report presents the summary of findings from the 2015 Education Lifestyle Survey. The survey is open to all young people in Y7 and Y10 in secondary schools and Pupil Referral Units, in 2015 it ran from during the period Tuesday 2nd June 2015 to Friday 17th July.

This is an electronic survey that is accessed by pupils in educational establishments through a web-link. All young people that participated in the survey were able to do so anonymously and this is the 8th year that the survey has been run in Rotherham.

Each educational establishment that participated has already received a data pack giving them access to their own level of survey data; they can use this to compare with borough wide information once published.

This report gives a summary of key findings from the survey and some comparisons to national information where this is available.

Parents were given information about the survey and its contents ahead of the survey taking place, the specific questions relating to sexual health were only included in the survey for pupils in Y10.

The borough wide results will be shared with partners and specific trend data shared with partners on their specialism to allow them to update the overarching action plan.

Individual school reports will be used by schools to help them gauge how well they are meeting their own health and wellbeing objectives and help shape their PSHE curriculum.

2. Executive Summary

- In total 3110 participated in the 2015 lifestyle survey.
- 3 Schools chose this year not to participate in the survey
- Participation in the survey varied widely between schools, the variances ranged between 14% to 90% participation rates from one school to another.

2.1 Positive Results

- Fruit is the most popular snack option
- There has been an increase in the number of young people having school dinners and an overall reduction in the number of young people not having lunch at all
- More young people are participating in regular exercise
- There is greater awareness of where to obtain support if a young person had a weight issue
- Good awareness amongst young people where they can get support if they have any issue relating to mental health
- More young people are aspiring to go to university
- Almost all young people aware of internet safety
- Reduction in the number of young carers
- Greater awareness of Young Carers Service
- Less young people report being bullied
- Fewer young people are drinking high energy drinks
- Increase in positive responses against the participating in smoking, drinking alcohol and use of drugs – gives positive message against the peer pressure to partake in these.
- Reduction in the number of young people actually smoking or trying alcohol
- Improvement on the sale of cigarettes to under-age young people from local shops
- Improvement in all areas of young people feeling safe in all areas including Rotherham town centre locations

2.2 Areas for attention

- Greater awareness around disability and long-term illnesses, more young people putting themselves in this category
- More young people saying they have a weight issue
- A proportion of young people in Y7 saying they use the internet to meet new friends
- Increase in the number of young carers, saying they need to care 8 or more hours per day
- Although less young people reported bullying. less young people also said that they felt as though they were helped after being bullied
- Less young people wanting to stop smoking
- Increase in number of young people trying electronic cigarettes
- One third of young people who said they have drank alcohol, have tried it before age of 12
- Large proportion of young people who said they have drank alcohol, said they have been drunk in past 4 weeks
- The use of legal highs increased
- Education around sexual exploitation, 40% of Y7 and 29% of Y10 still need to be taught this
- Almost a quarter of those pupils who said they have had sex, did not use contraception
- Young people visiting Rotherham town centre has reduced
- Y10 girls are the most likely not to recommend living in Rotherham or want to live in Rotherham in 10 years' time
- In response to the questions in relating to recommending Rotherham as a place to live or wanting to live in Rotherham in 10 years' time – more young people were unsure and gave the responses don't know or maybe rather than a definite yes or no.

3. Demographic Information

At the time of the survey there were 3251 young people in Year 7 and 3356 in Year 10 attending 16 secondary schools and 3 Pupil Referral Units in Rotherham. The survey was offered to all 16 secondary schools and 3 Pupil Referral Units in Rotherham. 13 out of 16 secondary schools and all pupil referral units took part in the 2015 survey with 3110 young people participated in total.

Participation rates for those 13 schools and Pupil Referral Units was 60%. Overall participation rate for all Y7 & Y10 young people was 47%.

In 2014 all 16 secondary schools participated and 3 pupil referral units in the survey in total 4,123 young people participated give a participation rate of 63%.

Participation Table 2015

This table shows the 13 schools and 3 Pupil Referral Units that participated in the survey.

Out of the 3 schools who did not take part in 2015 there were 1179 young people, 573 young people in Year 7 and 606 young people in year 10.

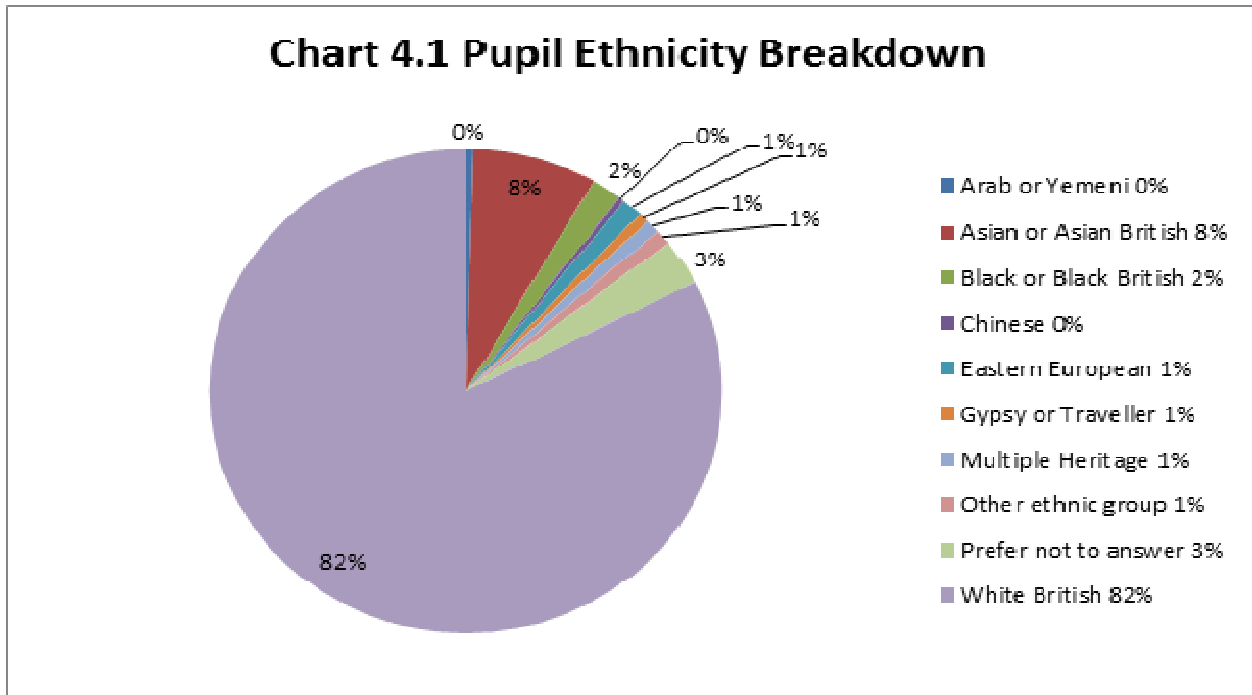
School	Total No. of Pupils Y7	Total No. of Pupils Y10	Overall Total	Total Participation Number	Overall Response Rate %
Aston	314	278	592	327	55
Brinsworth	242	246	488	227	47
Clifton	169	194	363	50	14
Dinnington	188	246	434	272	63
Maltby	192	188	380	297	78
Oakwood	211	203	414	262	63
Saint Pius	127	130	257	192	75
Swinton	151	174	325	293	90
Wales	229	244	473	406	86
Wath	302	296	598	309	52
Wingfield	156	155	311	252	81
Winterhill	250	245	495	195	39
Pupil Referral Units					
Rowan Centre	1	10	11	11	100
Riverside	2	6	8	8	100
Swinton Lock	2	4	6	6	100
TOTAL	2536	2619	5155	3110	60

4. Characteristics

Of the pupils that completed the 2015 survey, 1624 (52%) were female and 1486 (48%) were male. 1624 (52%) were in year 7 and 1,486 (48%) were in year 10.

4.1 Ethnic Origin

When asked about their ethnicity, 2,564 pupils described themselves as White British (82%, slightly down from 84% in last year's survey), 451 were classed as Black & Minority Ethnic (BME) (15%, up from 13% last year) and 95 preferred not to say (3%). Chart 4.1 below shows the breakdown of pupil ethnicity.



Where you born in the UK? (New question added for 2015 Survey)

Overall 2924 (94.5%) of young people said they were born in the UK, with 186 (5.5%) being born outside the UK.

Y7

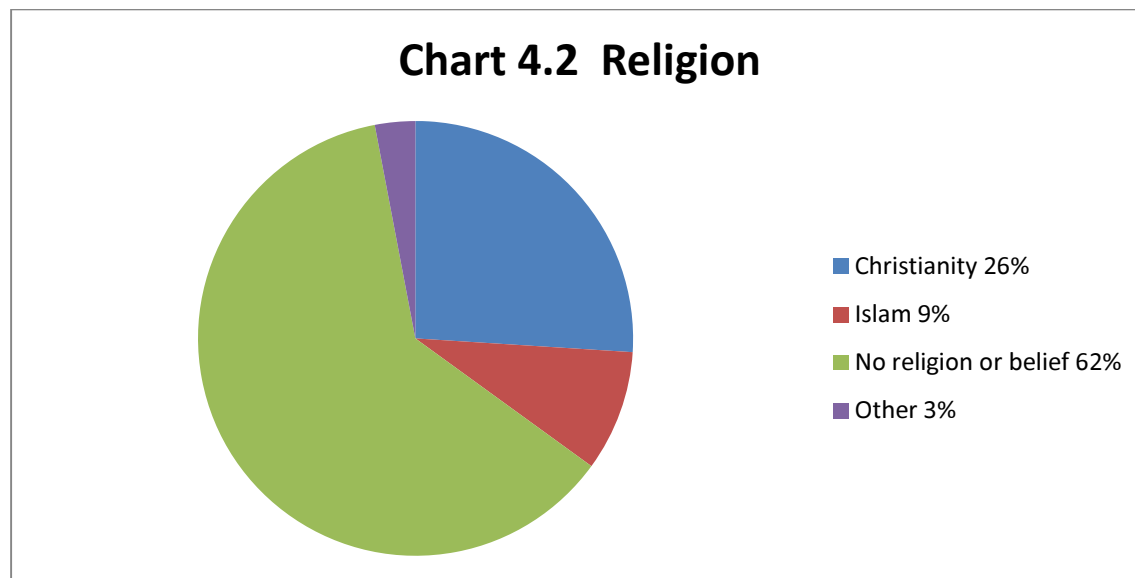
94% said they were born in the UK
6% said they were not born in the UK

Y10

95% said they were born in the UK
5% said they were not born in the UK

4.2 Religion

The number of pupils with no religion or belief has increased slightly by 1% up to 62% from 61% in 2014. Pupils saying they practiced Christianity has stayed the same as last year's 26%. Slightly more than 1% of pupils said that they practiced one of the following religions: Buddhism, Judaism, Humanism, Sikhism or Hinduism which is slightly more than last year's survey. The breakdown of religion is shown in Chart 4.2 below



4.3 Sexual Orientation (Year 10 Question Only)

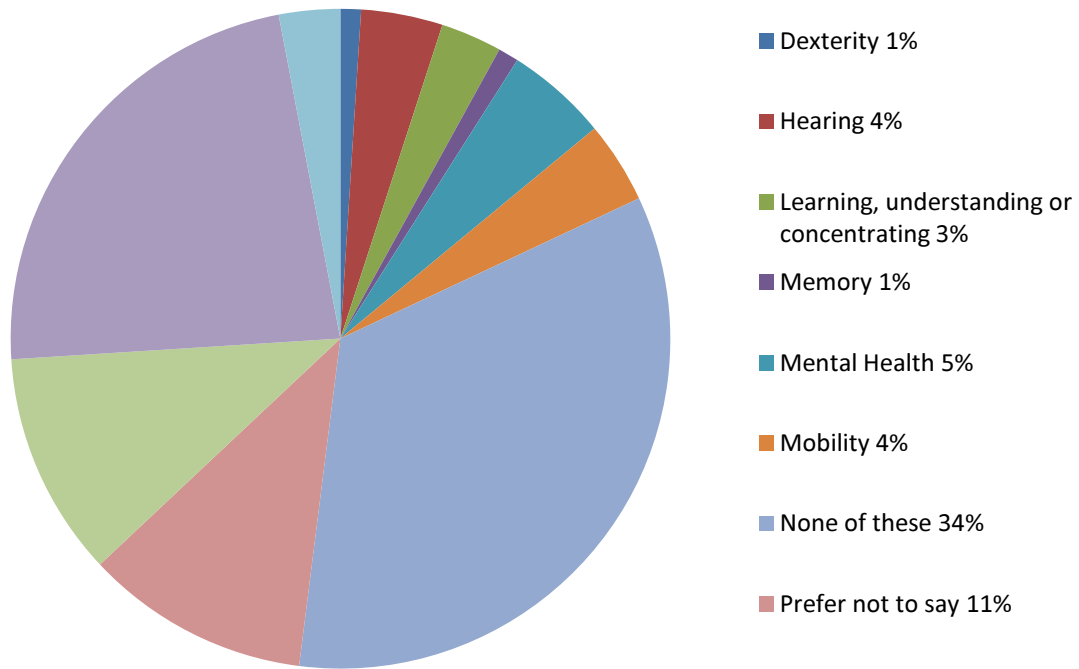
When asked about their sexual orientation, 1323 (89%) of year 10 pupils said that they were heterosexual, down from 90% in last year's survey. 59 (4%) said that they were bisexual (3% in 2014 and 30 (2%) said that they were lesbian or gay (up from 1% last year). 45 (3%) identified themselves as 'I don't know' and 45 (3%) preferred not to say.

4.4 Health

496 (16%) of pupils said they had a long term illness, health problem or disability, this is a 7% increase from 2014. This large increase could be due to the change in the question in 2015; this was changed to ask if they had a diagnosed long-term disability/illness or medical condition. In 2014 pupils were asked if they had a long-term illness or disability.

Out of the 496 (16%) of pupils in 2015 who said they had a condition, Chart 4.3 below shows the breakdown of the conditions, they said they had.

Chart 4.3 Disability Reasons



Out of the 496 pupils who said they had a condition, 273 (55%) said they had to take some medication (this is 4.1% of all pupils in years 7 & 10) and 218 (44%) said it affected their attendance or participation at school (this is 3.3% of all pupils in years 7 & 10)

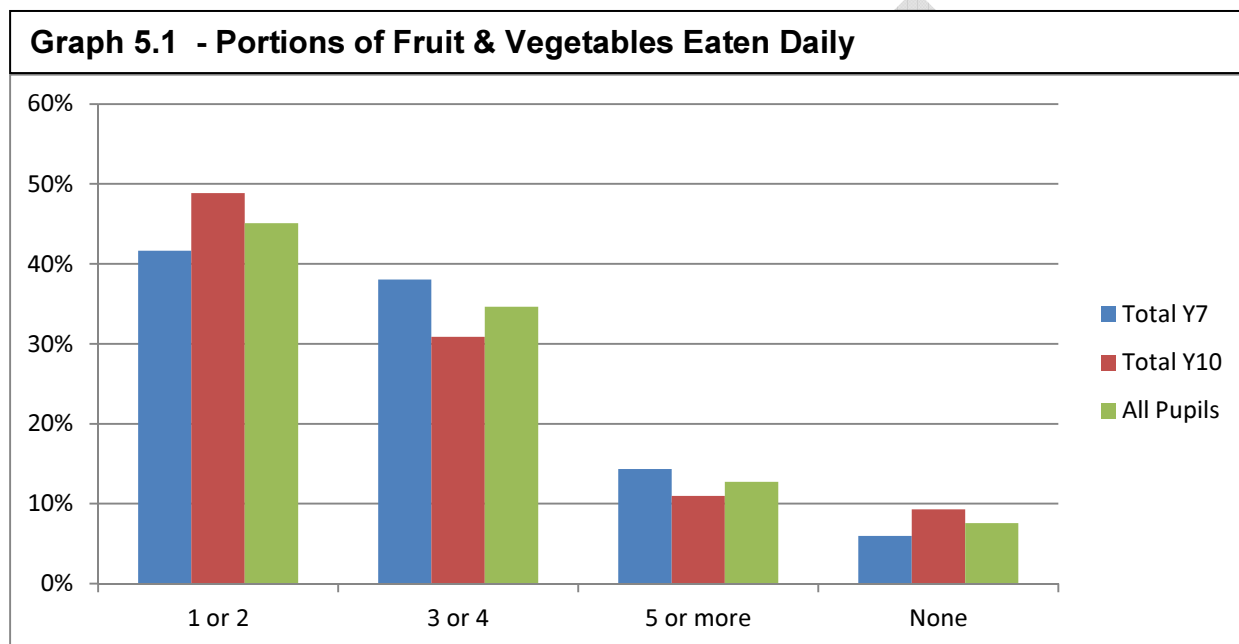
5. Food and Drink

Questions in these categories have been changed to capture more detailed information and to match the questions in the What About Youth National Young Person's Survey.

In 2014 pupils were asked if they ate 5 portions of fruit and vegetables per day the responses in 2014 were 60% No and 40% yes.

In 2015 pupils were asked how many portions of fruit & vegetables they ate daily.

The graph 5.1 below shows the breakdown of 2015 responses. Less young people said they are eating 5 portions of fruit and vegetables per day.



Looking at the data, Y7 are more likely to eat 5 or more portions of fruit and vegetables per day, this maybe likely that they have food prepared for them at meal times by their parents.

Boys in year 10 are the most likely not to eat any fruit or vegetables per day this being at 12%, compared to girls in Y7 being as low as 5% not to eat any fruit or vegetables per day.

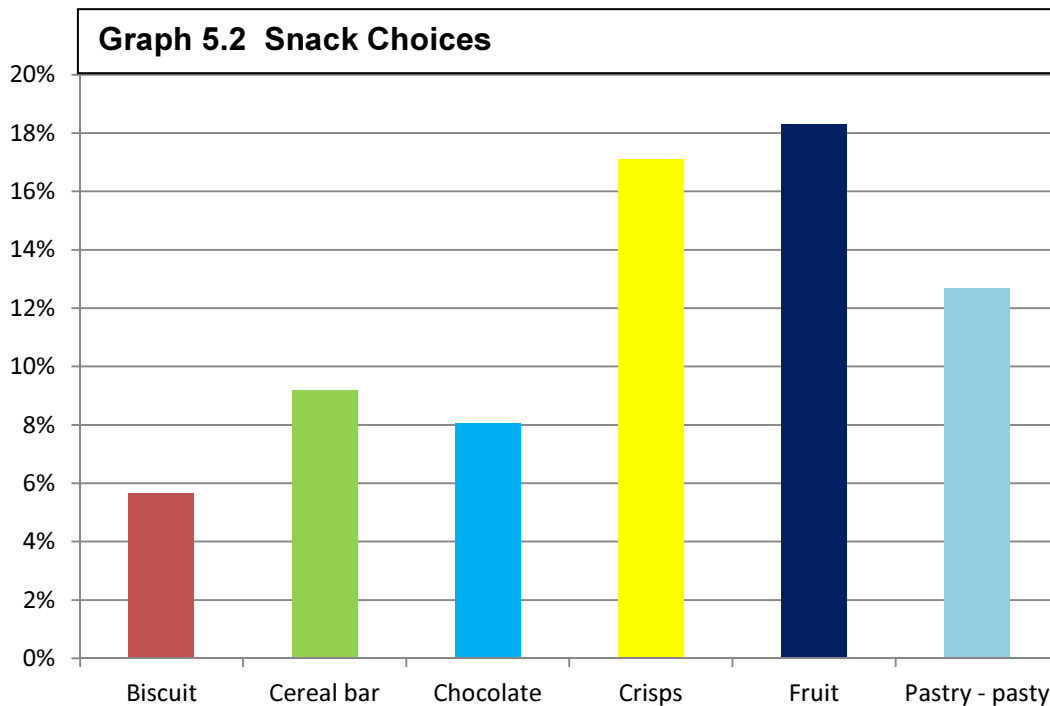
When asked about how many glasses of water they drank a day, 2114 (68%) of young people questioned said that they drank 1 to 5 glasses of water (down from 73% in 2014), 746 (24%) said they had 6-10 glasses (up from 18% in 2014) and 249 (8%) said that they drank no water at all (1% lower than 2014). More year 7 pupils said that they drank 6-10 glasses than year 10 (28% compared to 20%) and more year 10 pupils said that they drank no water (10% compared to 6% of year 7 pupils). More boys said they drank no water at all, 9% compared to 7% of girls.

Pupils who said they had breakfast has dropped by 1% from 2014. 2457 (79%) of all pupils said that they ate breakfast (compared to 80% in 2014). Year 7 pupils are more likely to have breakfast 1413 (87%) compared to 1040 (70%) of year 10. Of the 2457 pupils who said that they have breakfast, 1720 (70%) had breakfast at home (lower than last year's figure of 72%), 123 (5%) said that they had breakfast on the way to school and a further 98 (4%) said that they had breakfast at school.

Figures reported in a national newspaper shared information that 30% of school children nationally go to school without having breakfast.

5.2 Snacks

2084 (67%) of pupils have a snack at break time (down from 70% in 2014). This year, fruit is the most popular choice compared with crisps last year. The different types of snacks are shown in the graph 5.2 below:



Out of the 2084 pupils that said they had a snack, 47% had snacks brought from home (down from 52% in 2014), 23% bought them from the school snack bar (20% in 2014) and 18% bought them from a shop on the way to school (same as last year). 12% did not say where they go their snacks from.

When asked where they mainly have lunch, 1524 (49%) said that they have a school lunch (up from 44% last year). Year 7 pupils are more likely to have school meals than year 10 pupils (61% of year 7 pupils said they have them compared to 37% of year 10).

When the pupils didn't have school meals, 1150 (37%) said they had brought a packed lunch from home (down from 41% in 2014), 249 (8%) bought lunch from the local shop (the same 8% in 2014) and 187 (6%) said that they didn't have lunch (slightly down from 7% last year). Only 62 (2%) said that they go home for lunch (same as 2014).

6. Sport and Exercise

The national recommendation is that all children and young people should engage in moderate to vigorous physical activity for at least 60 minutes per day. This *definition* was included in the survey for young people to read and understand before answering the question around sport and exercise

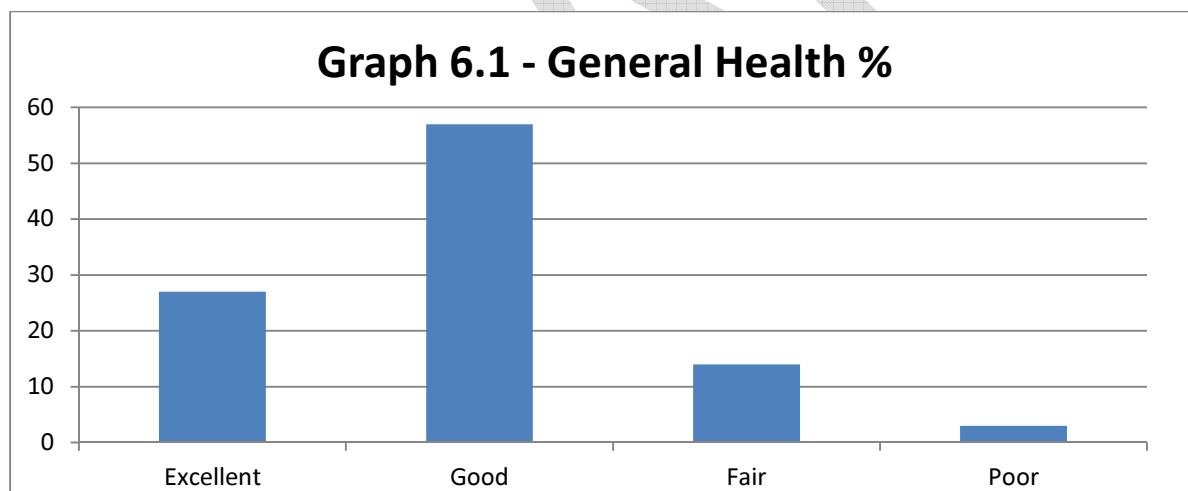
2488 (80%) of pupils said that they regularly take part in sport or exercise (up from 77% in 2014). Year 7 pupils are more likely to exercise regularly (87%) compared to year 10 pupils (76%).

Overall Boys are more likely to exercise regularly (80%) compared to girls (75%).

There is an improved increase in the frequency of times per week that pupils are exercising. Out of the 2488 number of pupils that said they participate in exercise –

- 18% exercised 6 to 7 times per week compared to 12% in 2014
- 28% exercised 4 to 5 times per week compared to 25% in 2014
- 40% exercised 1 to 3 times per week compared to 52% in 2014
- 12% exercised less than once per week
- 2% did not state how many times per week they exercised.
- Boys (23%) are more likely to exercise every day (6 to 7 times per week) than girls (13%).

New Question added to 2015 survey to ask pupils how they feel about their general health. The graph 6.1 below shows Y7 & Y10 combined responses.

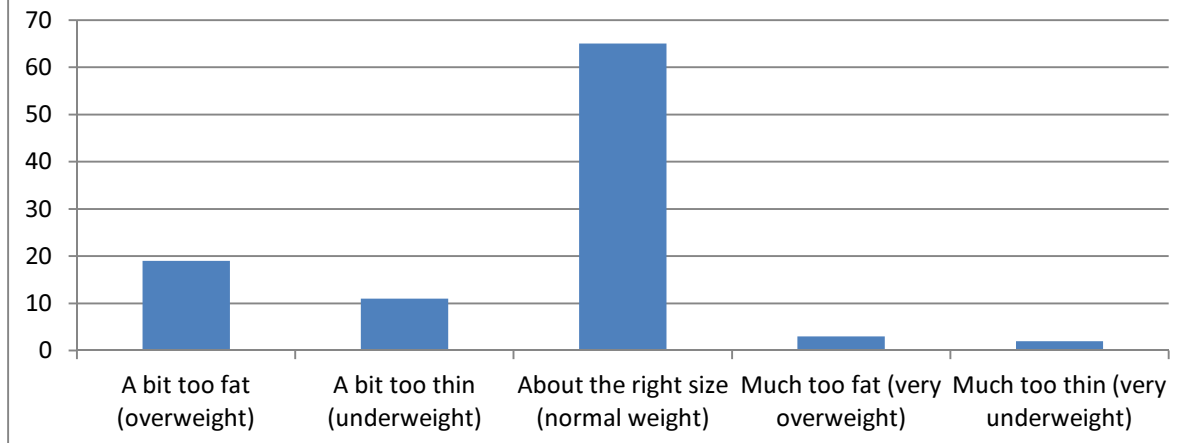


Rating their health as poor boys (3%) was slightly higher than girls (2%)

The wording to the options for the feelings about weight questions were changed in the 2015 survey to match the questions held in the national “what about youth survey.”

Pupils who said they felt their weight was about normal size was 2022 (65%), (compared to 73% who said they weight was healthy in 2014 survey). Graph 6.2 below shows the Y7 & Y10 combined responses to the question of how pupils feel about their weight

Graph 6.2 - Weight (Y7 & Y10) %



Key overall findings from Y7 & Y10 combined results:

- 93 (3%) felt that they were very overweight (up from 2% in 2014)
- 622 (20%) felt that they were overweight (up from 17% in 2014)
- 342 (11%) felt that they were underweight (up from 8% in 2014)
- 902 (29%) of pupils said they were worried about their weight (up from 28% in 2014)
- Girls (38%) are more likely than boys (19%) to be worried out about their weight.
- Boys were more likely to feel their weight was about the right size (67%) than girls (63%)
- Pupils in Y7 were more likely to feel their weight was about the right size (68%) than pupils in Y10 (61%)
- 486 pupils in Y10 (32%) are more likely to be worried about their weight, compared to 416 Y7 pupils (25%)

53% of pupils knew where to go for support or advice if they were concerned about their weight; this is an improvement of 5% from (48% in 2014). New weight management services were re-procured in April 2015. The services support young people and their families with diet, physical activity and behaviour change to maintain and reduce BMI centiles.

7. How Pupils Think and Feel

Pupils are asked about their feelings on a number of subjects

For 2015 these have been ranked in preference that young people mainly said they feel good about, the tables below show the ranking split by Y7, Y10 and Girls and Boys.

YEAR 7		
Ranking	Girls	Boys
1	My Friendships	My Home Life
2	My Home Life	My Friendships
3	My School Work	Myself
4	My Future	My Future
5	Myself	How I Look
6	How I Look	My School Work
7	Relationships	Relationships

YEAR 10		
Ranking	Girls	Boys
1	Myself	Myself
2	My Friendships	My Home Life
3	My Future	My Future
4	My Home Life	My Friendships
5	My School Work	How I Look
6	Relationships	My School Work
7	How I Look	Relationships

Pupils were asked a follow-up question, about whom they felt they would mainly discuss their problems with, again for the 2015 results, these have been rated in preference

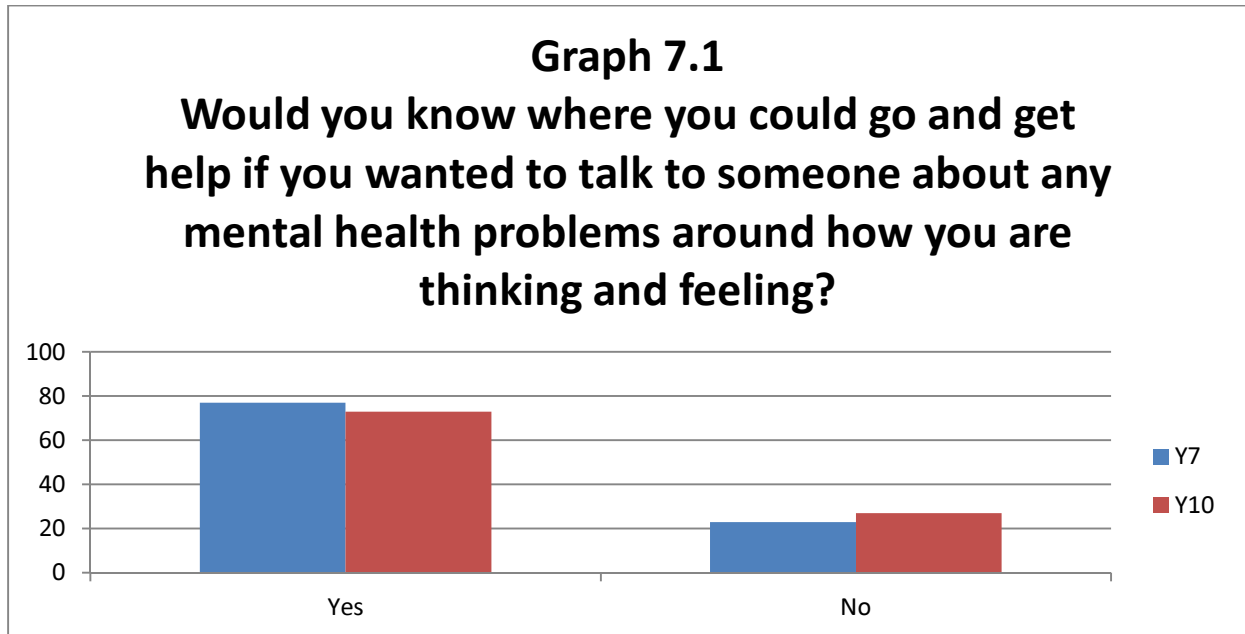
YEAR 7		
Ranking	Girls	Boys
1	A Family Member	A Family Member
2	A Friend	An Adult at Home
3	An Adult at Home	A Friend
4	My Brother or Sister	Someone Else
5	Someone Else	A Member of Staff at School
6	A Member of Staff at School	My Brother or Sister
7	A Youth Worker	A Social Worker
8	A Social Worker	

- Neither boys or girls in Y7 or Y10 said they would speak with a School Nurse
- Only girls in Y7 said they would speak with a Youth Worker

YEAR 10		
Ranking	Girls	Boys
1	A Friend	A Friend
2	A Family Member	A Family Member
3	An Adult at Home	An Adult at Home
4	Someone Else	Someone Else
5	My Brother or Sister	My Brother or Sister
6	A Member of Staff at School	A Member of Staff at School
7	A Youth Worker	A Youth Worker
8	A Social Worker	A Social Worker

- Neither boys or girls in Y7 or Y10 said they would speak with a School Nurse

To support young people with managing their feelings and finding out if they would know where to go to get professional help a new question was added to 2015 survey – this question was added at the request of a group of young people from The Youth Service, the responses to this question are showing in graph 7.1 below

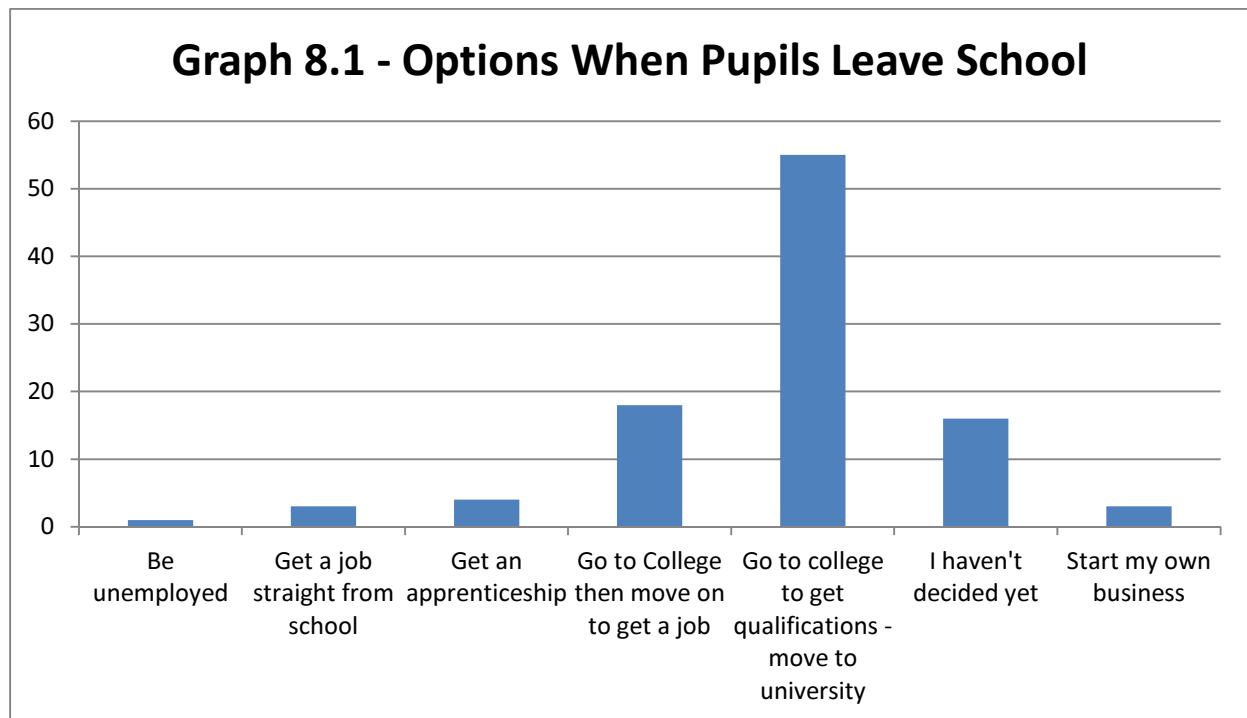


It is promising that 75% (2333) of pupils said they would know where to get help if they wanted to talk to someone, with Y7 more likely to know where to go and get help than Y10.

Young people have been involved in the development of My Mind Matters website, a unique site for young people to help young people be aware where they can go for help. This website went live in July 2015 and to-date there has been over 800 unique visitors, viewing over 2,500 pages.

8. In School

Graph 8.1 below shows the responses from pupils when they were asked what they hope to do when they leave school.



There has been an increase in 2015 of the number of young people who said they would like to go to university up to 1430 (46%) from 44% in 2014.

- (48%) of year 7 chose this option from 46% in 2014
- (46%) of year 10 chose this option from 42% in 2014

5% of year 7 and 4% of year 10 pupils said they want to leave school and get a job straight away (compared to 8% and 7% respectively in 2014 survey).

12% of Y10 would like to get an apprenticeship when they leave school, this has reduced by 2% from 2014 (14%), also year 7 pupils has had a slight decrease to 4% from 5% in 2014.

19% of Y10 and 17% of Y7 said they would like to study at college and then get a job when they leave college compared to 22% for both these year groups in 2014.

5% of year 7 and 2% of year 10 pupils wanted to start their own business (a new option for this year's survey).

Again only 1% said they would be unemployed when they leave school, same figure as 2014.

This figures shows that it was boys who responded to this, the figure for girls was 0%.

This shows that pupils have raised their aspirations and more are saying they are likely to carry on with education when they leave school and 99% of boys and 100% girls have said they either want a job or to continue in education, although 18% in total are still considering their options.

When asked if they felt their school council made a difference, only 529 (17%) of pupils said yes (down from 18% in 2014), 933 (30%) said that they didn't know whether their school council made a difference (same as 2014), 1182 (38%) said their school council did not make a

difference and 466 (15%) said that they didn't realise they had a school council (this has reduced from 17% in 2014)

Y7 are more likely to feel their school council makes a difference (24%) compared to Y10 at (10%).

9. Out of School

Pupils were asked what activities they did outside of school. 591 (19%) pupils said they were involved with volunteering or a community group (a slight decrease from 20% in 2014).

Year 7 are more likely to volunteer than Y10 and girls more likely to volunteer than boys.

9.1 Internet Use & Safety

Pupils were asked about internet usage and safety using the internet.

3079 (99%) of pupils said they use the internet.

The table below ranks their preferences

YEAR 7 & Y10 Using the Internet		
Ranking	Year 7	Year 10
1	Social Media (Facebook, Twitter etc.)	Social Media (Facebook, Twitter etc.)
2	Music	Music
3	Games	Shopping
4	Research/Homework	Games
5	Shopping	Research/Homework
6	Television	
7	Meeting New People	

Neither boys nor girls in Y10 said they used the internet to watch television or meet new people.

The option chosen of meeting new people was chosen by 81 pupils (5%) of Y7.

These options follow the same trend as in 2014, with social media i.e. Facebook, Twitter, Instagram being the main reason why pupils said they use the internet with over 80% choosing this as their first option.

Out of the 3079 number of pupils that said they use the internet, they were asked what are the main risks using the internet.

Overall cyber bullying was identified as the main risk by 985 young people (32%)

- 36% of Y7 said cyber bullying was the main risk (down from 38% in 2014)
- 27% of Y10 said cyber bullying was the main risk (up from 23% in 2014)

Second highest risk was someone hacking your information at 22% (same as 2014)

Security risk such as viruses and people lying about who they are on the internet were both rated as a risk by 14% of pupils in Y7 & Y10

7% of pupils in Y7 & Y10 did not feel that there are any risks when using the internet (this is an increase from 6% in 2014)

All 3110 pupils were asked about internet safety, overall 3048 (98%) of pupils had learned about internet safety (same figure as 2014). Out of these 3048 young people -

- 65% learned about internet safety at school (68% in 2014)
- 29% learned about internet safety at home (26% in 2014)
- 2% learned about internet safety on-line (same as 2014)
- 3% learned about internet safety through friends (2% in 2014)

Year 7 pupils were more likely to have learned about internet safety 99% of Y7 said they had learned about internet safety, compared to 97% of Y10

Girls were more aware of internet safety with 99% saying they had learned about internet safety, compared to 97% of boys.

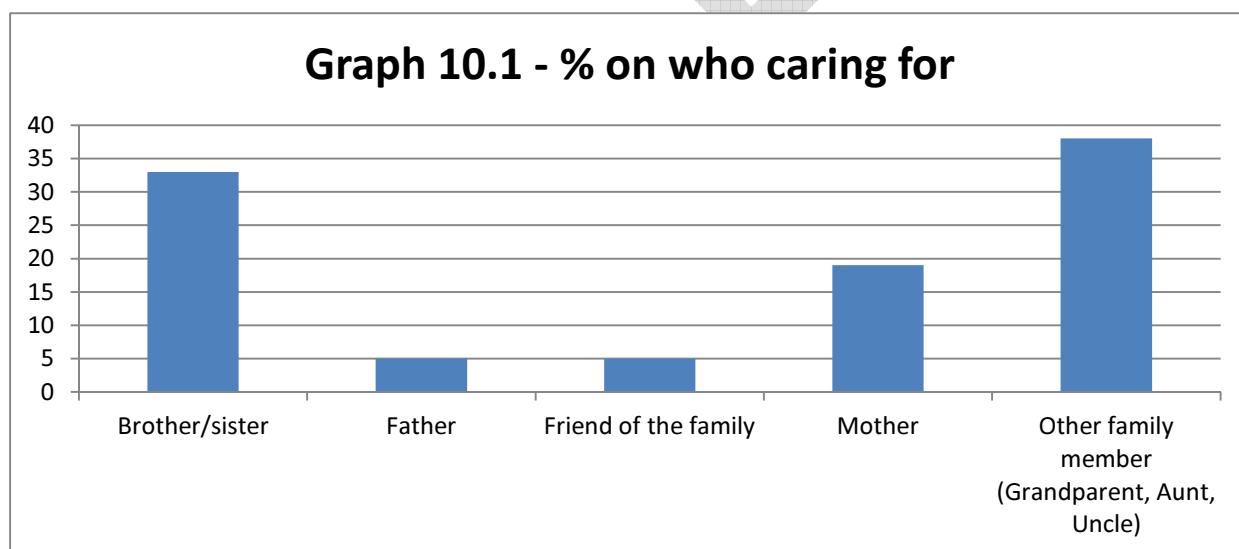
10. Young Carers

653 (21%) of pupils consider themselves to be young carers; this has decreased significantly by 8% from 2014 when the % was 29%. This figure is nearer to the trend from the 2011 census figure of 12% of young carers for all age groups.

This could imply that either there is a higher percentage of younger carers, a greater awareness amongst young people or that there is some misunderstanding around the question of what a young carer is. For the 2015 survey the question was reworded slightly to ask - Do you look after/care for someone in your family? Further information was also provided about being a young carer - looking after/caring for someone isn't about a one-off task. It is a person who has to support someone in their family because they are unable to do things for themselves.

As with last year's survey, a higher number of year 7 pupils said that they were young carers than year 10 pupils (25% compared to Y10 - 15%).

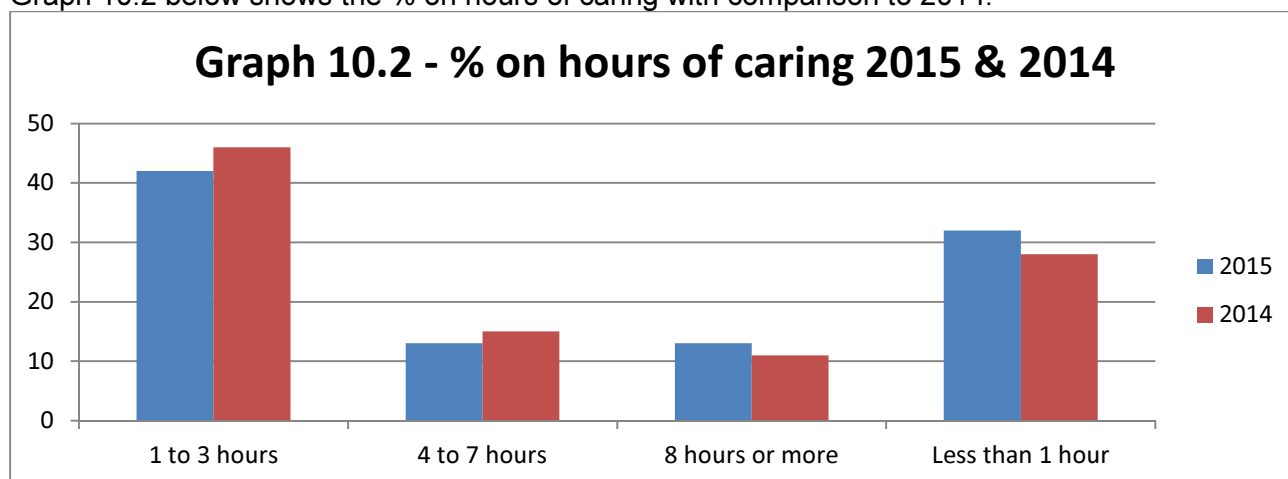
Out of the 653 young people who identified themselves as young carers we asked them who they care for. Graph 10.1 below shows the % breakdown



When asked about what are the 3 main things they do to help, the results are very similar for both year 7 and 10 and follow the same pattern as 2014. Helping around the house is the highest rated task that both Y7 & Y10 carry out, followed by helping to look after a brother or sister and for Y7 keeping someone company is third choice as a main task that pupils said they do. It is slightly different for Y10 for the 3rd highest choice equal with keeping someone company and helping with personal care both carried out by 16% of those saying they are carers.

Tasks such as support with personal care, help with medication are more likely to be carried out by a Y10 pupil than Y7.

Graph 10.2 below shows the % on hours of caring with comparison to 2014.



From 2015 results out of the 653 pupils who identified themselves as young carers There has been an increase in the % of pupils saying they care more than 8 hours per day. 89 pupils said they are caring more than 8 hours per day. Caring for between 1 to 3 and 4 to 7, the % has reduced from 2014.

The has been a positive increase in the number of pupils who have heard about the Young Carers Service, this has increased to 33% (from 26% in 2014). Y10 were more likely to have heard about this service and also more girls than boys had heard about the service.

The majority of pupils would prefer to speak with either a parent or a family member about being a young carer, the same as 2014, but there has been an increase overall in the number of pupils who would speak to a member of staff at a school.

The impact of the Young Carers card varies between Y7 & Y10. Out of the 5 schools who have participated in the pilot of the young carers, 2 of them did not participate in the survey; therefore analysis can only be carried out on 3 of the schools

Impact Young Carers Card - Y7

2 out of 3 schools saw an increase in the number of young people who would choose to speak with someone from the Young Carers service or a member of staff at school about their caring role.

2 out of 3 schools saw an increase in the number of young people who had heard of the Young Carers service

Impact Young Carers Card - Y10

1 out of 3 schools saw an increase in the number of young people who said they would speak to someone from Young Carers service about their caring role. There was no increase in the number of young people who would speak to a member of staff

2 out of 3 schools saw an increase in the number of young people who had heard of the Young Carers service

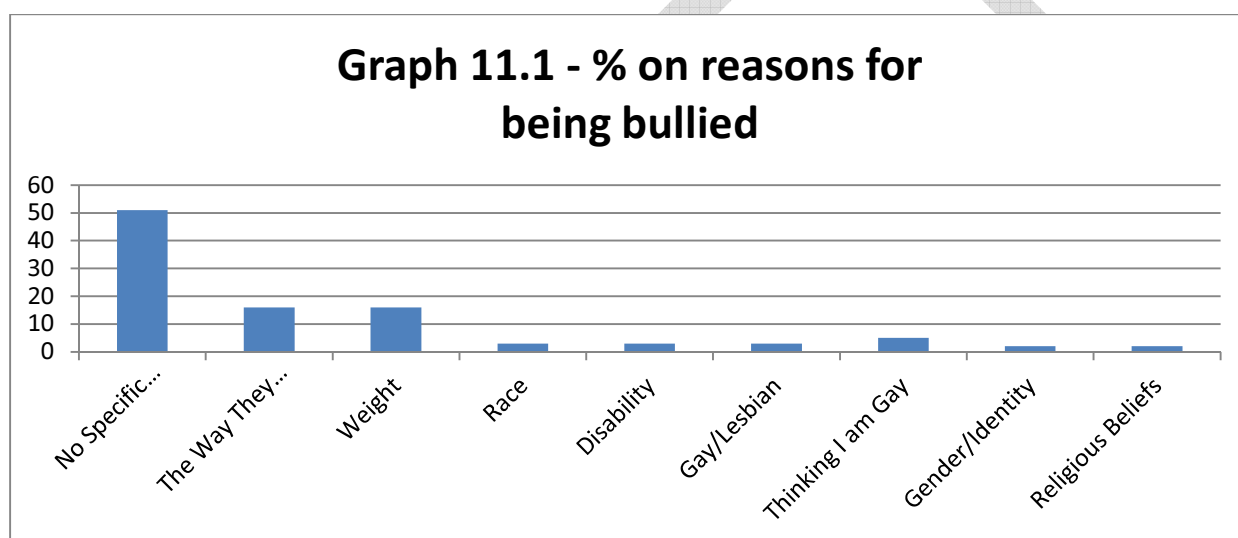
11. Bullying

There has been a positive decrease in the number of young people who said they have been bullied. This has decreased to 684 (22%) (From 28% in 2014). This has followed the trend over past 3 years, where bullying rates have continued to decrease.

A higher % of Y7 pupils said they were bullied 388 (24%) compared to Y10 296 (20%), this has also followed the trend of previous years. Also a higher % of girls said they were bullied (24%) compared to boys (19%).

Of those 684 pupils who said they had been bullied the most frequent form of bullying is verbal (71%), followed by physical 14% - this is a change from 2014 when being ignored was the next most frequent form of bullying, this is 3rd most frequent in 2015 at 7%. Cyber bullying is at 6% and bullying by sexually inappropriate touching/actions/comments is at 1%.

Graph 11.1 below shows the main reasons that the 684 pupils said why they had been bullied.



Out of the 684 pupils who said they had been bullied

- 53% of pupils said bullying occurred during school time (increase from 49% in 2014).
- 10% of pupils said bullying occurred out of school time (decrease from 11% in 2014)
- 37% of pupils said bullying occurred during both of these (decrease from 40% in 2014)

Pupils were asked about reporting bullying

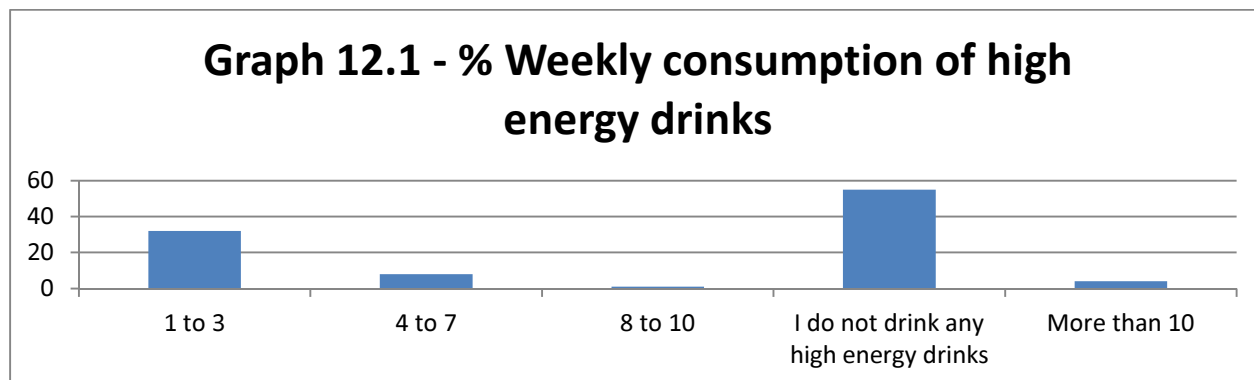
164 (24%) of pupils did not report bullying (increase of 1% from 2014 when 23% did not report bullying) 520 (76%) did report the bullying. Year 10 are more likely to not report bullying 36% compared to Y7 at 15%. Also boys are more likely not to report bullying 28% compared to 21% girls.

Out of those 520 pupils that did report the bullying 32% told a parent or family member (36% in 2014). 28% told a member of staff at school (27% in 2014). 11% told a friend (8% in 2014). Same as 2014 1% told a Youth Worker and 4% did not know who to report bullying to (3% in 2014).

Out of those 520 pupils that did report the bullying 35% did not get help (36% in 2014)

12. Smoking, Drinking and Drugs

The improvement on the consumption of high energy caffeinated drinks such as Red Bull and Monster has continued in 2015. Pupils saying they do not consume these drinks has increased to 1710 (55%) (from 50% in 2014). Graph 12.1 below shows the number of drinks consumed per week by the 1400 (45%) who said they do consume these drinks.



Boys are more likely to drink these drinks with 48% of boys saying they do not drink them, and 62% of girls saying they do not drink them. It was equal between Y7 & Y10 on their likelihood to drink these drinks.

12.1 Smoking

When asked about smoking, 2053 (66%) of pupils said that their home was smoke-free, an explanation was given for this as nobody living in their household is a smoker. (same as 2014).

To support with the campaign against the peer pressure to smoke, a question was added to the survey in 2014 whether pupils thought it was OK for young people of their age to smoke.

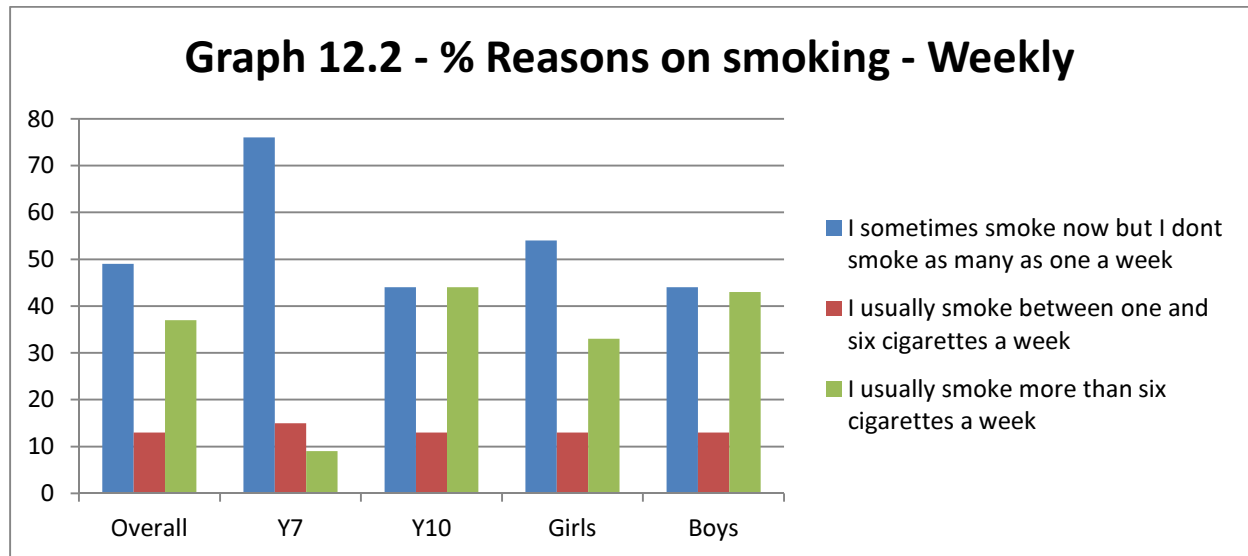
In 2015 (373) 12% of young people said it was OK to smoke, this has improved from 2014 when (14%) said it was OK to smoke

This decrease has been due to the thoughts of Y10 pupils changing. In 2015 19% of Y10 said it was OK to smoke (25% in 2014). In 2015 5% of Y7 said it was OK to smoke (3% in 2014).

Slightly more boys said it was OK to smoke in 2015, this has changed in 2014 more girls said it was OK to smoke.

Pupils are asked if they smoke cigarettes now, overall 188 (6%) of pupils said they smoked (reduced from 7% in 2014). The information from the results of the What About Youth National survey said that 8% of young people are current smokers. 33 (2%) of year 7 pupils said they smoked (same as 2014) compared to 155 (10%) of Y10 (12% in 2014). It is equal the number of boys and girls who said they smoked.

The table below shows the % of number of cigarettes smoked per week by the 188 pupils who said they smoked this is 2% of Y7 and 10% of Y10.



There has been improvement in each category on the numbers of young people who say they smoke.

To again support with the peer pressure around smoking questions were asked to those 2922 (94%) of young people who have said they do not smoke, they were asked to best describe themselves.

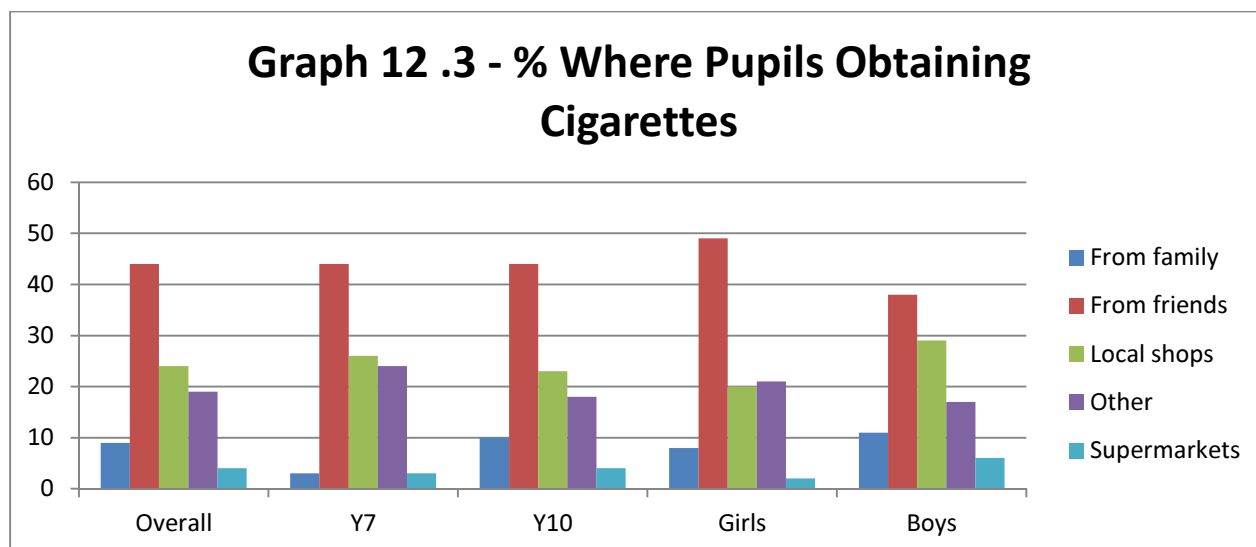
- Overall 80% said they have never smoked. 92% of Y7 (93% in 2014) and 66% Y10 (70% in 2014)
- Overall 11% said they have tried it once. 5% of Y7 (same as 2014) and 16% Y10 (20% in 2014)
- Overall 4% said they used to smoke by don't now. 1% Y7 (2% in 2014) and 7% Y10 (10% in 2014)

National information from the What About Youth results states nationally that 76% of young have either never smoked or do not smoke now,.

Information on Health & Social Care Information Centre who carried out a survey in 2014 of 6173, 11 to 15 year old and the results said that 18% said they had smoked at least once, therefore 82% are none smokers. Nationally this is the lowest level since this type of survey being in 1982. Rotherham's figure from this cohort says that 80% have never smoked.

12.2 Obtaining Cigarettes

The 188 who said they smoked were then asked where they mainly got their cigarettes from. Graph 12.3 shows the results below

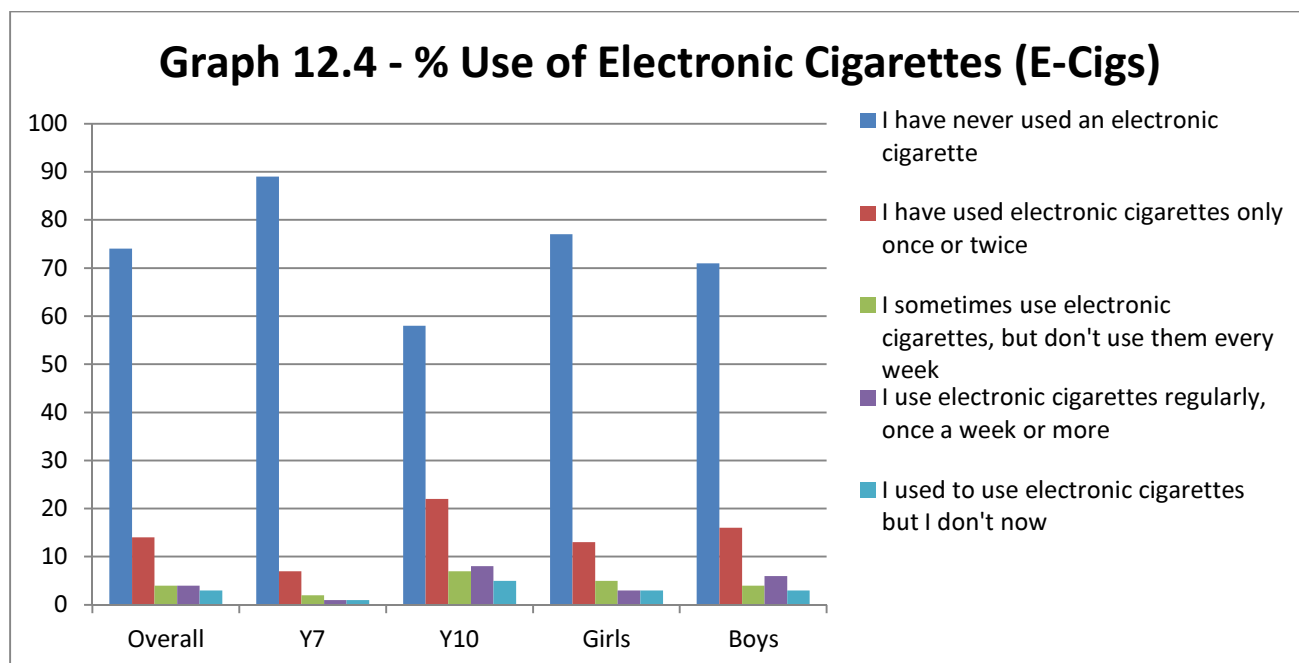


There has been a significant change from the 2015 results; overwhelmingly young people are most likely to get their cigarettes from their friends, which has replaced local shops as the most popular choice for obtaining cigarettes.

The campaign against the sale of underage cigarettes of writing out to all local shops in vicinity of secondary schools, the issue of warnings issued to shop owners and 40 educational visits made to local shops, does appear to be having an impact. The intelligence from trading standards report that the sale of cigarettes to under-age young people is diminishing. In 2014 50% of Y10 and 38% of Y7 who said they smoked, said they obtained they cigarettes from local shops. In 2015 this had reduced to Y10 23% and Y7 26%.

Although there has been a reduction in the number of pupils who have said they actually smoked, there has also been a reduction in the number of pupils who have said they would like to stop smoking; this has reduced to 21% from 23% in 2014

Information about the use of electronic cigarettes was captured again in 2015 survey
 Graph 12.4 below shows the use of electronic cigarettes



1445 (89%) of Y7 pupils said they have never used an electronic cigarette (same as 2014)
 862 (58%) of Y10 pupils said they have never used an electronic cigarette (62% in 2014)

Of the 803 pupils that said they use electronic cigarettes, 1% of Y7 and 5% of Y10 use them and smoke normal cigarettes too, similar results to 2014. 8% of Y7 (10% in 2014) and 23% (17% in 2014) use electronic cigarettes but don't smoke normal cigarettes and 4% of Y7 (6% in 2014) and 6% of Y10 (same as 2014) said they use electronic cigarettes to help them stop smoking.

The data is showing that there has been an increase in the number of young people in Y10 that are using electronic cigarettes, in particular boys are more likely to say they are using these than girls.

Information from the Health & Social Care Information Centre who carried out a survey in 2014 of 6173 11 to 15 year olds found that 22% had used an e-cigarette at least once; Rotherham is higher than this at 26%

12.3 Alcohol

To support with the campaign against peer pressure to drink alcohol, a question was added to the survey in 2014 whether pupils thought it was OK for young people of their age to get drunk. In 2014 28% of young people said it was OK to get drunk, this has reduced to 778 (25%) in 2015. In 2015 44% of Y10 said it was OK to get drunk (49% in 2014). In 2015 7% of Y7 said it was OK to get drunk (same in 2014). Slightly more boys said it was OK to get drunk than girls; this is the same for 2014 & 2015 results.

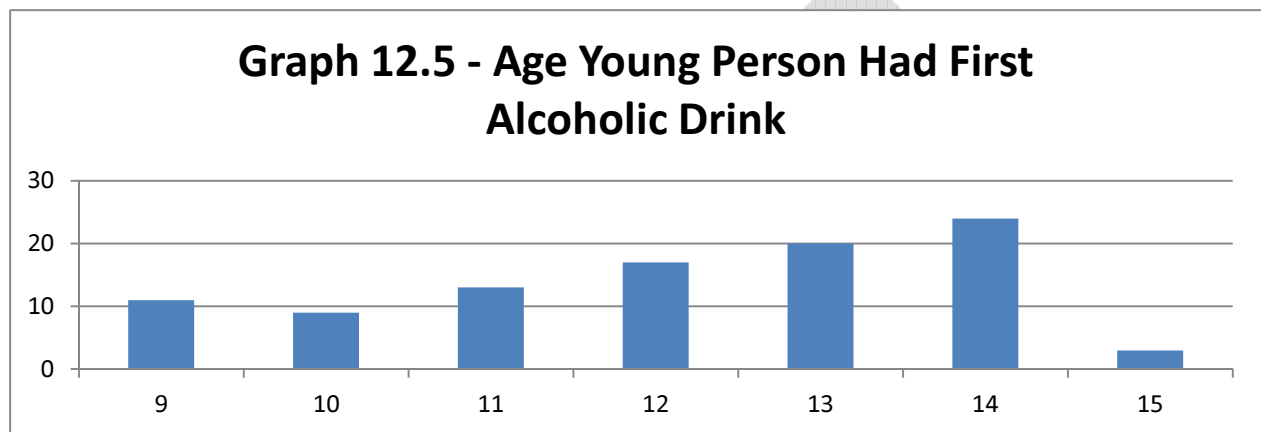
A new and a revised question was asked in 2015 to better describe the first experience of an alcoholic drink and to help to find out what age they were.

Have you ever had a proper alcoholic drink (a whole drink, not just a small sip)?

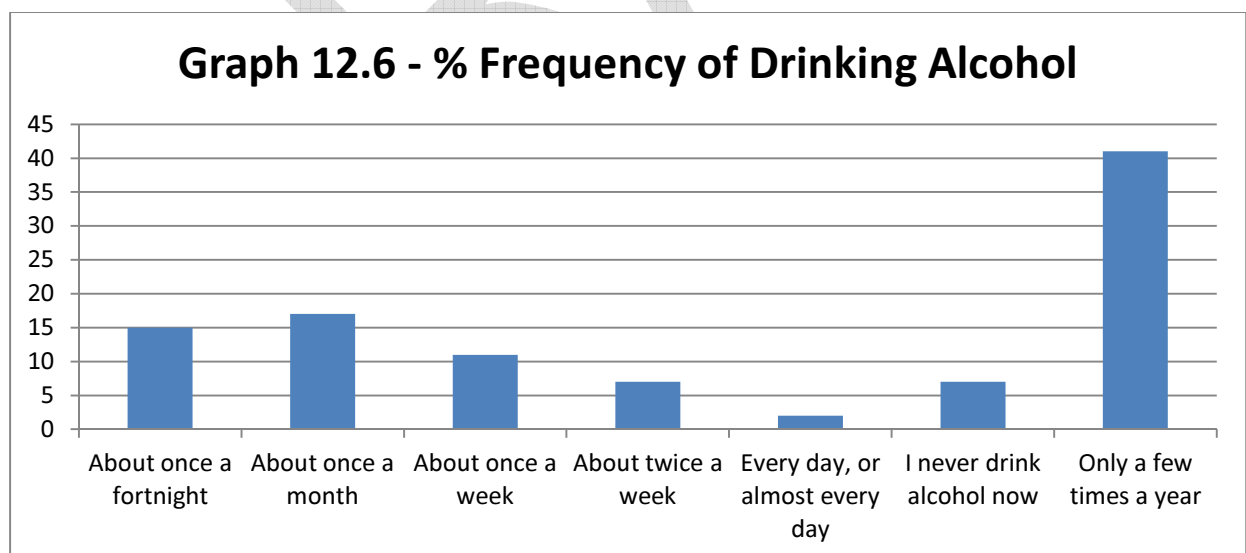
Overall 1680 (54%) of all pupils responded no they have not had a proper alcoholic drink
 1241 (76%) Y7 responded that they had not had a proper alcoholic drink (63% in 2014)
 439 (29%) Y10 responded that they had not had a proper alcoholic drink (24% in 2014)
 This improvement may be due to the improved wording of this question around having a whole drink, rather than just a sip.

Information from the Health & Social Care Information Centre who carried out a survey in 2014 of 6173, 11 to 15 year olds 38% of young people had tried alcohol at least once, the lowest proportion since 1982; this is a lower % than Rotherham where 46% said they have tried alcohol at least once.

Graph 12.5 below show the responses to the new question offered to those 1430 (46%) who said they have drunk alcohol, what age did you try your first alcoholic drink



Graph 12.6 below shows the % frequency of those 1430 (46%) who said they drink alcohol. These are revised choices from the 2014 survey to match the questions in the What About Youth national survey.

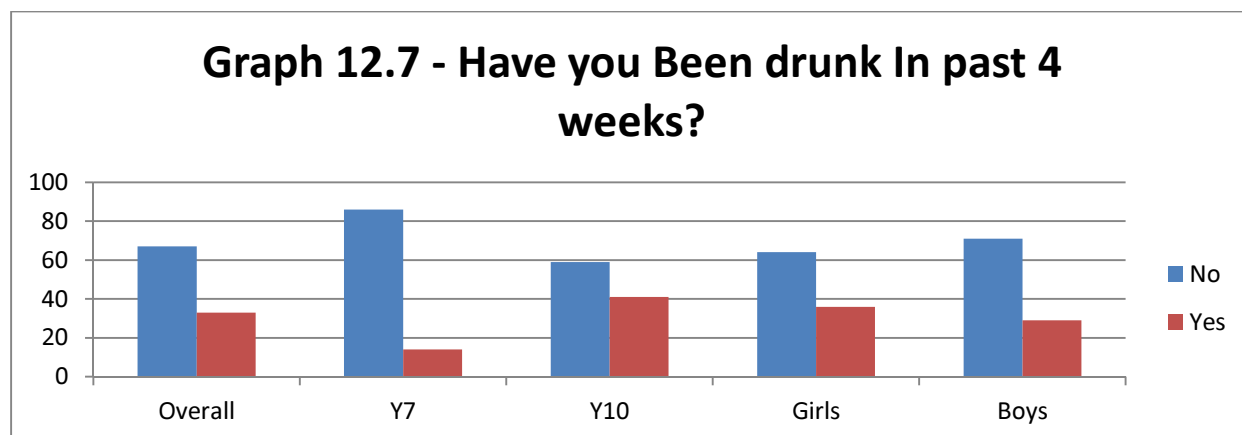


2% of Y7 said they have a drink daily/weekly (same as drinking regularly option in 2014).
 10% of Y10 said they have a drink daily/weekly (as drinking regularly option in 2014)
 The same % of male/female said they drank daily/weekly.

41% of combined Y7 & Y10 recorded their drinking as only a few times per year
 In 2014 31% of combined Y7 & Y10 classed their drinking as social/infrequent.

Again similar % of male/female split classing their drinking as only a few times per year

New questions were added to the 2015 survey to match questions in the What About Youth national survey. This question was asked to those 1430 (46%) who said they drink alcohol, responses detailed below in graph 12.7

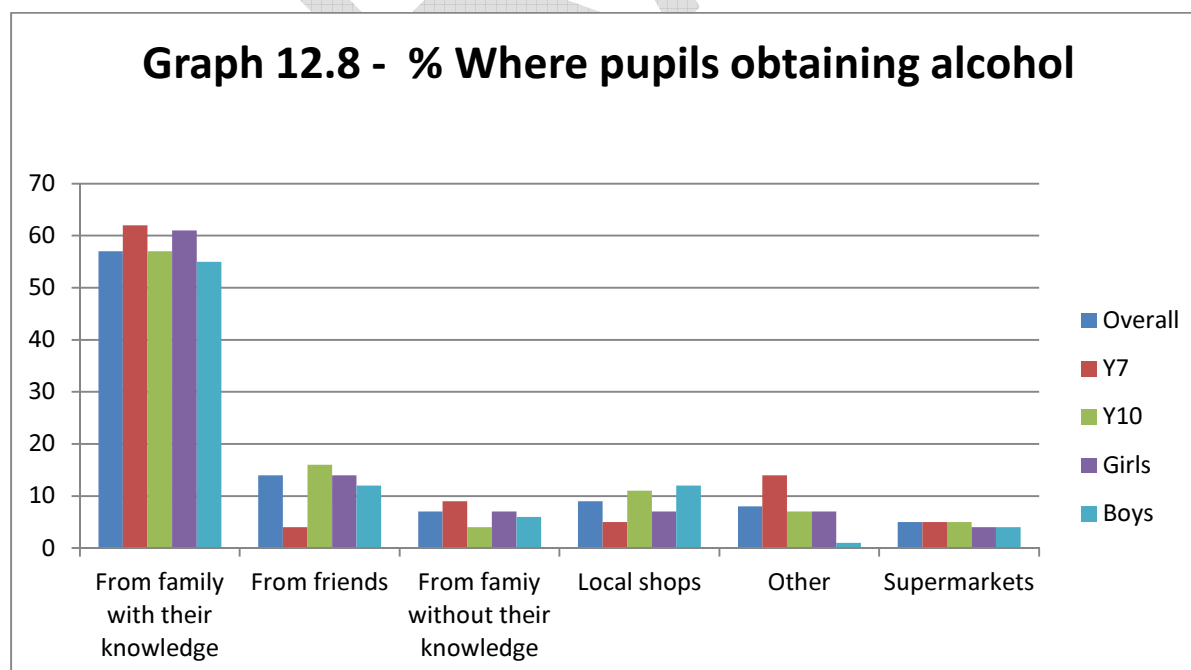


For the pupils that responded yes to the question that they had got drunk in the past 4 weeks, they were then asked if this had caused any problems.

- 2% of Y10 females said they had got into trouble from their parents/carers
- 2% of Y10 females said they were unable to go out
- 1% of Y10 males said they were unable to play sport
- Less than 1% overall were unable to attend school
- No pupils had to seek medical attention from doctor or hospital

12.4 Obtaining Alcohol

The 1430 pupils who said they drank alcohol were then asked where they obtained their alcohol from. Graph 12.8 below details their responses



As in the previous year, the majority of both year 7 and 10 pupils get their alcohol from family members, followed by friends for Y10 but for Y7 this is from family without their knowledge.

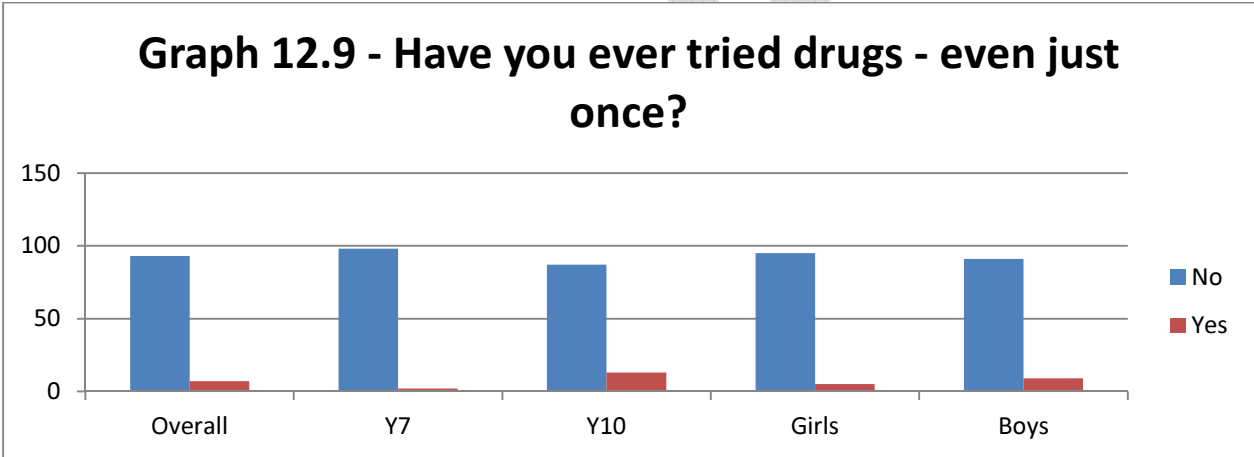
The results for pupils being able to obtain alcohol from local shops is similar to 2014 and more boys seem to be able to obtain alcohol from local shops rather than girls. Again in 2015 supermarkets were the lowest location where pupils can obtain alcohol from which suggest that supermarkets are continuing with their strict enforcement for ID and enforcing the law on underage purchasing of alcohol.

Of the pupils that said they drink alcohol 10% of Y7 said they would like help to stop drinking (18% in 2014) and 3% of Y10 said they would like help to stop drinking (4% in 2014)

12.5 Drugs

To support with the campaign against peer pressure to try drugs, a question was added to the survey in 2014 whether pupils thought it was OK for young people of their age to use drugs. In 2014 3% of Y7 said it was OK to use drugs, this has reduced to 32 (2%) in 2015. In 2014 12% of Y10 said it was OK to use drugs, this has reduced to 119 (8%) in 2015. 7% of boys said it was OK to use drugs, compared to 3% of girls. This has changed since 2014 when there was less than 1% difference in the opinions of boys and girls.

Graph 12.9 below shows the responses to a new question which was added for 2015 survey 32 (2%) Year 7 have tried some type of drug and 193 (13%) of Y10 said they have tried some type of drug



Information from the Health & Social Care Information Centre who carried out a survey in 2014 of 6173, 11 to 15 year old and the results said 15% of pupils said they had tried some drug. This is an higher average than Rotherham

The pupils were asked if and how often they had taken various types of drugs. The results are shown below and are split into separate graphs for year 7 and year 10 responses:

12.6 Highlights on Y7 and use of drugs

From previous survey results solvents has been the most popular drug tried by Y7. The 2015 results show this has changed, out of the 32 (2%) of Y7 who said they had tried drugs

- 0% girls and 20% of boys have tried solvents
- 20% girls and 20% of boys have tried cannabis
- 20% girls and 20% of boys have tried legal highs

12.7 Highlights from Y10 use of drugs

From the 2014 survey results cannabis was the most popular drug tried by Y10

The 2015 results show this is still the same, out of the 193 (13%) of Y10 who said they had tried drugs

- 3% of girls and 6% of boys have tried solvents
- 2% of girls and 3% of boys have tried magic mushrooms
- 15% of girls and 24% of boys have tried cannabis
- 3% of girls and 3% of boys have tried ecstasy
- 2% of girls and 3% of boys have tried LSD
- 2% of girls and 3% of boys have tried Amphetamines
- 2% of girls and 6% of boys have tried cocaine
- 2% of girls and 2% of boys have tried heroin
- 2% of girls and 3% of boys have tried mephedrone
- 0% of girls and 3% of boys have tried ketamine
- 3% of girls and 8% of boys have tried legal highs

The use of solvents has almost disappeared from Year 7 with only 6 boys in Y7 saying they have tried solvents. The use of solvents in Y10 shows that 6 girls and 12 boys say they have tried them.

Cannabis is the highest tried drug with 29 girls and 46 boys in Y10 trying this drug. Whilst in Y7 6 girls and 6 boys said they have tried cannabis.

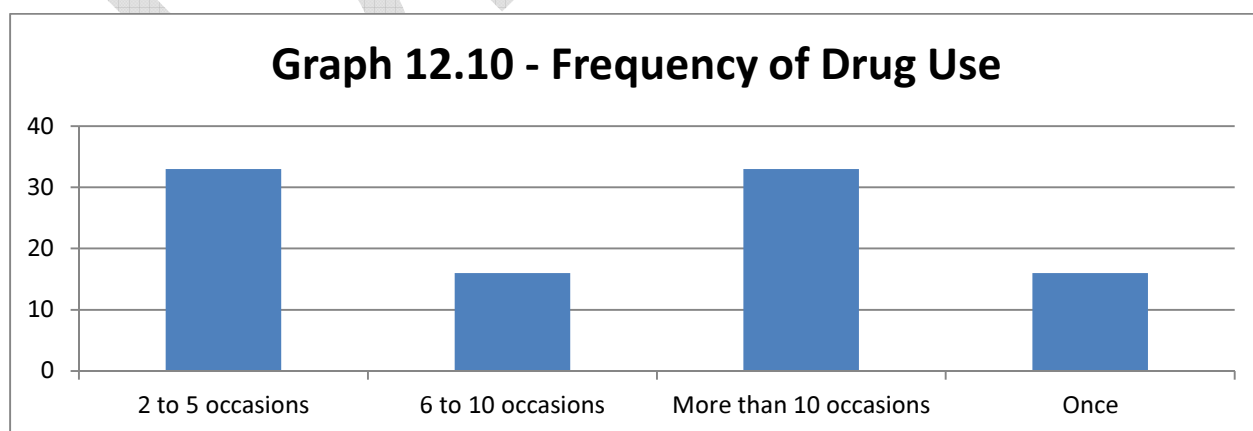
Legal Highs has increased in young people saying they have tried this drug

- Y10 - 15 boys and 6 girls have tried this type of drug
- Y7 - 6 girls and 6 boys have tried this type of drug

Out of the overall 225 pupils that said they have tried some type of drug

- 51% have tried this in the last month (between May to July 2015)
- 33% have tried this in the last year (between July 2014 to June 2015)
- 16% have tried this over 1 year ago (before June 2014)

Out of the overall 225 pupils that said they have tried some type of drug, they were asked how frequent this use drugs. Graph 12.10 below show their responses

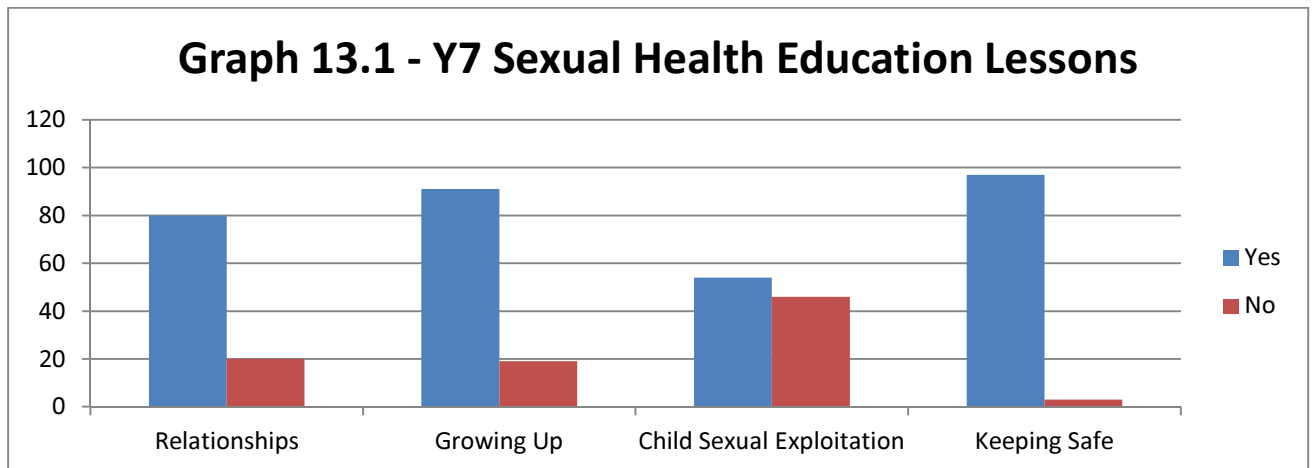


Overall out of 225 pupils that said they have tried some type of drug 11% would like help to stop taking drugs, this has reduced slightly from 12% in 2014.

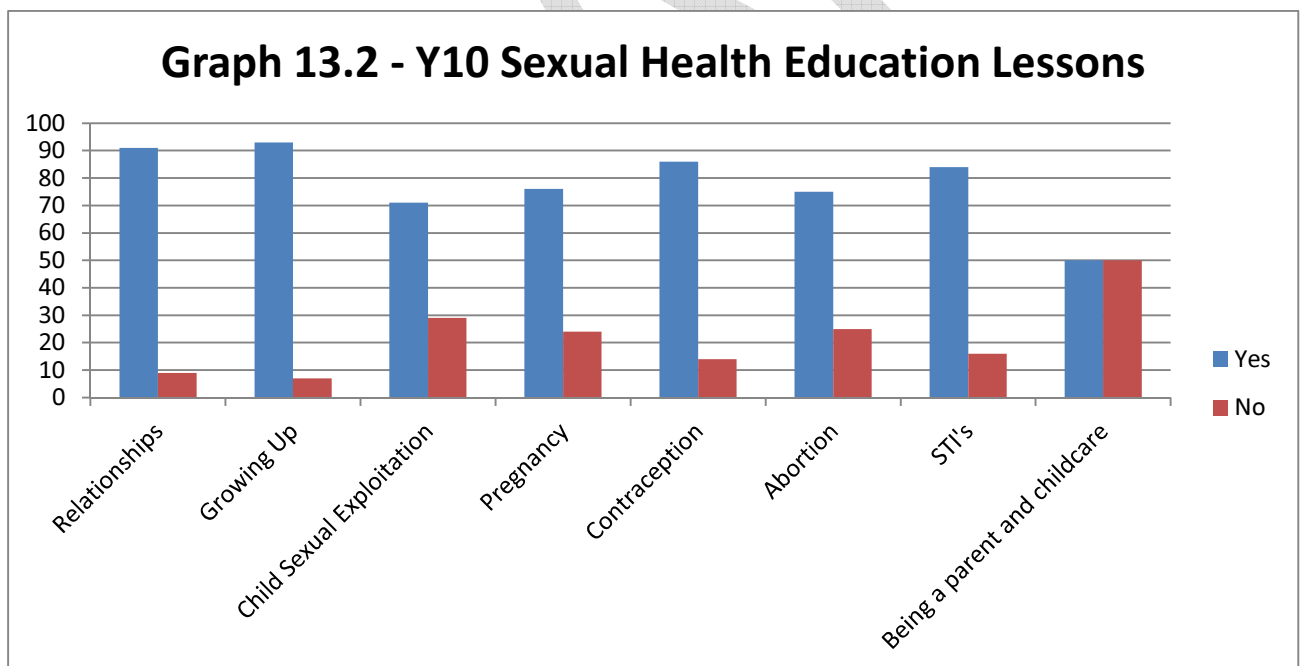
13. Sexual Health

In this section pupils were asked about what they have been taught at school in sexual health lessons. The survey looked at various individual sexual health topics, but different questions were asked of Y7 to Y10. Pupils were asked if they had been taught about the subject at school or not

Y7- Graph 13.1 below shows the responses from 1624 pupils in Y7



Y10 – Graph 13.2 below shows the response from 1486 pupils in Y10



The questions in relation to the teaching of child sexual exploitation was not asked for Y7 in 2014, but it was for Y10 and the response in 2014 was 60% of Y10 had been taught about this subject, therefore there has been an 11% increase in the number of young people in Y10 saying they have been taught about this subject. There is however 46% of Y7 and 29% of Y10 who said they have not been taught about child sexual exploitation.

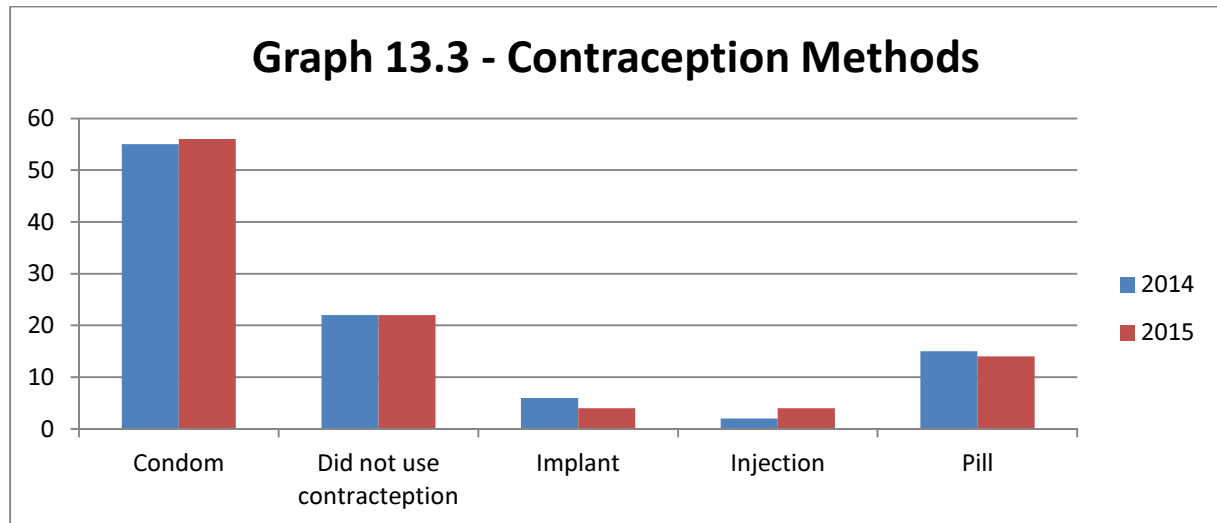
New questions were developed for 2014 survey around sexual activity. In 2014 25% of Y10 said they have had sex, in 2015 this has reduced to (431) 23%.

Slightly more boys said they have had sex, than girls.

Of these 431 pupils who said they have had sex 30 pupils (7%) said they have had sex after drinking alcohol this is a reduction from the 11% in 2014.

Questions were then asked to the 431 pupils who said they have had sex, about what type of contraception they used.

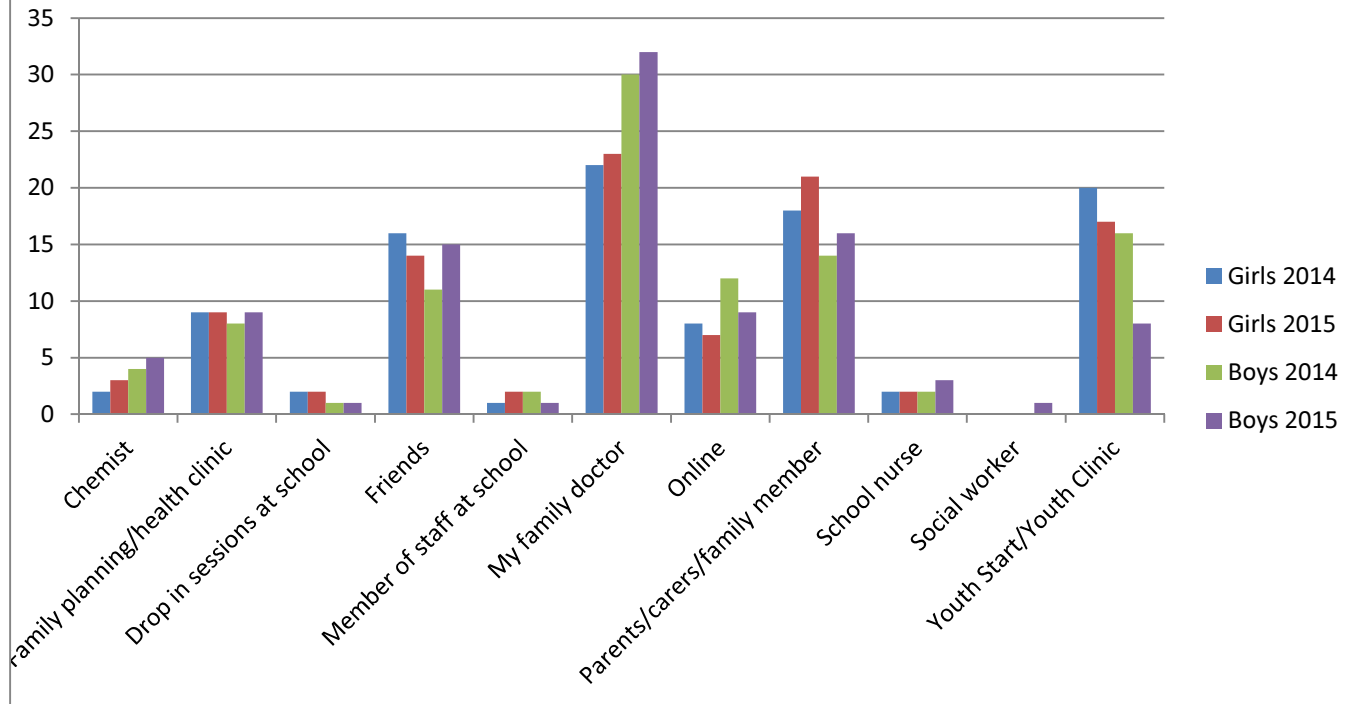
Graph 13.3 below shows information about the types of contraception they used 2014 & 2015.



The results for methods of contraception used is similar for both 2014 and 2015. Pupils saying they did not use contraception remains the same at 22%.

Year 10 pupils were then all asked where they would go for sexual health advice, information and services (split into male and female responses 2014/2015), detailed in graph 13.4 below

Graph 13.4 - Sexual Health Advice



From the results in 2015 there has been an increase in the number of young people who said they would discuss or access sexual health service with their family doctor or discuss with their parents/carers. Boys are more likely to visit their family doctor rather than girls and girls are more likely to discuss this with parents/carers. There has been an increase in the number of pupils accessing information on-line, but a reduction in the number of pupils visiting a Youth Start/Youth Clinic for advice.

Both Y7 & Y10 were asked if they knew who their school nurse was, 45% said yes, this has increased from (40%) in 2014. More Y7 knew you their school nurse was (48%) compared to (41%) of Y10, this is change from 2014 results when more Y10 knew who their school nurse was.

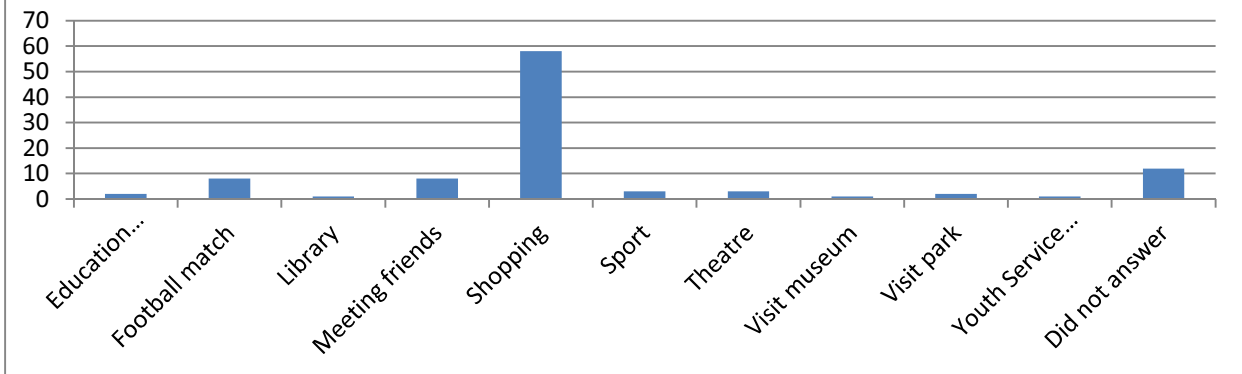
To capture information about the use of Youth Start/Youth Clinic, pupils in Y7 & Y10 were asked if they had ever visited one of these, overall 13% said they had (same % as 2014). More Y10 have attended 14% compared to 11% Y7.

14. Your Local Town and Community

14.1 Town Centre

To capture information about whether young people visit the Rotherham town centre, a series of questions are asked. Do you regularly go into Rotherham town centre (at least once a week). 965 (31%) of pupils said yes, this is down from 40% in 2014. For those 965 who said they visit the town centre further question is asked about the main reasons they visit they town centre, responses detailed in graph 14.1 below

Graph 14.1 - Reasons for Visiting Rotherham Town Centre



Overwhelmingly the main reason that young people go into the town centre is for shopping (same as 2014).

Young People were then asked about how safe they feel when they are in their local town or community. There has been a positive increase in all locations for pupils feeling safe.

Overall 2923 (94%) of pupils said they feel safe at home (increase from 91% in 2014) There was also an increase in pupils feel safe at school up to 1742 (56%) from (54% in 2014) Feeling safe in their local community has also increased 1151 (37%) from (33% in 2014). Far more Y10 said they felt safe in their local community (43%) compared to (31%) Y7.

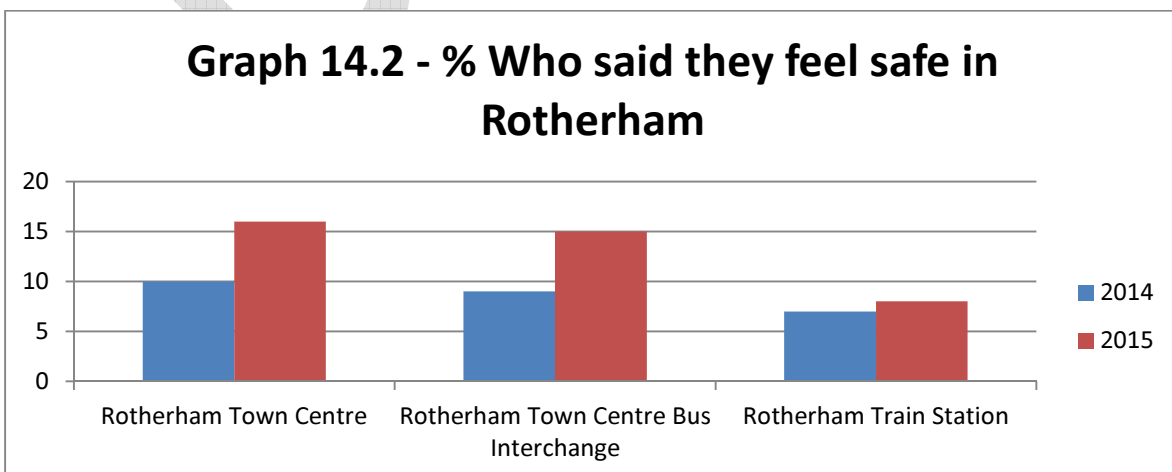
Pupils on the way to or from school who feel safe has increased from (27% in 2014) to 1337 (43%) in 2015. Again far more Y10 said they feeling safe when travel to and from school than Y7. Travelling on local buses or trains the number of pupils saying they feel safe has increased from (15% in 2014) to 622 (20%) in 2015

In 2014 for the first time, pupils were specifically asked about feeling safe in

- Rotherham Town Centre
- Rotherham Town Centre Bus Interchange
- Rotherham Train Station

Graph 14.2 below shows 2014 & 2015 responses, which show the improvements from the results in 2015.

Graph 14.2 - % Who said they feel safe in Rotherham



There has been a positive increase in the number of pupils saying they feel safe in Rotherham Town centre locations. Again Y10 are more likely to feel safe in these locations.

Those 2612 who said they did not feel safe in town centre locations were asked to say why they didn't feel safe. The 3 main reasons are being approached by strangers (24%), gang fear (16%) and lack of visible security in these locations (11%)

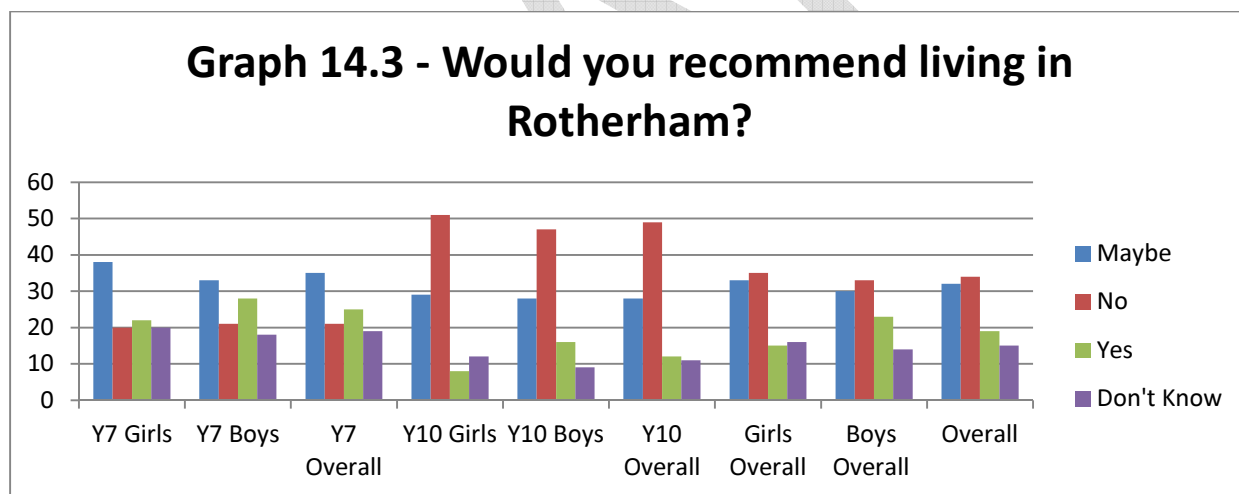
14.2 Your Local Community

Out of the young people who completed the survey, in relation to the facilities that pupils use the most in their local areas are shops (84%); Skate Parks (47%); Sports & Leisure facilities (43%); Country Parks (27%); Libraries (20%) and Museums/Theatre (12%)

Pupils were asked which statements best described the way in which people from different backgrounds get on with each other. The results show:

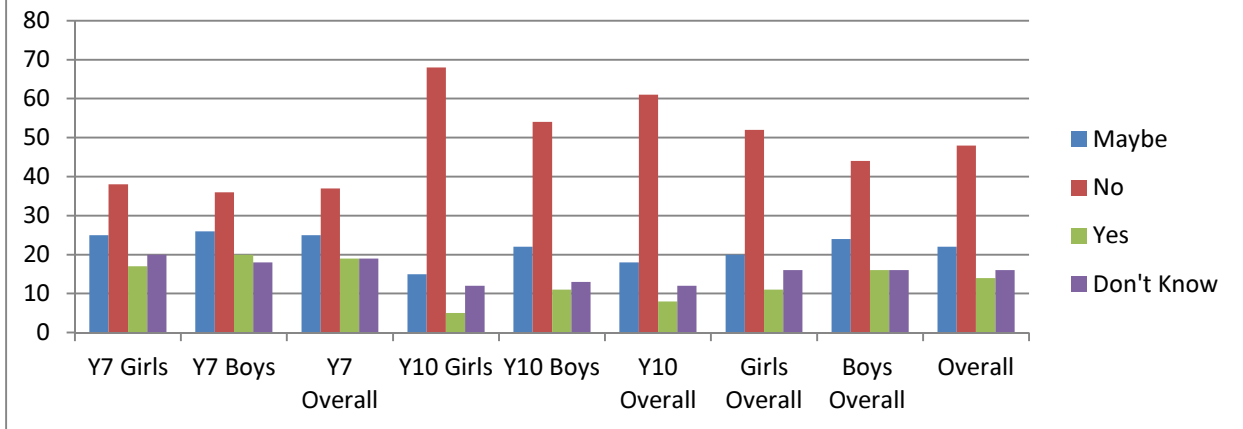
The majority of pupils felt that people from different backgrounds mixed well together in their area but there were a few problems (41% compared to 44% in 2014). The number saying that people from different groups do not get on well together has gone down from 9% last year to 6% this year.

New questions were asked for the 2015 survey to capture the views of young people around their thoughts about living in Rotherham. This will set a baseline on the views of young people, as Rotherham moves to become a child-centred borough, the graphs 14.3 and 14.4 below give the detailed responses to two specific questions the 3110 young people responding.



Overall 1057 (34%) gave the response that 'no' they would not recommend Rotherham to their family or friends as a good place to live. More Y10 gave a negative response to this question and more girls than boys gave a negative response.

Graph 14.4 - Would you like to be living in Rotherham in 10 Years time?



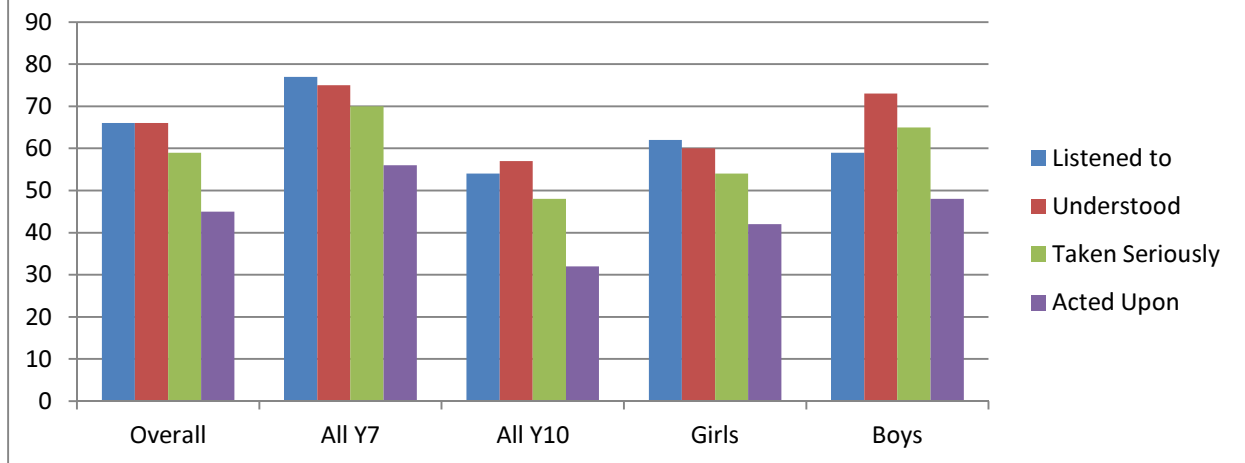
Overall 1493 (48%) gave the response that 'no' they would not like to be living in Rotherham in 10 years' time. Significantly a higher % of Y10 gave a negative response to this question, than Y7. Out of 1486 Y10 pupils 906 (61%) said they would not like to be living in Rotherham in 10 years' time compared to 1624 Y7 pupils 600 (37%). More girls than boys said they would not like to be living in Rotherham in 10 years' time.

15. Your Views & Experiences

New questions were added to the 2015 survey, to capture from young people whether they feel their views and experiences are listened to, understood, taken seriously and then acted upon.

The number of pupils who responded yes to these questions, is detailed in the graph 15.1 below

Graph 15.1 - Voice of the Child - Yes Responses



There were positive responses regarding pupils being listened to, understood and taken seriously, but there is then a decrease, going as low as 475 pupils (32%) of Y10 saying what they have had to say is acted upon.

Further work needs to be done to understand their reasons for this and how this can be addressed moving forward.