

Rotherham
Voice of the Child
Lifestyle Survey
2017

Borough Wide Report

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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 Lifestyle Survey for 2017.

In 2017, 11 out of 16 secondary schools in Rotherham participated in the survey along with 3 pupil referral units. In 2017 the survey was also offered to students who are electively educated at home and Newman Special School, who have piloted the survey on behalf of special schools, with the aim that the survey will be rolled out to all special schools in 2018. Schools participating in the survey gave their commitment to enabling pupils at their school to have their voice heard to share their views on health, well-being, safety and their views about Rotherham and their local areas.

Also thank you to the 3811 young people who participated and shared their views by taking part in this years' survey.

1. Background Information

This report presents the summary of findings from the 2017 Lifestyle Survey.

The survey is open to all pupils in Y7 and Y10 at secondary schools and pupil referral units, pupils are 11/12 years and 14/15 years of age. The pilot of the survey with pupils at Newman Special School was open to all years Y7 to Y12, this covered pupils age 11 to 16 years. The survey was open from Wednesday 26th April 2017 and closed Wednesday 19th July 2017. Overall in this age range in 2017 there were 6540 young people attending a secondary school, a pupil referral unit, Newman special school or home educated.

This survey is open annually to young people in Rotherham and is the only opportunity regularly given for young people to have their say about their health, well-being and their future. The sample of 3811 young people, who chose to participate in 2017, is 58% of the relevant population.

In the past five years, 17,324 young people have chosen to share their views about their health and well-being through this survey. This sample of relevant population gives a 95% confidence interval of +/- 1.38% so the lifestyle survey has continued to provide data with a high statistical significance.

Rotherham's aim is to be a child friendly town; creating a place where all children and young people want to grow up in, work and play. The Lifestyle survey can provide an insight into the experiences of children and young people living in the borough and a series of measures to monitor the progress of this aim.

The survey is electronic and built using Survey Monkey that is accessed by pupils in educational settings through a web-link. All young people that participated in the survey were able to do so anonymously, and this is the 10th year that the survey has been run in Rotherham.

Each educational setting that participated have received a data pack giving them access to their own survey data; they can use this to compare their results to previous years' results and also to the borough wide information once published. Individual school reports assist them to gauge how well they are meeting their own health and wellbeing objectives and help shape their PSHE curriculum. This is highlighted as outstanding practice and gives evidence in relation to Ofsted grade descriptors

"Grade descriptors: the quality of the curriculum in PSHE education Note: These descriptors should not be used as a checklist. They must be applied adopting a 'best fit' approach which relies on the professional judgement of the inspector. Supplementary subject-specific guidance Outstanding (1) v The imaginative and stimulating PSHE education curriculum is skilfully designed, taking into account local December 2013 health and social data and the full range of pupils' needs, interests and aspirations. The programme ensures highly effective continuity and progression in pupils' learning across all key stages. "

Parents were given information about the Lifestyle Survey and its contents ahead of the survey taking place, it was highlighted to parents and carers of young people in Y10 that there was specific questions relating to sexual health. These questions were not included in the Y7 survey or in the pilot survey for pupils at Newman special school.

The borough wide results will be shared with the Health & Well Being Board and partners will receive specific trend data in relation to their specialism to allow them to take action and address any issues.

The 2017 lifestyle survey went through a series of consultation exercises with children, young people, partners and voluntary sector, to review the questions with the aim to make

improvements for the survey to be a child friendly survey and enable the survey to contribute measures for the vision for Child Friendly Rotherham and the Health & Wellbeing Strategy. The changes to the 2017 survey include questions to ascertain if a young person is a looked after child; if young people are using youth centres, libraries and leisure facilities in Rotherham and if so what are their views about these services; do young people visit the dentist regularly and young people were asked to give their views on how they feel about their mental health.

2. Executive Summary

In total 3811 pupils participated in the 2017 lifestyle survey out of a possible 6540 young people who live in the borough in this age range. This is an overall 58% participation rate.

A higher % of girls completed the survey compared to boys and a higher % of Y7 completed the survey compared to Y10.

5 schools chose this year not to participate in the 2017 lifestyle survey. 3 schools had initially indicated they did not wish to participate so this excluded 1340 pupils, 2 further schools had a changeover in staff and the new staff in post did not have sufficient time to plan for the survey, this excluded a further 470 pupils.

Participation in the survey varied widely between individual schools, the variances ranged between 38% to 100% participation rates for secondary schools and pupil referral units.

2.1 What is working well?

The results of the 2017 Lifestyle survey show that there have been improvements in specific areas, in particular health, perceptions of Rotherham, areas of safeguarding, areas of smoking, alcohol, drugs, relationships and sexual health. The full list of the results that show what is working well can be found in Appendix 1.

The results in the 2017 Lifestyle survey show that far more young people from Rotherham say they visit their dentist at least once per year. 3515 (93%) of pupils said they visit their dentist, which is significantly higher than the national picture where during national smile month statistics show that it could be as many as 40% of children who do not regularly visit their dentist.

There have been improvements in some healthy eating and physical activities which could possibly be attributed to the work of Change for Life project supporting young people in school with the delivery of free fruit and promoting healthy eating. 5% more young people said they are eating the recommended 5 fruit and vegetables each day, more young people said they have breakfast in a morning and 3.5% more young people said they participate in regular physical activity. More young people participating in regular activity may have contributed to the reduction in the % of pupils saying they are worried about their weight, the 2017 results show that 3% less pupils are worried about their weight and there has been a 5% increase in the % of pupils who feel their weight is about the right size.

Pupils perception of Rotherham appears to be improving, pupils are asked to say if they would recommend Rotherham as a place to live and whether they would like to be living in Rotherham in 10 years' time, a significantly higher % of pupils gave positive responses to recommending and continuing to live in Rotherham and there has been a 7% increase in the number of pupils who said they regularly visit Rotherham town centre. The fear factor of protest and marches does not appear to be as significant to pupils now, this is rated far lower than in previous years as a risk that impacts on them visiting town centre.

It is positive to see that far more Y7 pupils have received education about child sexual exploitation; this has improved by 11%. It is worth noting that the overall % of pupils who have received education on this subject has increased over past 3 years, this does raise awareness in young people, so this could contribute to young people saying they do not feel safe in some

locations, in particular town centre locations. It is also positive to see there has been a 5% reduction in the number of Y10 pupils who said they have had sexual intercourse.

2.2 What are we worried about?

The results of the 2017 Lifestyle survey show that there are areas that need action to address what pupils' are telling us, in specific areas, health, aspirations, areas of safeguarding, young carers, relationships and sexual health. The full list of the results that show what is we are worried about can be found in Appendix 2.

It is positive to see that there have been improvements in results for areas of health, there are also some results in this area that need to be addressed. There has been an increase in the % of pupils that are consuming high sugar drinks and high energy drinks. Each educational establishment have been asked to look at their individual results and compare them to their 2016 results. Action has already been taken by three schools, one to ban the sale of these drinks, one to change their policy on the sale of these drinks in their dining hall and one school added a new display about the risks of these drinks.

There are fewer pupils who said they aspire to go to university than in the previous year. More pupils said they prefer going to college, but then moving into employment rather than university and more pupils said they have not yet made a decision.

Safeguarding in particular pupils feeling safe in and around the town centre has declined this year, less pupils said they always feel safe, although there was a slight % decrease in the number of pupils who said they never feel safe in the town centre, it should be noted that far more pupils have received education around child sexual exploitation, therefore young people have greater awareness.

The lifestyle survey results have continuously shown that there are more pupils identifying themselves as young carers than the Rotherham census figure shows, this could be attributed to pupils who take a brother or sister to school saying they are a young carer. There is a service available to support young carers, but the 2017 results show that there has been a decrease of young carers who said they have heard of this service. Barnardo's Young Carers Service on working on a project Theory of Change and will be visiting schools to promote the young carers service.

The results have shown that there was a 5% reduction in the number of Y10 pupils who said they have had sexual intercourse, but there has been an increase in the % of pupils in Y10 who said they did not use contraception in particular the increase was more prevalent with boys. This data will be highlighted to the appropriate relationship and sexual health lead for the health and wellbeing board.

3. Participation Table 2016

This table shows the 11 schools, 3 Pupil Referral Units, Electively Home Educated and Newman Special School that participated in the survey and the volume of pupils who completed the survey from each school.

School	No. of Y7 Pupils	No. of Y10 Pupils
Aston	350	189
Brinsworth	242	122
Dinnington	108	140
Maltby	187	175
Oakwood	83	74
Saint Pius	127	46
Swinton	158	118
Wales	275	169
Wath	294	256
Wingfield	98	91
Winterhill	218	217
Pupil Referral Units		
Rowan Centre	1	1
Riverside Aspire	1	6
Swinton Lock	4	4
Home Educated	4	10
Newman School Pilot	Survey Offered to all pupils, in total 30 pupils participated	

4.



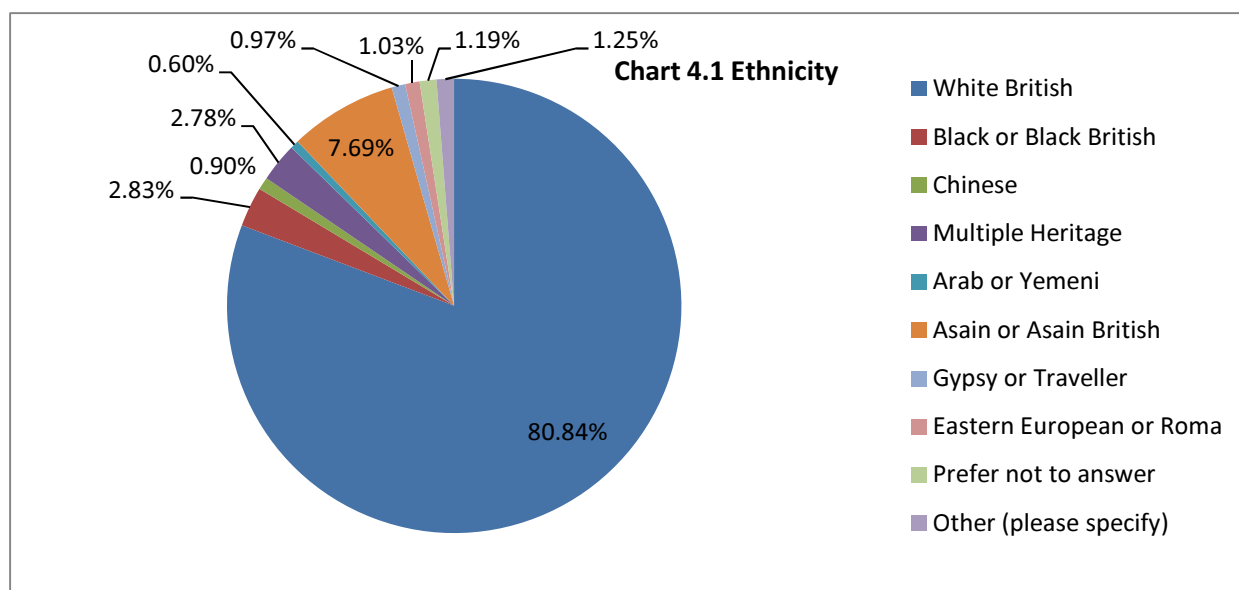
Of the pupils that completed the 2017 survey, 1919 (50.35%) were female and 1892 (49.65%) were male. 2153 (57%) were in year 7 and 1628 (43%) were in year 10.

The results show that 30 pupils in the Newman School Pilot participated in the survey across all years in the school; a separate report has been produced to show Newman School results.

4.1 Ethnic Origin

When asked about their ethnicity, 80.8% (3,062) of pupils described themselves as White British (compared to 84% in 2016). 16.8% (622) described themselves as from Black or Minority Ethnic group (BME) (this compared to 11.5% 2016). 1.19% (47) preferred not to say and 1.25% (50) described themselves from 'other' ethnicity group.

Chart 4.1 below shows the breakdown of pupil ethnicity by %. Analysis of data input to 'other' option showed in the majority pupils responding they were from multiple ethnicities, which should be included in the multiple heritage choice, which would make this % higher.



4.2 Looked After Children

Pupils were asked to say if they are a looked after child and had the option to miss this question if they so wished. 0.5% (19) pupils said they were looked after in a foster care placement. 0.2% (8) pupils said they were looked after in a children residential placement. 0.07% (3) pupils said they were looked after in other residential placement. Overall the results show that 0.8% (30) pupils said they were looked after. The survey was open to pupils for a period of 12 weeks in May, June, July. During this period of time our data showed that we had 55 young people who were looked after in the age range of Y7 and Y10, 54% of these young people participated in the survey.

4.3 Health - Disabilities

Pupils were asked if they had a diagnosed long term illness, health problem, disability or medical condition. 20.9% (796) of pupils said they had a diagnosed condition (compared to 21.9% (616) in 2016). A higher % of Y7 pupils said they had a diagnosed medical condition. A slightly higher % of girls said they had a diagnosed medical condition compared to boys.

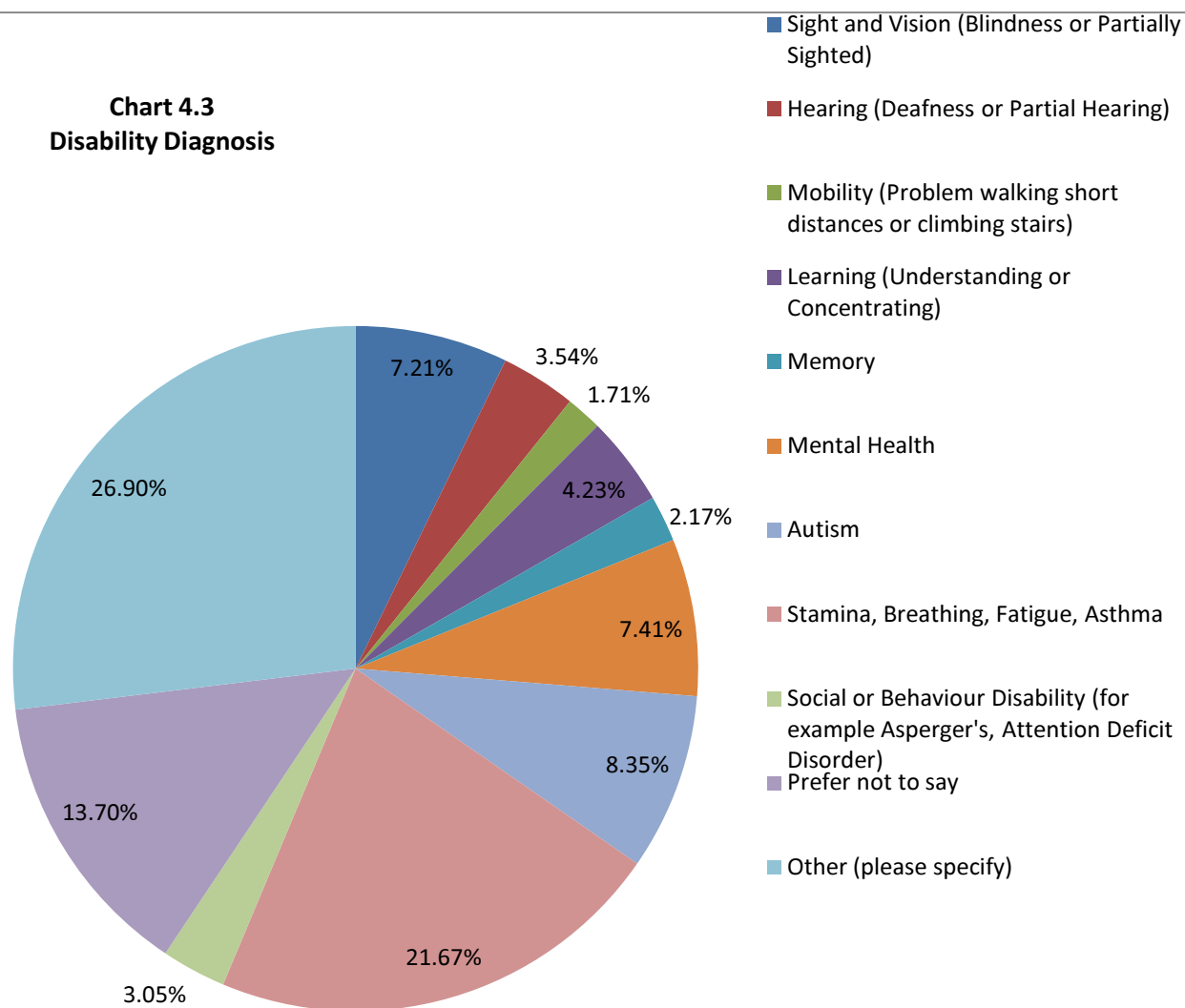
Out of the 796 (20.9%) who said they had a diagnosed condition, the % breakdown is detailed in Chart 4.3 below.

Analysis of data in the 'other' option showed that the majority, pupils reported conditions, such as Diabetes, Skin Condition, Kidney Infections, Hay Fever and Heart Murmur.

There has been a decrease from the 2016 results in the % of pupils saying they have diagnosed condition in sensory, mobility, learning, memory and mental health categories.

There has been an increase from the 2016 results in the % of pupils saying they have diagnosed condition is stamina, breathing, fatigue, asthma and autism, social behaviour categories.

Chart 4.3
Disability Diagnosis



4.4 Oral Health

The results in the Rotherham lifestyle survey for 2017 show that 3513 (93%) of pupils said they go to the dentist at least once per year. 2977 (79%) said they visit every 6 months. 137 (3.6%) visit the dentist less than once per year and 131 (3.5%) said they have never visited the dentist.

What's working well?

Oral Health Foundation published information from their consultation carried out in May 2017, this was national smile month. Their results showed that nationally roughly 40% of children do not visit their dentist at least once per year.

The results for Rotherham are significantly better than this, with 93% of pupils saying they visit the dentist at least once per year.

5. Healthy Eating & Exercise



It is recommended that young people should aim to have 5 or more portions of fruit and vegetables each day, and consume 6 or more glasses of water per day.

5.1 Fruit & Vegetables

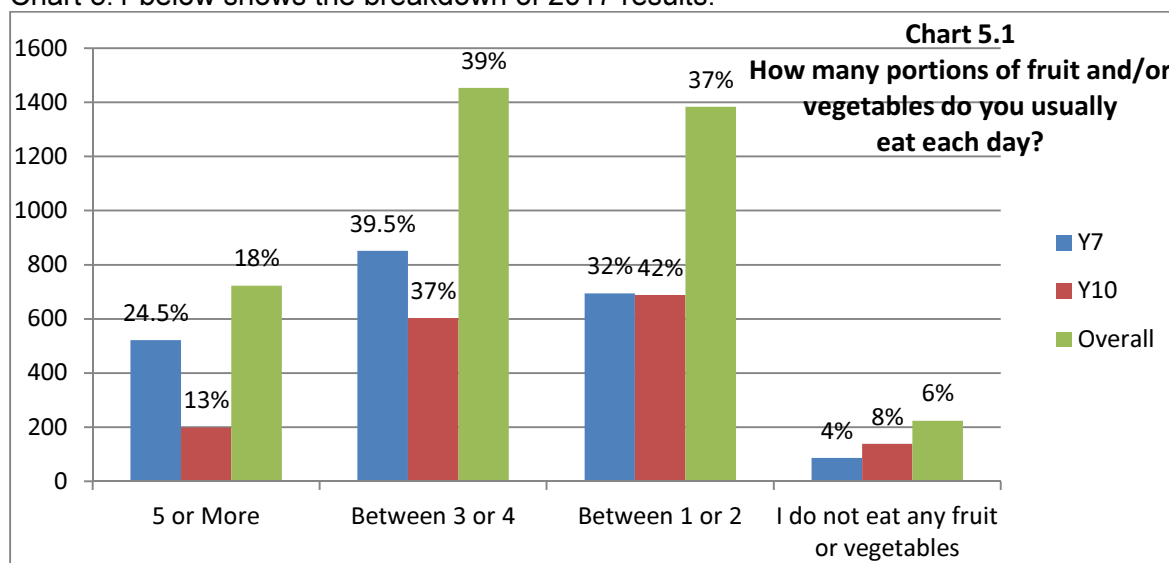
The results from 2017, show that there has been an increase in the number of pupils having the recommended 5 or more portions of fruit and vegetables each day, this has increased to 18.2% (723) in 2017 from 13.5% (378) in 2016.

There has also been a decrease in the number of pupils who said they do not eat any fruit or vegetables down from 7% in 2016 to 6% (224) in 2017. Y7 pupils only 4% (86) said they did not eat any fruit or vegetables. The 'Change for Life' initiative in Y6 primary school could be a contributing factor to what's working well.

What's working well?

'Change for Life' resources have been promoting in Primary Schools with the delivery of free fruit and vegetables, to encourage and promote healthy eating.

Chart 5.1 below shows the breakdown of 2017 results.



Analysis of the data shows that Y7 are more likely to eat 5 or more portions of fruit and vegetables per day. Y10 pupils are more likely not to consume any fruit or vegetables compared to Y7.

Girls in Y7 are the most likely to eat 5 portions of fruit and vegetables each day and for Y10 it is boys who said they are most likely to eat the recommended 5 portions.

5.2 Water

When asked about how many glasses of water they drank a day, 76.5% (2454) of pupils responded that they drank 1 to 5 glasses of water (72.6% in 2016), 18.29% (692) said they had 6-10 glasses, this is a decrease in the number of young people consuming the recommended amount of water per day, compared to (19.75% in 2016). There has been an improvement in

the number of pupils who responded that they drank no water at all; this has reduced to 6.1% (234) from 7% in 2016.

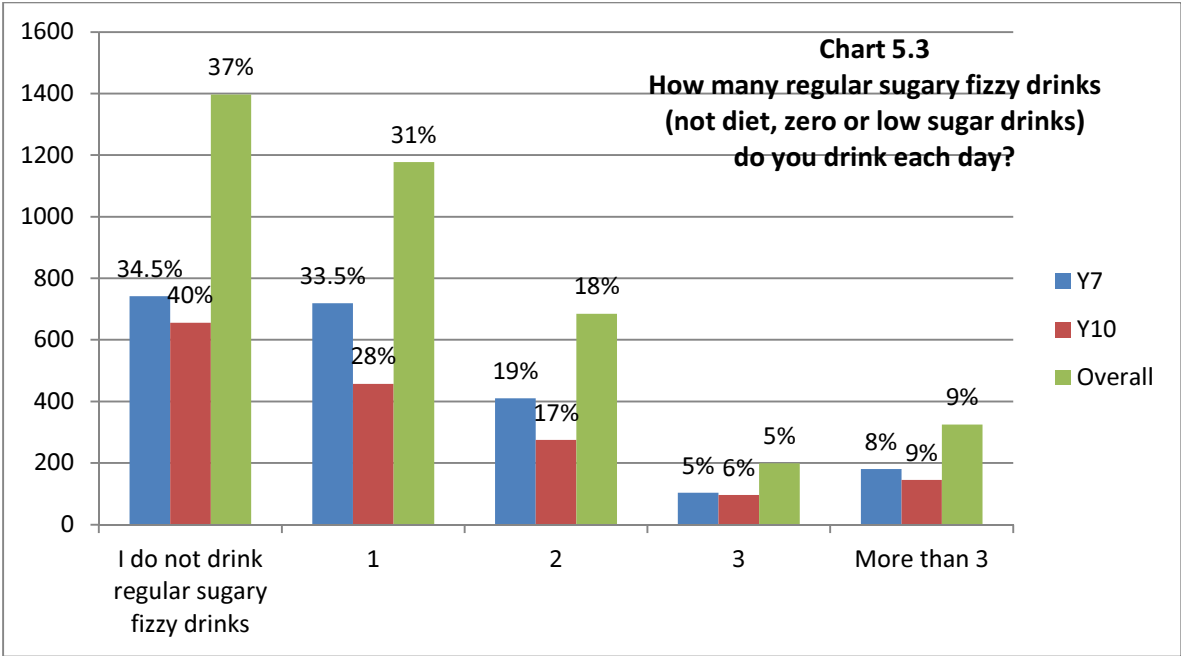
More year 7 pupils said that they drank the recommended 6-10 glasses of water each day 21.86% (471) of Y7, compared to 13.55% (220) of Y10. A higher % of Y10 pupils said that they drank no water at all 7.29% (120) of Y10 compared to 5.33% (114) of Y7.

What’s working well?

One establishment has had a campaign about caffeine consumption.
This school has recognised an increase in pupils requesting water. (Rowan Centre)

5.3 High Sugar Drinks

A new question was added to the 2016 survey to ascertain the volume of high sugar drinks that young people are consuming. The results from 2017 show a % increase in the number of pupils who are consuming 2 or more high sugar drinks each day. 68% (2574) of pupils said they didn’t drink any or only drink 1 high sugar drink each day; this has decreased from 71% in 2016. The overall responses for Y7 & Y10 are detailed in Chart 5.3 below.



The analysis shows that Y10 pupils are far more likely not to consume higher sugar drinks than Y7. 40% (655) of Y10 pupils said they never consume high sugar drinks, compared to 34.5% (741) of Y7 pupils.

What are we worried about?

Over 65% (1412) of Y7 pupils consuming 1 or more high sugar drinks each day.

What do we need to do next?

Promote through ‘Change for Life’ resources healthy options for drinks, compared to the high sugar drinks.

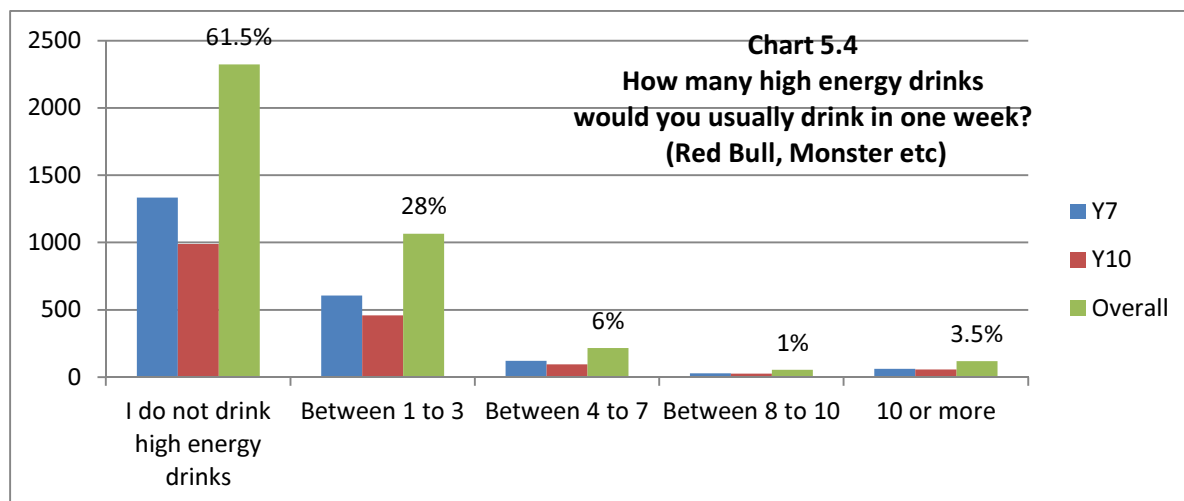
What’s Working Well?

A Secondary school has banned the sale of high sugar drinks in their school (Winterhill)
A Secondary School have told us they have put up a new display board about showing comparisons of sugar in certain drinks (Dinnington)
A Secondary school has changed their sale of fizzy/high sugar drinks in dining hall (Wales)

5.4 High Energy Drinks

There has been an increase in 2017 of the number of pupils who said they are consuming high energy drinks. Overall 61.51% (2326) of pupils said they do not consume high energy caffeinated drinks, in comparison to 63% in 2016.

Chart 5.4 below shows the overall results for the consumption of high energy drinks.



Y7 pupils are more likely to not consume any high energy drinks 62% (1335) compared to Y10 61% (990).

Girls are less likely to drink high energy drinks; overall 68% (1309) of girls said they did not consume high energy drinks. Overall 53% (1018) of boys said they did not consume high energy drinks.

What are we worried about?

Increase in the consumption of high energy drinks, in particular with boys

What do we need to do next?

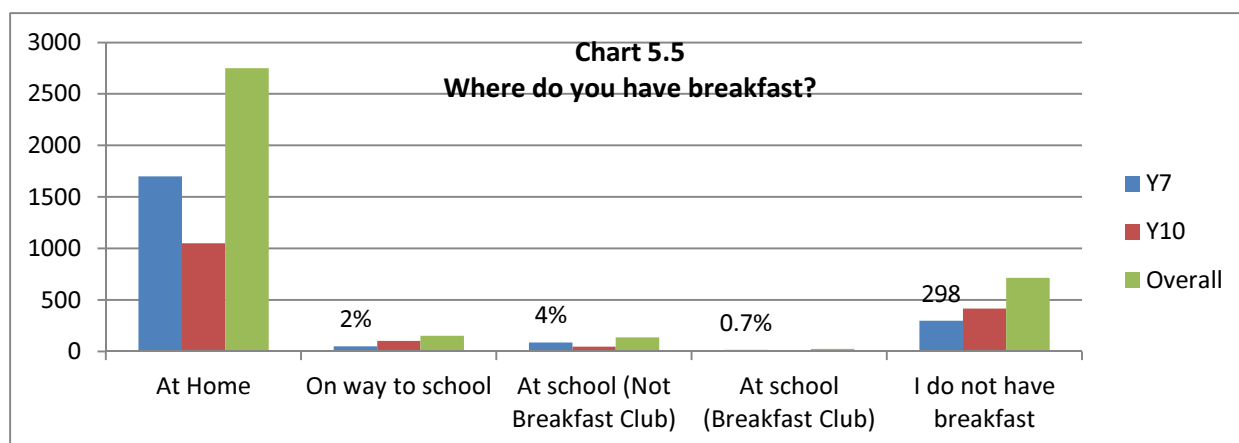
Promote through 'Change for Life' resources the issues around high energy drinks, promote healthier options for drinks

Highlight to schools this increase, ask each school to look at their results and promote healthier drinks

5.5 Breakfast

Pupils who said they have breakfast has improved to 81% (3068) compared to 79% (2238) in 2016. The pupils who said they have breakfast 89.6% (2751) said they have their breakfast at home, which is a similar % to 2016. Y7 pupils are more likely to have breakfast at home compared to Y10 pupils. 4% (154) have their breakfast on the way to school; 3.5% (136) have their breakfast at school; 0.7% (27) have their breakfast at a breakfast club at school. 18.9% (715) said they skip breakfast. Girls are far more likely to skip breakfast than boys, 453 girls said they skipped breakfast, compared to 262 boys. Chart 5.5 shows the overall results for the consumption of breakfast.

The national picture from studies carried out show that girls are more likely to skip breakfast with the main reason given, it will help them lose weight. Boys gave the main reason, they didn't have time.



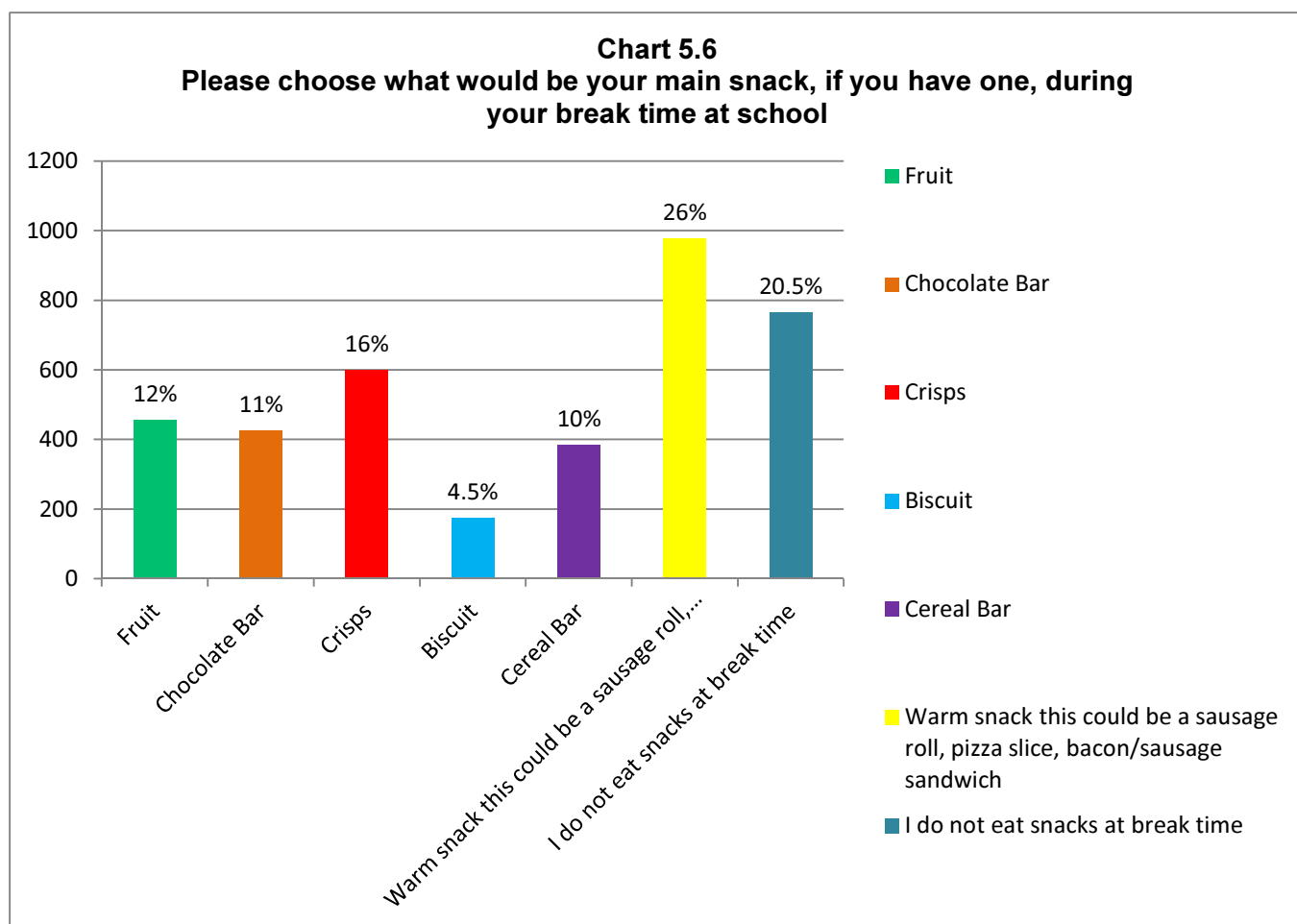
What's working well?

A number of national studies have shown that between 25% to 32% of children of school age, go to school without breakfast

Rotherham 2017 Lifestyle Survey results show that 81% of pupils in Y7 & Y10 are having breakfast, this is an improvement on 79% from past 2 years.

5.6 Snacks

There has been an increase in the number of young people who said they have a snack at break time, 79.7% (3017), compared to (76% in 2016). The 2017 results show that a warm snack is the most popular choice; this choice was amended to include warm snacks following the consultation with young people, this replaced sausage roll or pastry as an option. Crisps are 2nd most popular choice and fruit is 3rd choice. Fruit has moved up to 3rd choice from being 5th most popular choice in 2016. Out of the 3017 young people who said those chose to have a snack at break time, their choices are shown in chart 5.6 below



Y7 pupils are far more likely to choose fruit as a snack option than Y10. Y10 pupils are far more likely to choose chocolate as a snack option. More Y10 pupils choose not to have a snack at break time compared to Y7.

Girls are more likely to choose fruit as a snack option, boys are more likely to choose chocolate as a snack option and boys are more likely not to have a snack a break time at all.

5.7 Lunch

When asked where they mainly eat lunch 49.7% (1880) said that they have a school meal, the 2016 results were almost identical at 49.2%. Year 7 pupils are more likely to have a school meal with 58.6% (1263) saying they have a school meal compared to 37.9% (617) of Y10. 38% (1441) of pupils brought a packed lunch; this is a similar % to 2016. 2.2% (84) of pupils go home for lunch; this has increased slightly from 1.4% in 2016. 4.6% (176) visit a local shop to buy lunch; this is similar to 4.8% in 2016.

There has been a positive small % decrease in the number of pupils who said they did not have a meal at lunch time; this has reduced to 5.2% (200) in 2017 from 6% in 2016. Y10 pupils are more likely to skip lunch compared to Y7, 8.4% (137) of Y10 pupils said they skip lunch, compared to 2.95% (63) of Y7. Girls are more likely to skip lunch compared to boys, in both Y7 and Y10.

5.8. Exercise, Health & Weight.

There has been an increase in the number of pupils who said that they regularly take part in sport or exercise, 83.5% (3159) compared to 80% in 2016. Y7 pupils are more likely to exercise regularly 88.4% (1905) compared to 77% (1254) of Y10. Boys 86.6% (1621) are more likely to exercise regularly compared to girls 80.4% (1538).

There has been an improvement in the frequency of times per week that pupils are exercising. Out of the 3610 number of pupils that said they do some sport/physical activity the frequency results are:

- 23.4% (885) exercise 6 to 7 times per week, 5% improvement from 2016 (18%)
- 28.4% (1076) exercise 4 to 5 times per week, 1% improvement from 2016 (27%)
- 37.3% (1413) exercise 1 to 3 times per week, 3.5% decrease from 2016 (41%)
- 6.1% (234) exercise less than once per week, 2% decrease from 2016 (8%)
- 4.5% (173) said they never did any exercise 6%, 1.5% decrease from 2016 (6%)

What's working well?
It is recommended that children and young people should engage in moderate to vigorous exercise/sport activity on a regular basis.
The 2017 results show that 83.5% (3159) of all pupil said they do, this has improved from 80% in 2016.

The Health & Wellbeing Board have objectives to increase opportunities for people in Rotherham to use outdoor space for improving their health and wellbeing.
Specific activities have included:
Active for Health Programme and Promoting One You campaign

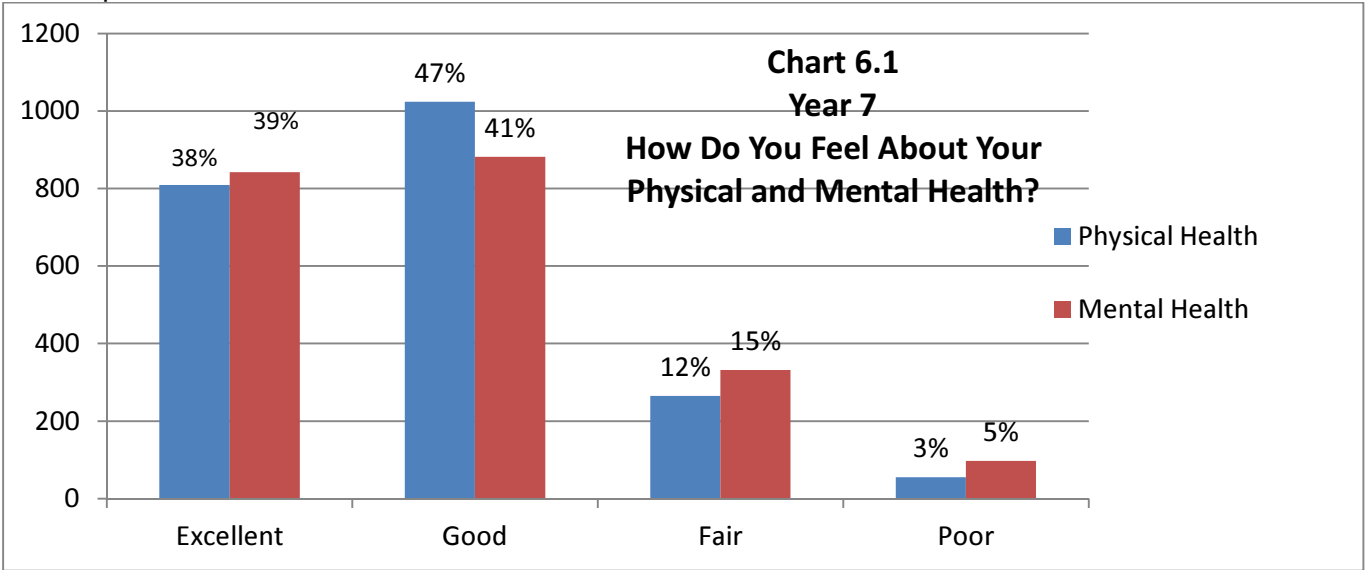
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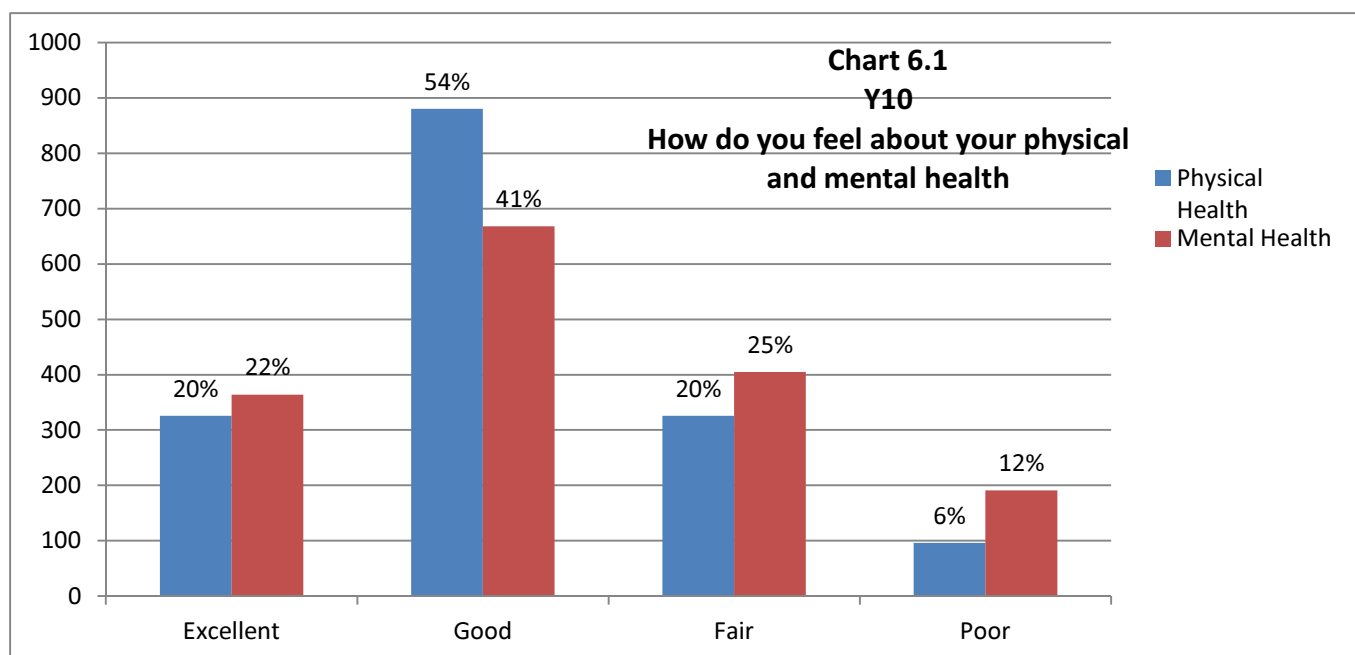


6.1 Feelings Physical & Mental Health

The question around general health has changed this year; young people requested the question to be changed. They wanted to be able to express their feelings about their physical and mental health; these changes were approved by Health and Wellbeing Board and Director Leadership Team.

The responses are detailed in the two charts below for Y7 and Y10.





More pupils in Y7 rated both their physical and mental health as excellent, compared to Y10. Overall 4% (151) pupils rated their physical health as poor (96, Y10 and 55, Y7) and 7.6% (288) rated their mental health as poor (191, Y10 and 97, Y7). Girls are more likely to rate their physical and mental health as poor,

What's working well?

Health & Wellbeing Board have an aim to help all Rotherham people to enjoy the best possible mental health and wellbeing and have a good quality of life.

There are specific objectives to reduce the occurrence of common mental health problems and reduce the risk of self-harm and suicide among young people.

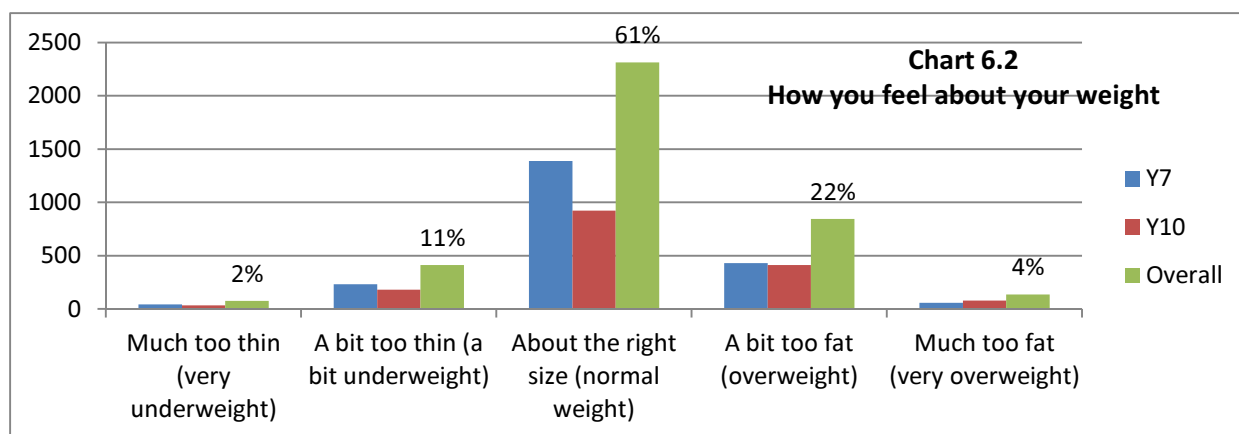
Specific activities have included:
Young people's mental health campaign
Specific mental health training for 100 front line workers

6.2 Feelings and Weight

Pupils are asked to share their feelings about their weight. The 2017 results show that 25.7% (1050) said they were worried about their weight, compared to 28.5% in 2016.

Girls in both Y10 and Y7 are more likely to be worried about their weight compared to boys. In Y7 31.9% (346) girls said they were worried, compared to 19.5% (209) boys and in Y10 39.6% (328) girls said they were worried, compared to 20.8% (167) boys.

Chart 6.2 details how pupils overall feel about their weight.



Overall pupils who said they felt their weight was about the right size is 64% (2315), this is an improvement from 59% who said their weight was about right in 2016 results.

Key overall findings from Y7 & Y10 results:

Category	2017 Result	2016 Result
Feel they are very overweight	2.7% (136)	3.65%
Feel they were are overweight	20% (844)	24%
Feel they are very underweight	1.96% (75)	1.75%
Feel they are underweight	10.8% (413)	11.4%

What's working well?

Public Health NHS Outcomes Data states that for Rotherham the prevalence of overweight including obesity is 35.8% for Y6.

Lifestyle Survey results for 2017 show that in Y7 23% feel they are overweight or very overweight and in Y10 30% feel they are overweight or very overweight.

Health & Wellbeing Board have an aim that children and young people will achieve their potential and have a healthy adolescence and early adulthood

There are specific objective to reduce the number of young people who are overweight and obese.

Specific activities have included:

Review obesity services and consult on the children's obesity pathway is being carried out

6.3 How Pupils Feel

Pupils were asked to describe the things they felt good about and the things that they did not feel so good about.

Overall Y10 pupils said they most felt good about:-

1. Home Life
2. Friendships
3. Myself
4. The Future
5. Relationships
6. Schoolwork

7. How I look

Overall Y7 pupils said they most felt good about:-

1. Home Life
2. Friendships
3. The Future
4. Myself
5. Schoolwork
6. Relationships
7. How I look

28% (603) of Y7 pupils said they did not feel good about the way they look and 43% (695) of Y10 pupils said the same. These are similar results to 2016.

6.4 Feelings and Talking About Problems

Pupils are given a follow-up question about feelings and what they feel good about and asked to say who they would most likely discuss their problems with. Overall the number one choice for someone to discuss a problem with is an adult at home, although Y10 said they would first choose a friend.

Overall the results show

- Adult at home 35.4% (1098)
- Family member 30.4% (1056)
- Friend 21.2% (1086)
- Other 7.6% (288)
- I do not have anyone I could talk to 3.2% (123)
- Member of staff at school 1.7% (83)
- Youth worker 0.44% (20)
- Social worker 0.44% (20)
- School nurse 0.24% (6)
- Health professional e.g. GP 0.1% (3)

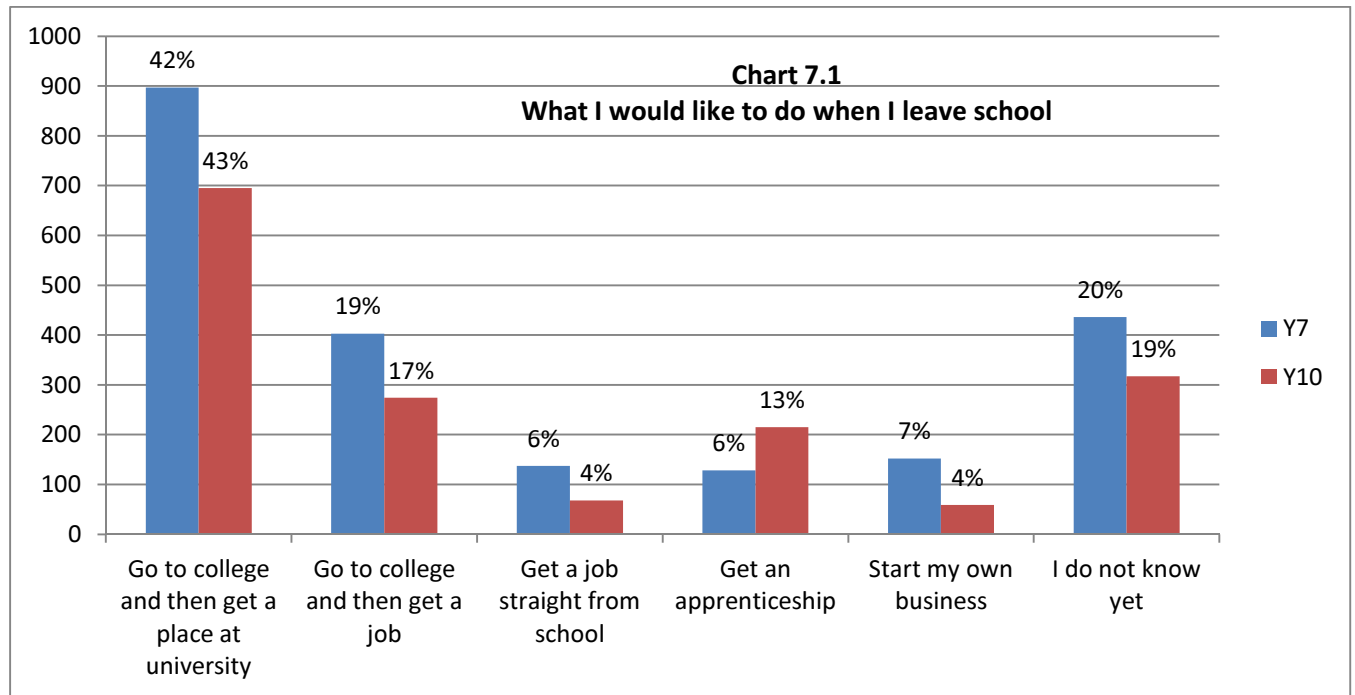
Analysis of the comments input into the 'other' option showed in the majority, pupils said they would talk to either boyfriend/girlfriend.

There has been a small reduction in the number of pupils who said they would not have anyone they could talk to, if they had a problem. Overall 3.2% (123) this reduced from 3.5% in 2016. In 2017 boys are more likely not to have anyone they could talk to, which is reverse of 2016 results.



7.1 Leaving School

Chart 7.1 below shows the responses from pupils when they were asked what they hope to do when they leave school.



There has been a decrease since 2016 of the number of young people overall who said they aspire to go to university. This has reduced to 42% (1592) from 45% in 2016. The biggest reduction has come from Y10 pupils.

- 42.6% (695) of Y10 down from 47% in 2016
- 41.6% (897) of Y7 identical as in 2016

More girls aspire to go to university, 57% (895) girls compared to 43% (697) boys.

5.7% (205) of pupils said they would like to get a job straight from school, this produced the exact same response as 2016.

- 4.2% (68) of Y10 chose this option, same as in 2016
- 6.3% (137) of Y7 chose this option, same as in 2016

More boys would prefer to get a job straight from school, 78.5% (161) boys compared to 21.5% (44) girls.

9.5% (343) of pupils said they would like to get an apprenticeship when they leave school, this is a similar response to 2016.

- 13.2% (215) of Y10 down from 13.5% in 2016
- 5.9% (128) of Y7 up from 4.6% in 2016

More boys would prefer to get an apprenticeship straight from school, 73.4% (252) boys compared to 26.6% (91) girls.

17.8% (677) of pupils said they would like to study at college and then move into employment, this is a similar response to 2016.

- 18.7% (403) of Y10 chose this option up from 17.1% in 2016
- 16.8% (274) of Y7 chose this option down from 17.6% in 2016

More boys would prefer to study at college and then get a job, 55.2% (374) boys compared to 44.8% (303) girls.

5.5% (211) of pupils aspire to start their own business up from 5% in 2016.

- 3.59% (59) of Y10 chose this option up from 3.2% in 2016
- 7% (152) of Y7 chose this option up from 6.8% in 2016

More boys aspire to start their own business, 7.4% (139) boys compared to 3.76% (72) girls.

20% (753) of pupils have not yet made their choice of what they would like to do when they leave school, this has increased from 18.5% in 2016.

- 19.5% (317) of Y10 up from 15% in 2016
- 20.2% (436) of Y7 down from 21.8% in 2016

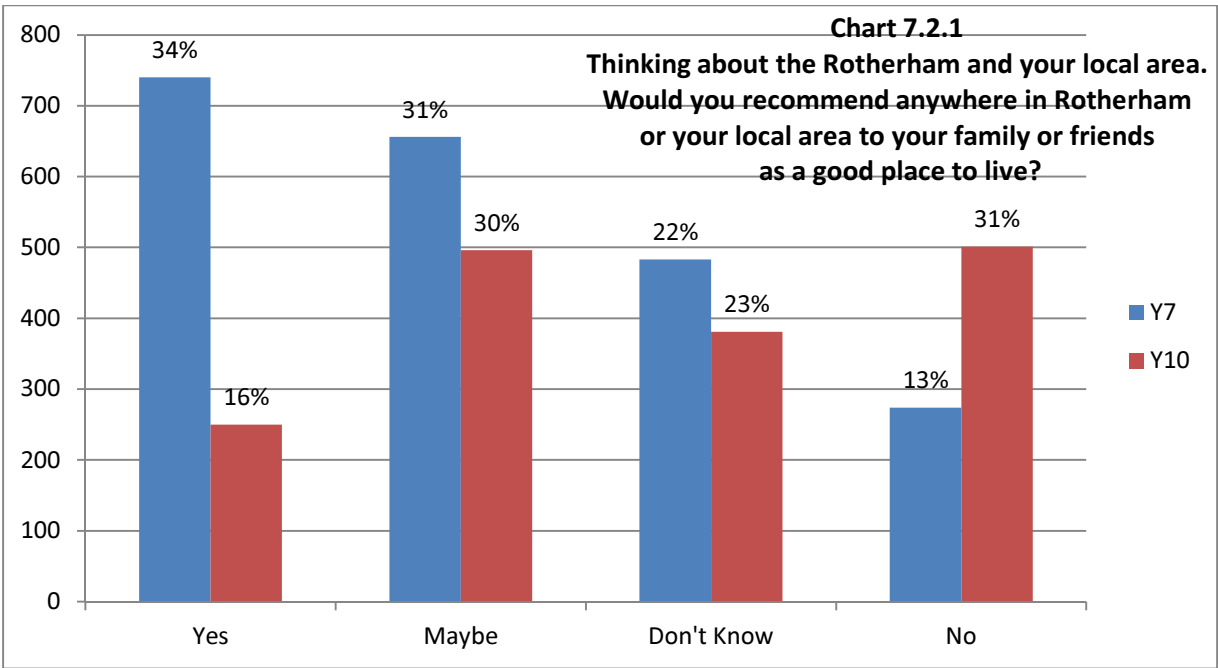
Slightly more haven't made their choice, 20.4% (382) boys compared to 19.4% (371) girls.

7.2 Rotherham and Your Local Area

The survey aims to capture the views of young people of Rotherham, how they feel about their future and living, working, learning in Rotherham

7.2.1 Recommending Rotherham as a place to live

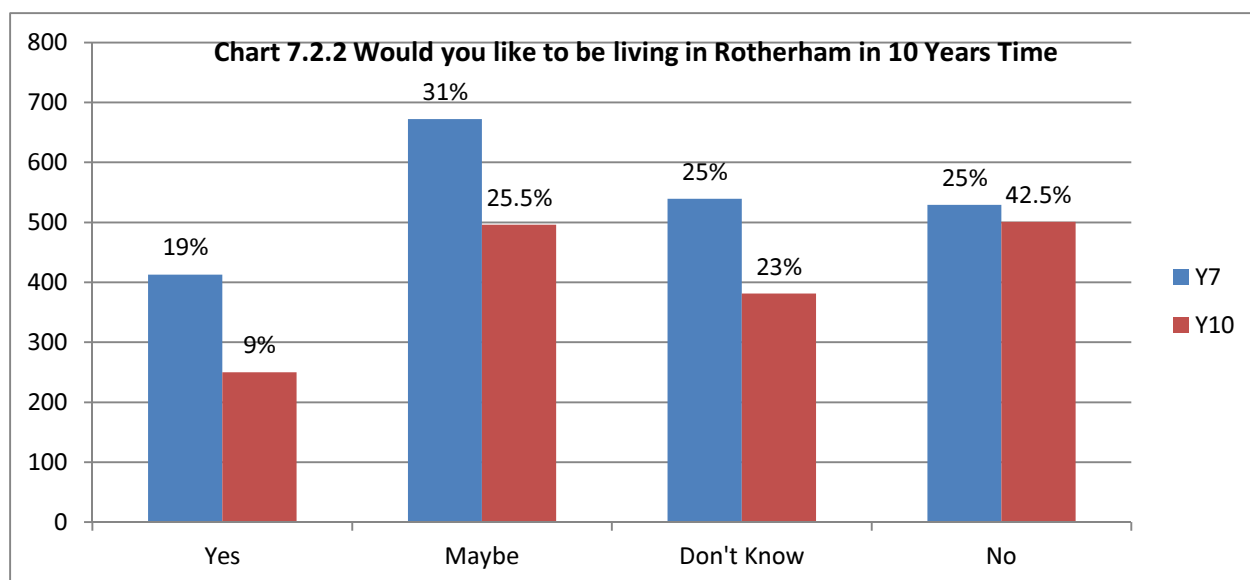
When asked if they would recommend Rotherham or their local area to their family and friends as a good place to live. Chart 7.2.1 below shows the Y7 and Y10 responses.



Overall 20.5% (775) of pupils said no, they would not recommend Rotherham as a place to live, this has reduced from 31.7% in 2016. There has been an increase in the number of pupils who would definitely recommend Rotherham as a place to live, 26.1% (990) compared to 14.8% in 2016. Pupils in Y7 are more likely to be positive about Rotherham and recommending Rotherham 34.5% (740) of Y7 said yes they would recommend Rotherham and boys are more likely to be positive 29.6% (555) said yes to recommending Rotherham compared to 22.7% (435) girls.

7.2.2 Living in Rotherham in the Future

When asked if they would like to be living in Rotherham or their local area in 10 years' time Chart 7.2.2 below shows the Y7 and Y10 responses.



Overall 27.2% (1030) gave the response that they would not like to be living in Rotherham in 10 years' time, this has improved from 37.5% saying no in 2016. There has been an increase in the number of pupils who would definitely like to be living in Rotherham in 10 years' time 17.5% (662) said yes they would, compared to 13.5% in 2016.

Pupils in Y7 are more likely to want to continue to live in Rotherham 19.1% (413) of Y7 said yes they would recommend Rotherham, compared to 249 (15.2%) of Y10 and boys are more likely to want to remain in Rotherham 23.6% (442) said yes to staying in Rotherham compared to 11.5% (221) girls.

What's working well?

There has been improvement in the 2017 results about pupils' perception of Rotherham and recommending Rotherham as a place to live and wanting to remain in Rotherham in the future.

Young people have been given an opportunity to have their voice heard about future plans for Rotherham, through initiatives:
Different But Equal Board
The Embassy for Reimagining Rotherham
Child Friendly Rotherham Board

A follow-on question, was added to the 2017 survey about living in Rotherham in 10 years' time, pupils were asked to say what would be likely to encourage them to remain in Rotherham to live, learn and/or work past their 16th Birthday, pupils were allowed to give more than one choice if they thought this was a priority to them.

Table 7.2.3 shows the overall results and how Y7 and Y10 rated the choices.

Table 7.2.3 Living in Rotherham in 10 Years' Time				
Choices	Overall	Ranking	Y7	Y10
Make Rotherham Safer (This could be for example - improve walkways, cycle paths, road safety, police/security patrols).	2137 (56%)	1 st	2 nd	1 st
Make Rotherham Cleaner (This could be for example - improve the cleanliness of streets, town-centre and parks).	2136 (56%)	2 nd	1 st	2 nd
More entertainment places (This could be for example - cinema, bowling alley, skating rink, amusements, theatre).	1948 (51%)	3 rd	3 rd	3 rd
Make Rotherham transport young person friendly, safe and have reasonable prices.	1748 (46%)	4 th	6 th	5 th
More activities to do (This could be for example - more parks, better play areas, age appropriate activities).	1723 (45%)	5 th	4 th	9 th
Make sure there is affordable Housing in Rotherham for when we need it.	1698 (45%)	6 th	5 th	8 th
Stop Rotherham being seen as a negative place to be. Celebrate more and be proud of Rotherham and the good things in Rotherham.	1671 (44%)	7 th	7 th	7 th
Make Rotherham a place where you would want to work or continue with further education (This could be for example - good job opportunities, apprenticeship opportunities, and excellent further education opportunities).	1654 (43%)	8 th	9 th	4 th
Make Rotherham more young person friendly (This could be for example - have celebrations for young people recognising their achievements, have children champions/ambassadors, make sure information is in language children and young people will understand).	1592 (42%)	9 th	8 th	10 th
Make Rotherham a place where there is a good range of shops.	1585 (42%)	10 th	11 th	6 th
Make Rotherham Healthier (This could be for example - make opportunities to participate in sport and gym activities and/or competitions. Have places you can go to find out about healthy eating).	1477 (39%)	11 th	10 th	11 th

Both Y7 and Y10 pupils chose for Rotherham to be safer, cleaner and have more entertainment places as their highest priorities. The least priorities overall were make Rotherham healthier and have a good range of shops, although having a good range of shops was a higher priority for Y10.

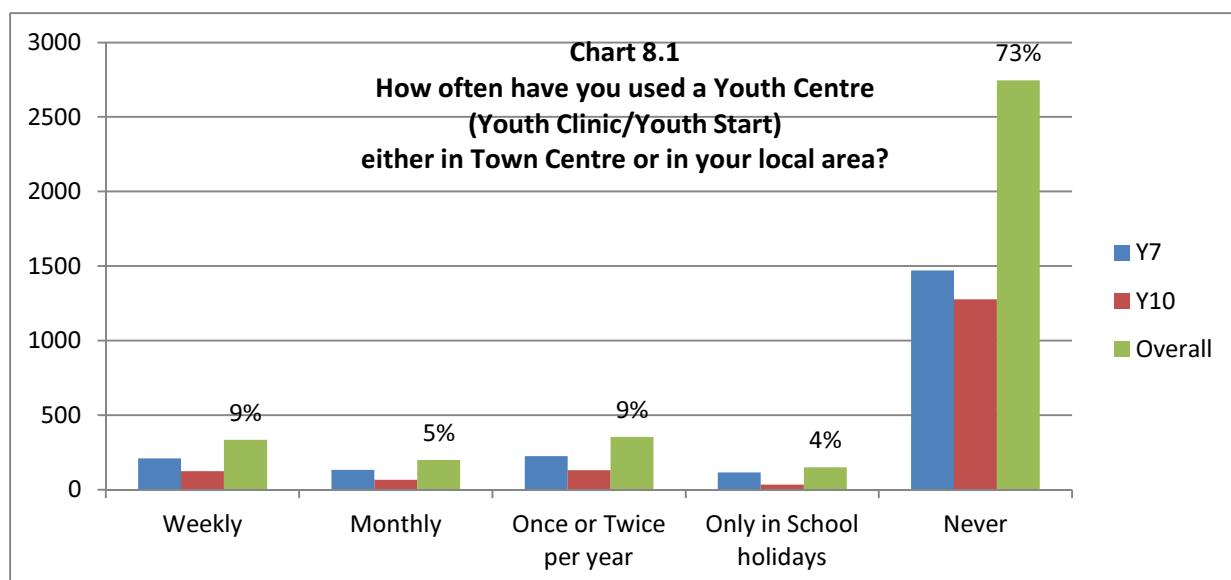
8. Rotherham and Your Local Area

Following consultation around the content of the Lifestyle Survey, questions were added to the 2017 survey, to ascertain from young people, how often they use youth centres, libraries, leisure centres, museum and the theatre in Rotherham and if they have ever used these services how they rate them.

8.1 Using Youth Centres

Overall 27.6% (1036) of pupils said they use Rotherham Youth Centres, this is an improvement compared to 23.7% in 2016

Chart 8.1 shows the frequency that pupils use the centres.

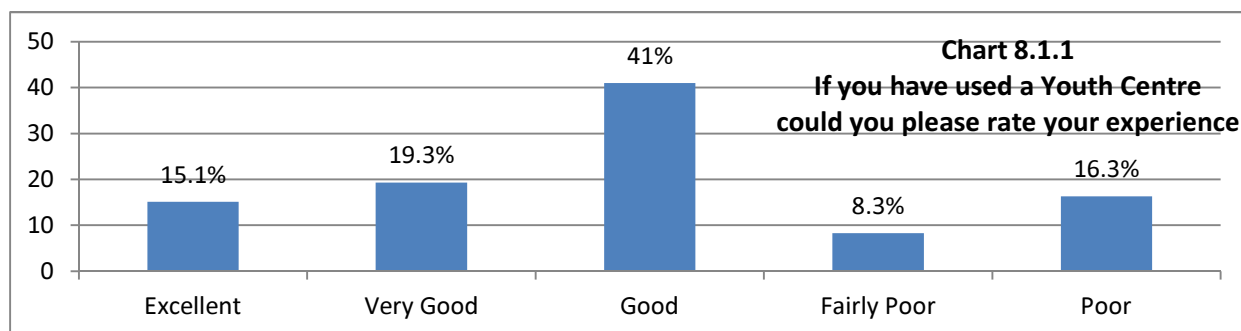


Y7 Pupils are more likely to use a youth centre compared to Y10 and girls are more likely to use a youth centre compared to boys.

8.1.1 Rating Youth Centres

Overall 43% (1634) of pupils shared their views on rating youth centres in Rotherham.

Pupils were asked to rate the youth centres if they had ever visited one.



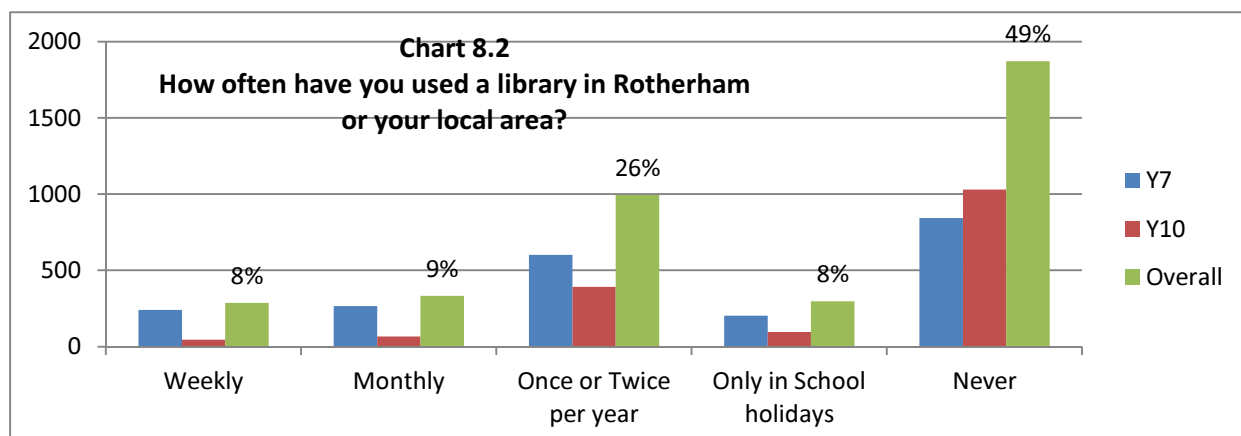
Overall 75% of those who have used a youth centre rated their experience good or better.

8.2 Using Libraries

Overall 51% (1911) of pupils said they use a library in Rotherham.

Although only 17% (621) use the libraries on a monthly or more frequent basis.

Chart 8.2 shows the frequency that pupils use the libraries.



8.2.1 Rating Libraries

Overall 66.7% (2524) of pupils shared their views on rating libraries in Rotherham.

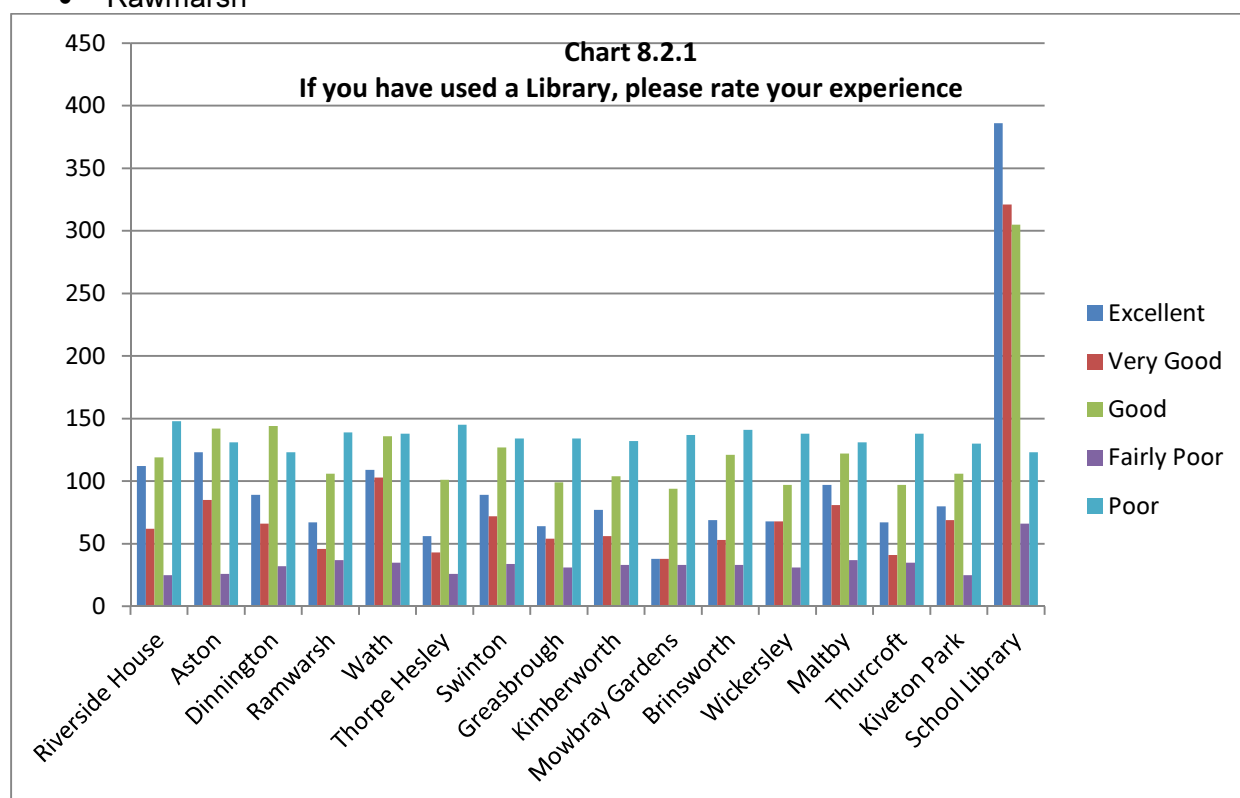
Pupils were asked to rate a library if they had ever visited one, they could rate more than one library if they had visited more than one.

Overall using the data from pupils who rated a library, the most popular libraries that are used are:

- School Library
- Aston
- Wath
- Riverside House
- Dinnington

The least used libraries are:

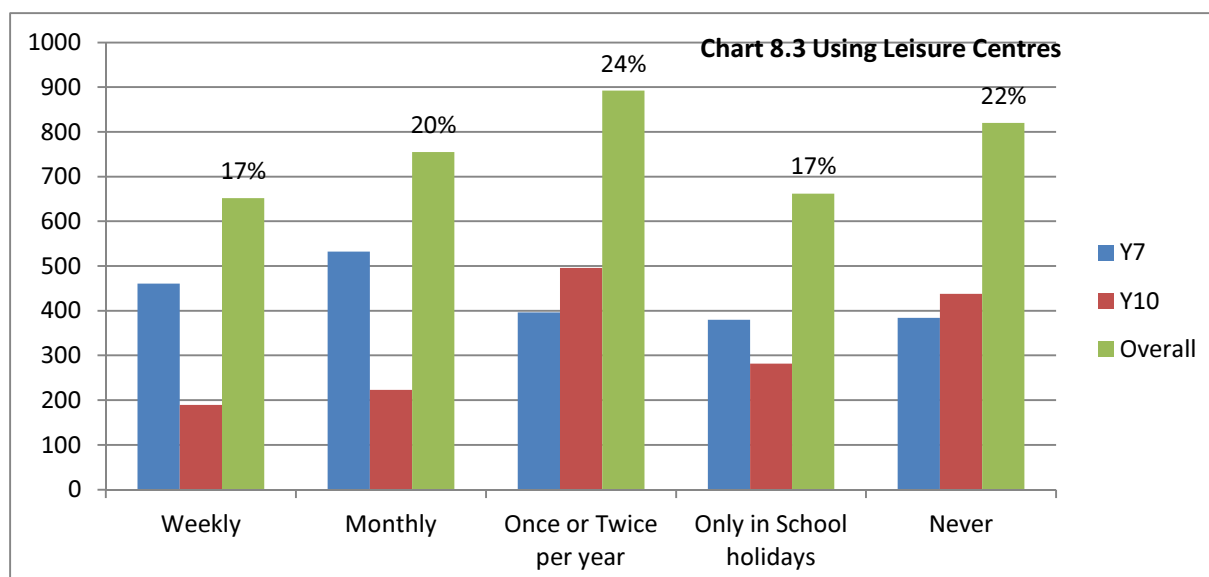
- Mowbray Gardens
- Thurcroft
- Thorpe Hesley
- Greasbrough
- Rawmarsh



Overall 60% of those who have used a library, rated the experience good or better.

8.3 Using Leisure Centres

Overall 78% (2961) of pupils said they use Rotherham Leisure Centres.



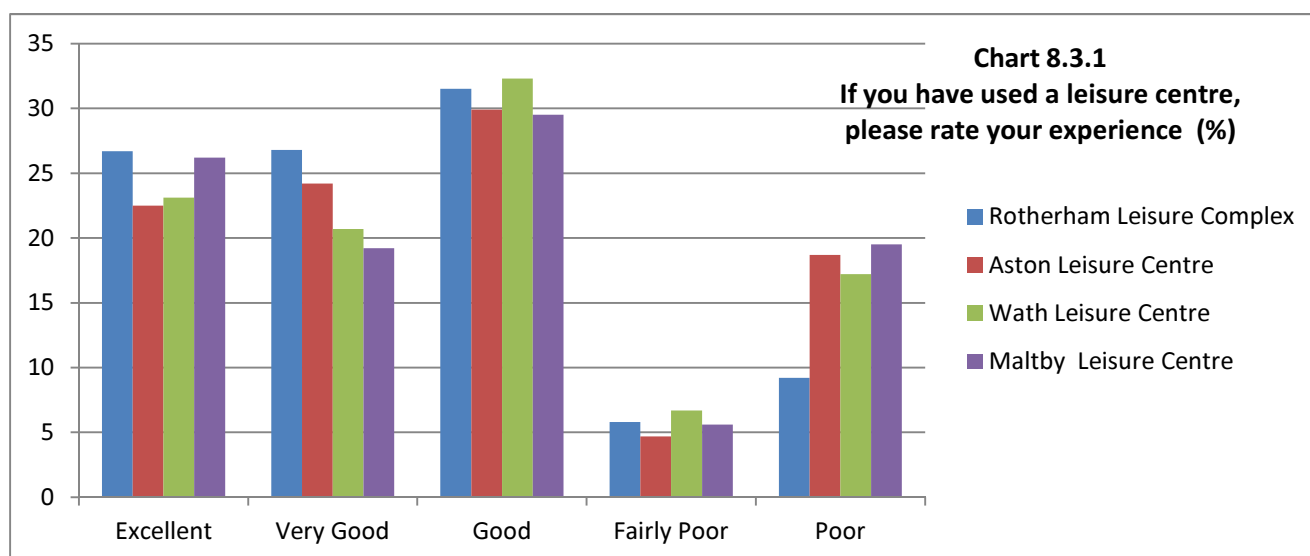
8.3.1 Rating Leisure Centres

Overall 73.8% (2793) of pupils shared their views on rating leisure centres in Rotherham. Pupils were asked to rate a centre if they had ever visited one, they could rate more than one centre if they had visited more than one.

Chart 8.3.1 show the results on how pupils rate the leisure centres in Rotherham

Overall using the data from pupils who rated a leisure centre, the most popular centres used are:

- Rotherham Leisure Complex
- Wath Leisure Centre



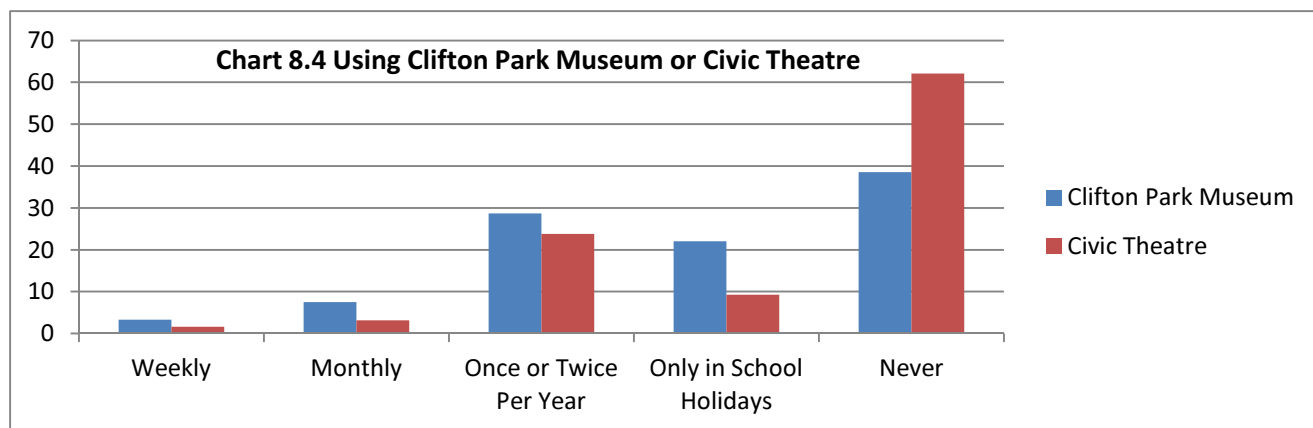
Overall 79% of those who have used a leisure centre, rated the experience good or better.

8.4 Using Clifton Park Museum or Rotherham Civic Theatre

Overall 61.4% (2322) of pupils said they have visited Clifton Park Museum

Overall 37.9% (1434) of pupils said they have visited Civic Theatre.

Chart 8.4 shows overall the frequency that pupils have visited either Clifton Park Museum or Civic Theatre.

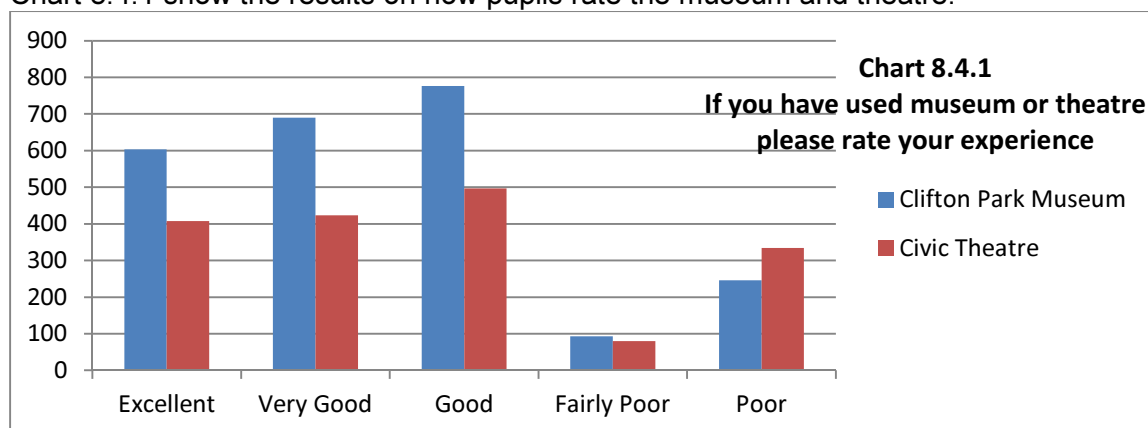


Analysis shows that Y7 pupils are more likely to use either the museum or the theatre compared to Y10

8.4.1 Rating Clifton Park Museum or Rotherham Civic Theatre

Overall 63.6% (2408) of pupils shared their views and rated Clifton Park Museum and 46% (1742) rated Civic Theatre.

Chart 8.4.1 show the results on how pupils rate the museum and theatre.

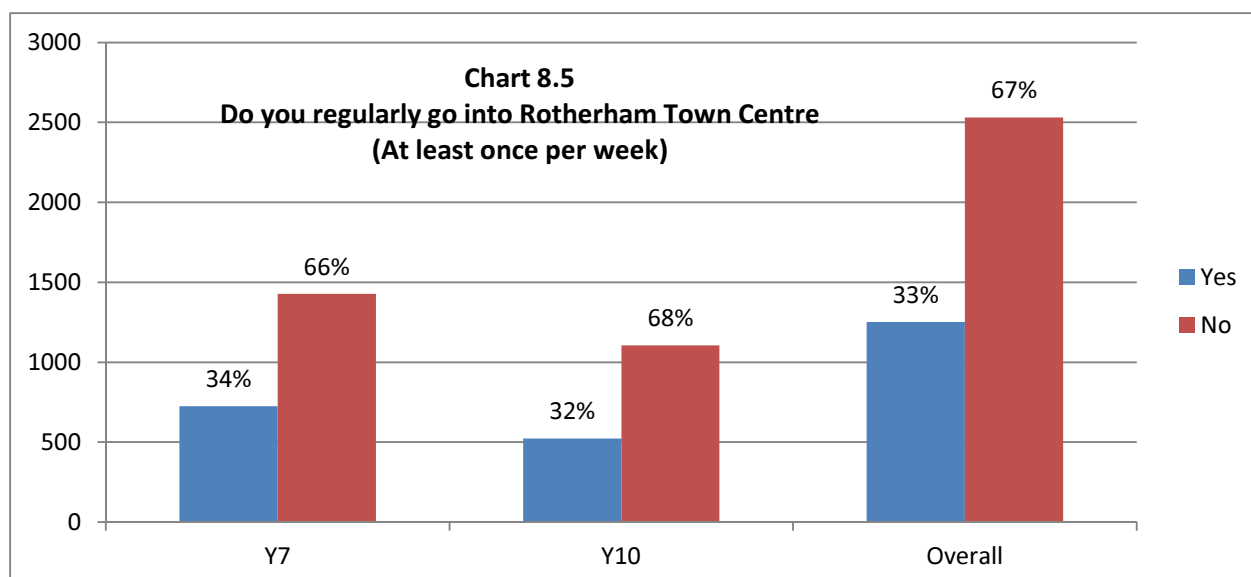


Overall 86% of those who have visited Clifton Park Museum rated the experience good or better. Overall 76% of those who have visited Civic Theatre rated the experience good or better.

8.5 Rotherham Town Centre

Pupils are asked a number of questions about visiting Rotherham town centre.

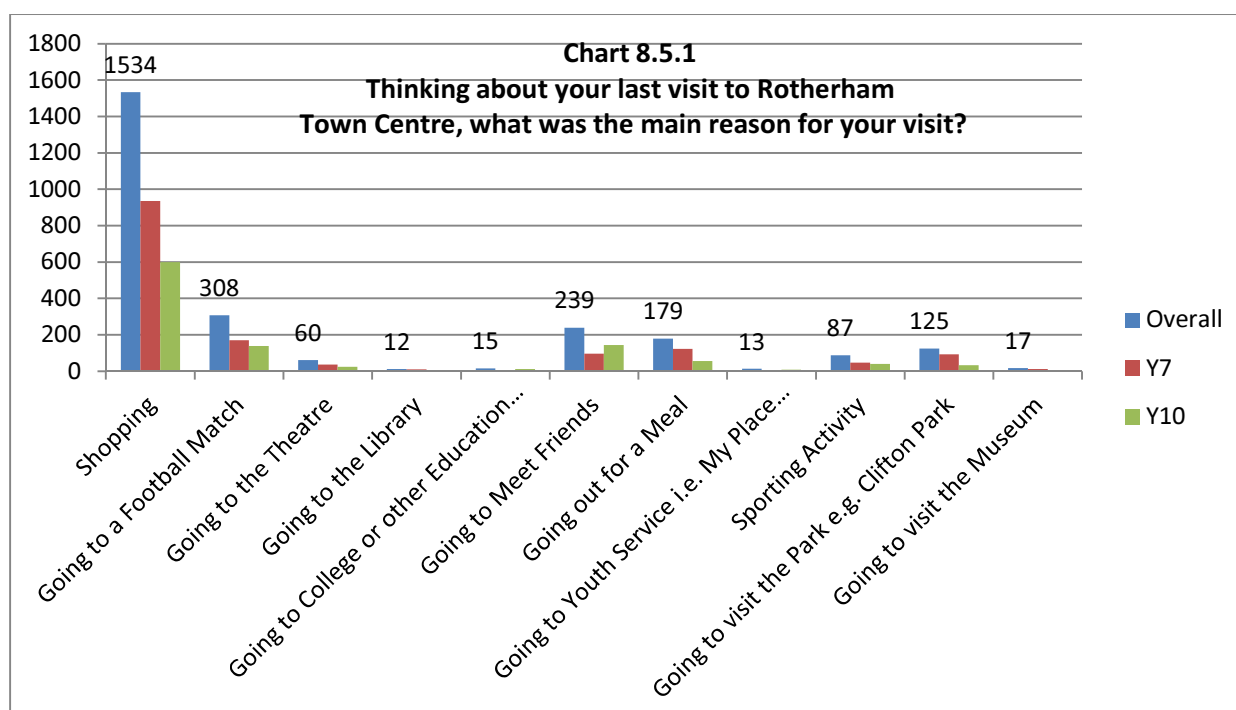
When asked if they regularly visit Rotherham town centre, chart 8.5 shows the results.



The results show that there has been an improvement in the number of pupils who said they regularly visit town centre. 33% (1251) of pupils said yes they do, compared to 26% in 2016. Slightly more Y7 pupils said they visit than Y10. In Y7 Girls are more likely to visit Rotherham town centre and in Y10 it is boys who are more likely to visit Rotherham town centre.

8.5.1 Reason for visiting Rotherham Town Centre

82.0% (3163) of pupils gave a response to this question, out of these 3163, 6.25% (198) said they have never visited Rotherham town centre. Chart 8.5.1 gives the number of pupils overall and by Y7 and Y10 against each reason.



Overwhelmingly shopping is the main reason why pupils visit the town centre and 2nd choice is going to a football match.

8.6 When do pupils visit Rotherham town centre (requested by the Child Friendly Rotherham Board)

Pupils were asked what time of day did they prefer to visit Rotherham. 88% (3334) of pupils answered this question, out of these 3334 pupils

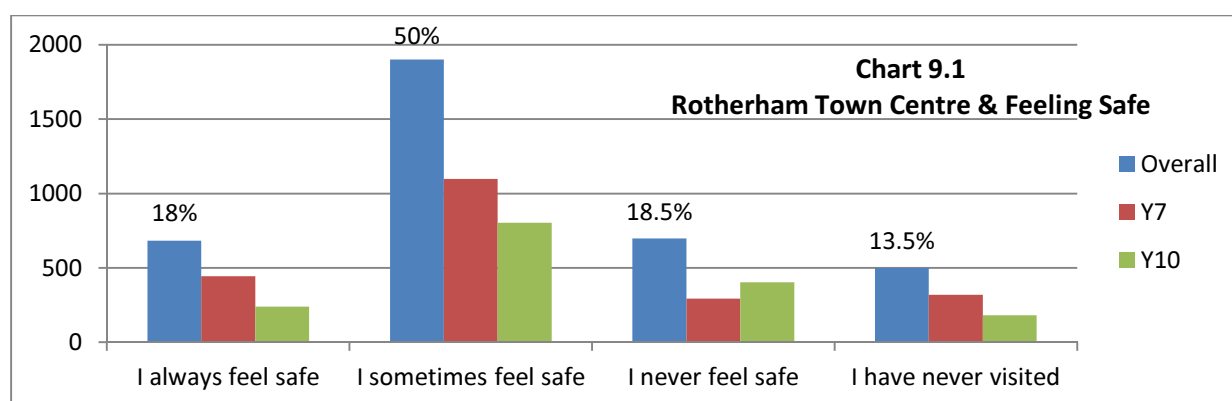
- 63% said daytime only
- 2.8% said night time only
- 16.8% said either day or night
- 17.4% said never

9.0 Safeguarding

Pupils are asked a series of questions about their safety, feeling safe in and around the town centre, their local community, on-line and bullying issues.

9.1 Feeling Safe Rotherham Town Centre

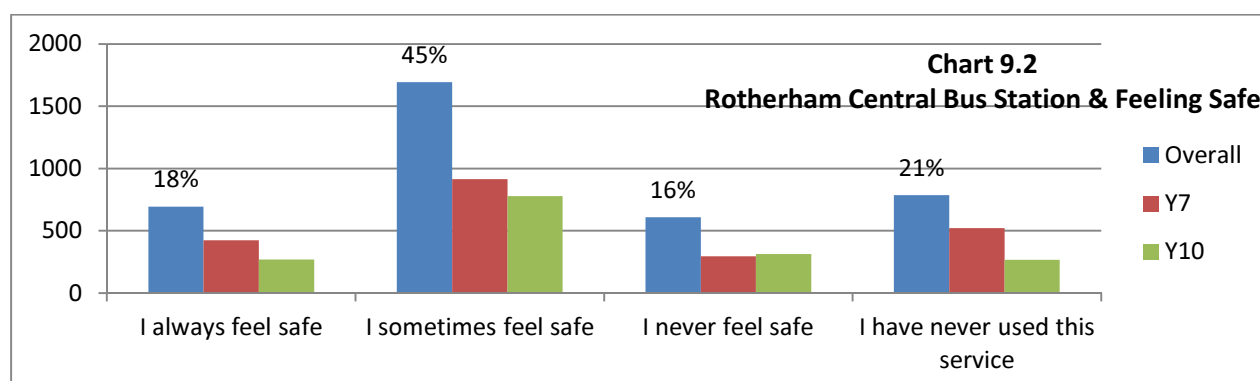
Chart 9.1 below details how safe pupils said they feel in Rotherham town centre, central bus station and Rotherham train station, they also had the option to respond they have never visited these location, so cannot comment about safety.



There has been a decline in the % overall of pupils who said they always feel safe in Rotherham town centre. 18% (683) of pupils said they always feel safe, compared to 24.6% in 2016. More pupils said they sometimes feel safe 50% (1900) compared to 45.4% in 2016, there has been a decrease in the % of pupils who said they never feel safe 18.5% (697) compared to 19.3% in 2016. 13.5% (501) of pupils said they have never visited Rotherham town centre.

9.2 Feeling Safe Rotherham Town Centre Bus Station

Chart 9.2 below describes how pupils feel about their safety in central bus station in Rotherham

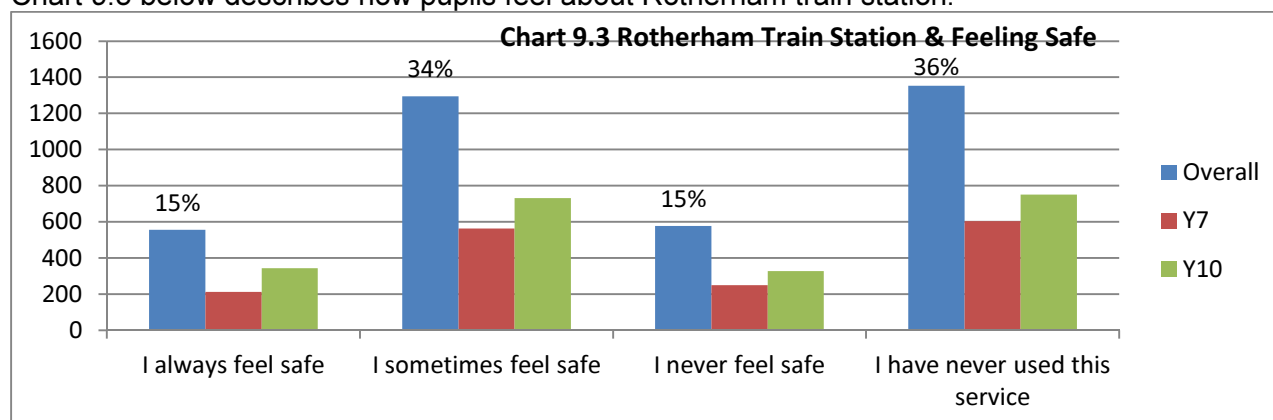


There has been a decline in the % overall of pupils who said they always feel safe in Rotherham central bus station. 18% (693) said they always feel safe, compared to 23.6% in 2016. More pupils said they sometimes feel safe 45% (1692) compared to 38.3% in 2016. The

% of pupils who said they never feel safe remains exactly the same 16% (609). 21% (787) said they have never used Rotherham bus station.

9.3 Feeling Safe Rotherham Train Station

Chart 9.3 below describes how pupils feel about Rotherham train station.



There has been a decline in the % overall of pupils who said they always feel safe in Rotherham train station, 15% (556) said they always feel safe, compared to 17% in 2016. More pupils said they sometimes feel safe 34% (1295) compared to 27.7% in 2016. There has also been a decline with a higher % of pupils saying they never feel safe, 15% (577) compared to 14.5% in 2016. 36% (1353) said they have never used Rotherham train station.

What are we worried about?

There has been a decline in the number of pupils responding that they always feel safe in Rotherham town centre, bus station and train station.

What we need to do next

Share the results with key partners who can respond i.e. Police, Rotherham town centre safety team and South Yorkshire Passenger Transport.

Highlight the results with Young People Groups i.e. Youth Cabinet and Different But Equal Board for their comments and how this could be improved.

Pupils in survey said they would like to see improved CCTV and presence of more security e.g. police or wardens.

Table 9.4 below shows what they think are the highest risk factors with a comparison to 2016.

Table 9.4 Town Centre & Risk Factors					
Risk Factor	2017 Overall	2017 Overall Ranking	2016 Overall Ranking	2017 Y7	2017 Y10
Being approached by strangers	1842 (63%)	1 st	5 th	1 st	2 nd
Fear or large groups/gangs	1832 (62.5%)	2 nd	1 st	2 nd	1 st
Being approached by people who are drunk	1765 (60%)	3 rd	2 nd	3 rd	3 rd
Lack of visible security	1609 (55%)	4 th	9 th	5 th	4 th
Being alone	1521 (52%)	5 th	6 th	4 th	5 th
Dark nights	1432 (49%)	6 th	4 th	6 th	6 th
People standing outside pubs	1253 (43%)	7 th	10 th	7 th	7 th
Poor lighting	1119 (38%)	8 th	7 th	8 th	8 th
Protests or marches	861 (29%)	9 th	3 rd	9 th	9 th
Football match days	615 (21%)	10 th	8 th	10 th	10 th

The results show a change in what pupils think are the highest risks factors, being approached by strangers is the highest from the 2017 results compared to being the 5th highest risk in 2016. Protests and marches has moved to the 9th highest risk, compared to 3rd in 2016.

9.5 Town Centre Improving Feeling Safe

Pupils are asked to say what improvements, they feel could be made to mitigate the risks of feeling unsafe. Table 9.5 below shows what improvements they rank by importance, compared to 2016.

Table 9.5 Improving Safety in Town Centre		
Improvement	2017 Overall Ranking	2016 Overall Ranking
Better CCTV	1 st	1 st
The presence of more security e.g. police or wardens	2 nd	4 th
Cleaner town centre environment	3 rd	3 rd
Fewer large groups/gangs	4 th	2 nd
Better lighting	5 th	6 th
Fewer protests and marches	6 th	5 th

The results show that pupil's still rate having improved CCTV would help with the risk of feeling unsafe.

9.6 Feeling Safe in Other Areas

Pupils are asked to share their feelings on other locations that are important in their lives. The results show overall:

At home

- 91.8% (3474) said they always feel safe at home, compared to 92.6% in 2016.
- 6.9% said they sometimes feel safe at home, compared to 6.2% in 2016.
- 1.2% of pupils said they never feel safe at home, same as 2016.

At school

- 59.4% (2249) said they always feel safe at school, compared to 66.4% in 2016.
- 36% said they sometimes feel safe at school, compared to 29.5% in 2016.
- 4.6% said they never feel safe at school, compared to 4.1% in 2016.

On Way to and from school

- 61.2% (2293) said they always feel safe on way to and from school, compared to 62.8% in 2016.
- 34.5 said they sometimes feel safe on way to and from school, compared to 32.1% in 2016.
- 4.2% of pupils said they never feel safe on way to and from school, compared to 4.7% in 2016.

On local buses and trains

- 29.5% (1110) said they always feel safe on local buses and trains, compared to 34.6% in 2016.
- 59.4% said they sometimes feel safe on local buses and trains, compared to 55.7% in 2016.
- 11% of said they never feel safe on local buses and trains, compared to 9.7% in 2016

In your local community, where you live

- 51% said they always feel safe in the community where they live, compared to 54.5% in 2016.
- 43% said they sometimes feel safe in the community where they live, compared to 39.5% in 2016.
- 6% said they never feel safe in the community where they live, the same as 2016.

9.7 Your Local Community

Pupils were asked which statement best describes the way in which people from different backgrounds get on with each other in their local community. The highest % of pupils said that everyone mixes well together with very few problems, 33.1% (1283) said this, compared to 29.5% in 2016. The overall results show that:

- 33.14% (1283) everyone mixes well with very few problems (29.5% in 2016)
- 32.46% (1224) people generally mix well, but there has been some problems (31.2% in 2016)
- 19.36% (717) different groups keep themselves to themselves but there are not many problems (12.9% in 2016).
- 11.11% (410) people from different groups do not get on well together, there are lots of problems (13% in 2016).
- 3.9% (147) there are no people in my area from a different background (4.4% in 2016).

9.8 Internet Safety

Pupils are asked to say if they have knowledge of keeping themselves safe, while using the internet, with the aim to find out where they were taught about keeping safe on-line.

- 1.4% (53) said they have not been taught about keeping safe on the internet, this is exactly the same % as 2016.
- 80.1% learned about internet safety at school, improvement from 79.5% in 2016.
- 15% learned about internet safety at home the same as 2016.
- 2% learned about internet safety on-line the same as 2016
- 0.8% learned about internet safety through friends, 0.75% in 2016.

9.9 Risks using the internet

Overall pupils said that the highest risk when using the internet is someone being able to hack your information, this is a change from 2016 when pupils rated this risk as the 4th highest risk.

Table 9.9 below shows what pupils feel overall and what Y7 and Y10 pupils feel in 2017, compared to 2016 overall result.

Table 9.9 Risks Using Internet				
Risk	Overall 2017 Ranking	2017 Y7 Ranking	2017 Y10 Ranking	2016 Ranking
Someone hacking their information	1 st	1 st	1 st	4 th
People lying about who they say they are	2 nd	3 rd	2 nd	1 st
Cyber bullying	3 rd	2 nd	4 th	2 nd
Security issues (viruses)	4 th	5 th	3 rd	6 th
Message from people they do not know	5 th	4 th	5 th	3 rd
Seeing images that make them uncomfortable	6 th	6 th	6 th	5 th

19% (718) said there are no risks using the internet that concerns them.

9.10 Bullying

Pupils who said they have been bullied, remains the same % as 2016. 26% (981) said they have been bullied. The trend of previous years continues with Y7 pupils far more likely to say they have been bullied 30.6% (659) compared to 19.9% (322) of Y10. There has been a change in trend of who is more likely to say they have been bullied, in previous years it has been girls who are more likely to say they have been bullied, in 2017 the results show in Y7 it is almost identical with 30.4% (330) girls, compared to 30.7% (329) boys saying they have been bullied. In Y10 18.7% (155) girls said they have been bullied compared to 20.8% (167) boys.

9.10.1 Bullying Frequency

981 pupils said they have been bullied, for the follow on question when were you bullied 98.5% (967) answered the question.

- 50% of pupils said bullying occurred during school time (52.4% in 2016).
- 12.8% of pupils said bullying occurred out of school time (9.3% in 2016)
- 37.2% of pupils said bullying occurred during both of these (38.3% in 2016)

The results show there has been an increase in bullying occurring out of school time.

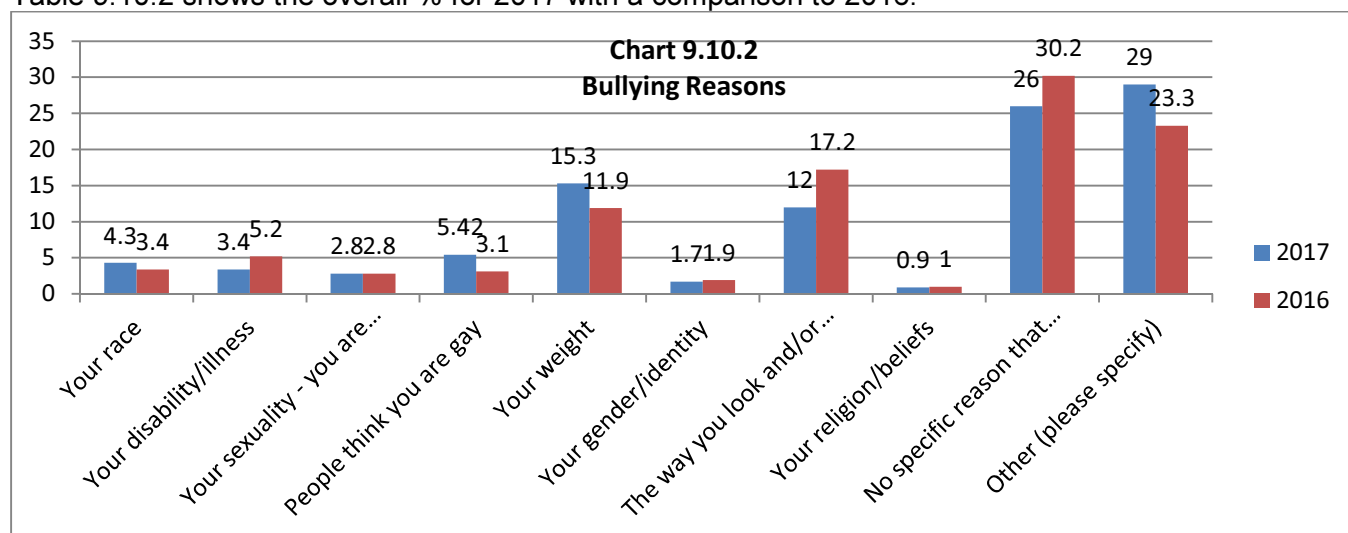
Pupils were asked to say how frequent the bullying had occurred:

- 20.1% said they were bullied very frequently, almost every day (20.2% in 2016)
- 28.3% said they were bullied frequently, more than 3 times per week (27.4% in 2016)
- 31.4% said they were bullied often, between 1-2 times per week (29.4% in 2016)
- 20.1% said they were bullied infrequently between 2-3 times per month (23% in 2016)

9.10.2 Bullying Reasons

Pupils were asked to say if they knew the reason why they may have been bullied

Table 9.10.2 shows the overall % for 2017 with a comparison to 2016.



Analysis of data in the 'other' option showed in the majority pupils said they were bullied because people don't like them or multi choices of the options.

A high % of pupils could not identify a specific reason why they have been bullied.

Pupils saying they have been bullied because of their weight has had the largest % increase

Pupils saying they have been bullied because of the way they look has had the largest % decrease.

9.10.3 Types of Bullying

The pupils who said they have been bullied told us what form of bullying they have been subject to:

- Verbal bullying 64.3% (72.4% in 2016)
- Physical bullying 16.4% (10.5% in 2016)
- Being ignored 10% (5.2% in 2016)
- Cyber bullying 6.6% (8.2% in 2016)
- Sexual bullying (inappropriate touching/actions or comments) 2.6% (3.7% in 2016)

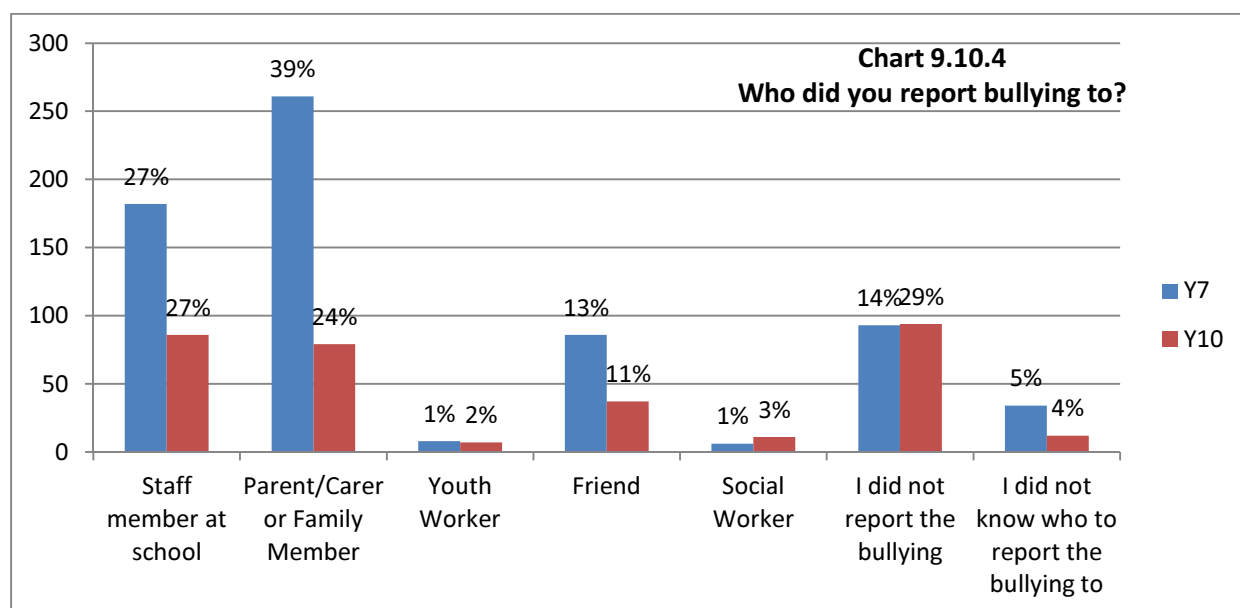
Pupils saying they have been bullied physically has had the largest % increase

Pupils saying they have been bullied verbally has had the largest % decrease

It is positive to see that both cyber bullying and sexual bullying has decreased in 2017.

9.10.4 Reporting Bullying

The 2017 results show that there has been a decrease in the % of pupils who either did not report a bullying incident or did not know who to report bullying to. This has reduced to 23.3% from 25.7% in 2016. Y7 are more likely to report bullying than Y10.



The pupils who said they had reported being bullied 61.7% said they received some help or support this has increased from 58.7% in 2016

9.10.5 Bullying Benchmarking

Ditch The Label National Bullying Charity
In 2016 they surveyed 8,850 young people aged between 12 to 20 years

50% (4425) of these young people said they had been subject to some bullying in past 12 months. Nationally this is a higher % than Rotherham Lifestyle Survey 26% of young people in Y7 and Y10 saying they have been bullied

19% (840) of those who said they were bullied and bullying occurs every day. Rotherham Lifestyle Survey figure is similar with 20% saying they are bullied daily

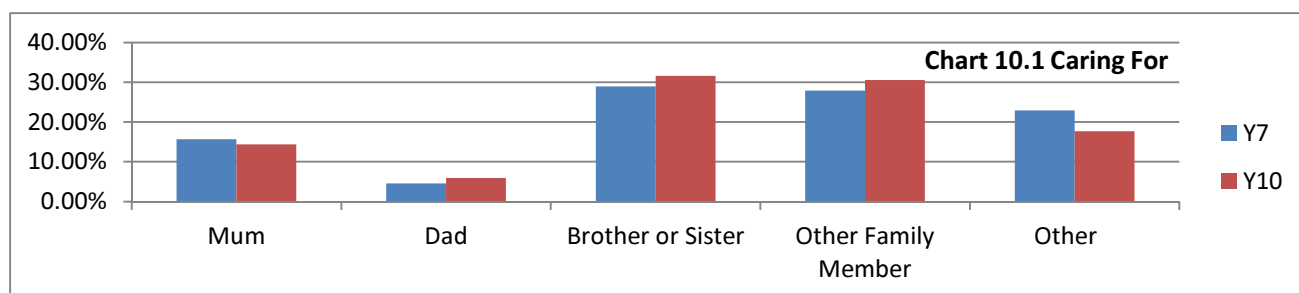
10. Young Carers

The % of pupils who thought of themselves as a young carer has increased in 2017. 19% (715) of pupils said they are a young carer, compared to 17% in 2016.

The Rotherham census figure for 2011 shows that 12% of young people in Rotherham are a young carer, the lifestyle survey % figure is higher than this, this could be as a result of pupils saying they are a young carer, for taking a brother or sister to school.

10.1 Young Carers – Caring For

The pupils who recognised themselves as a young carer, were asked to say who they mainly care for. Chart 10.1 below shows the % of Y7 and Y10 who said they are a young carer.



The majority of both Y7 and Y10 said they are caring for a brother or sister, this could be more likely to be in a babysitting role or taking them to school, rather than a young carer's role that may need them to have some support. If the figures for caring for a brother or sister were removed from the overall figure of young carers, this would reduce the % to 12.7% which is more on par with the Rotherham census figure. Analysis of data input into 'other' options showed the majority of pupils saying they were caring for more than one person i.e. Mum and Dad or both Grandparents.

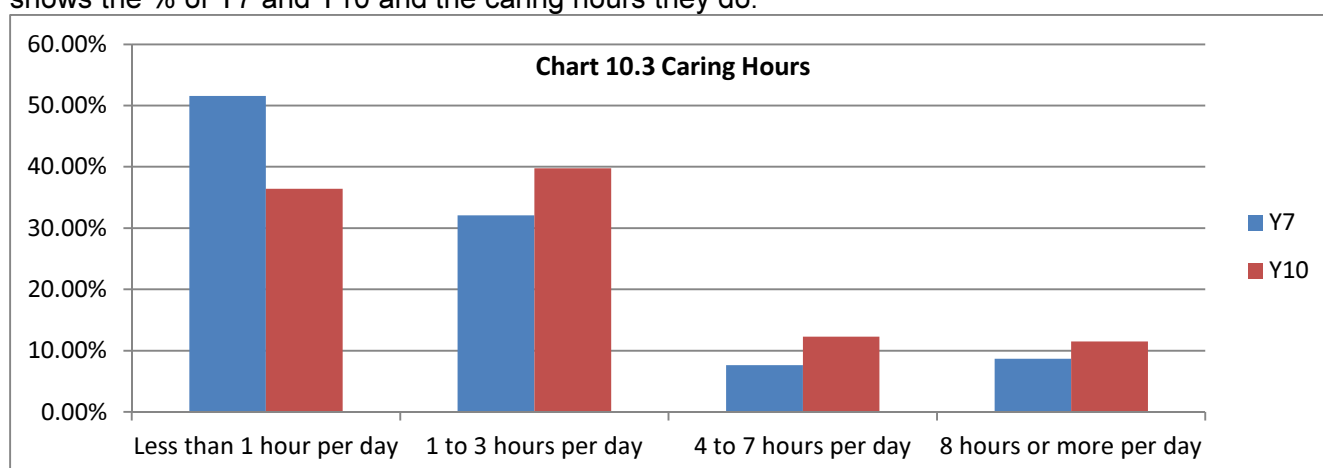
10.2 Young Carers – Caring Tasks

Pupils were asked about what tasks they help out with, they could choose more than one, if they are needed to do the tasks to help support and care. The results follow a similar trend to 2016.

- Helping around the house (56.2%)
- Keeping them company - not wanting to leave the person alone (35.2%)
- Help look after brother or sister (31.6%)
- Do the shopping (21.6%)
- Help give medicine (18.8%)
- Help read letters or mail (16%)
- Help with personal care (14%)
- Taking brother and sister to school (13%)
- Help with appointments (9%)

10.3 Young Carers – Number of Hours Caring

Pupils were asked to say on average how many hours they cared each day. Chart 10.3 below shows the % of Y7 and Y10 and the caring hours they do.



Overall pupils who said they care for more than 8 hours each day is on par with the 2016 results, around 9.5%

10.4 Supporting for Young Carers

The highest % of pupils would prefer to talk with a parent, carer or a family member if they had any issues or needed support with being a young carer. 28% said parent or carer and 21% said a family member, 13% would talk to a friend, 7% would talk to a member of staff at school, 4.8% would talk to a social or youth worker, 2.9% would talk to either their school nurse or other health professional and 1.4% would talk to Rotherham Young Carers service.

10.4.1 Rotherham Young Carers Service

Pupils who identify themselves as a young carer are asked if they are aware of the young carer's service. 37.3% of these pupils said they were aware of young carer's service, this is a decrease from 44% in 2016.

10.4.2 Young Carers Card

The % of pupils who have heard of the young carer's card has slightly increased to 18.5% in 2017 from 17.5% in 2016.

The young carer's card was introduced in 2014, for schools to work with young carers to help give them support as and when needed.

What are we worried about?

Improve communication about Young Carers Service

Less young carers in 2017 had heard of this service of the support it provides.

What we need to do next

Barnardo's are working with young carers on the project 'Theory of Change
Schools will be revisited to promote the Young Carers Service including the
Young Carers Card

11. Smoking, Alcohol and Drugs

Pupils are asked to respond honestly to a series of questions, asking about smoking, drinking alcohol and drug use. For each subject they are offered links to advice sites to support young people and share information about smoking, alcohol and drugs.

11.1 Smoking

Pupils are asked to say whether their home was a smoke-free home, (this is explained that no one living in their house smokes either tobacco or electronic cigarettes).

There has been a % decrease in the number of pupils saying yes 59.3% (2243) compared to 64% in 2016. This result may be due to the increase in the use of electronic cigarettes and pupils identifying these as smokers.

There has been an increase in the number of pupils who said it is not OK for young people of their age to smoke. Overall 89.8% (3399) said it was not OK to smoke, compared to 87% in 2016. Far more Y7 said it was not OK to smoke 95.3% compared to 80.2% of Y10.

When asked if they currently smoke cigarettes, overall 93.2% (3527) said no they do not smoke, this is a slight % increase in the number of young people not smoking, compared to 92.75% in 2016.

- 97.8% (2101) of Y7 said they do not smoke, a slight improvement on 97% in 2016
- 87.5% (1424) of Y10 said they do not smoke, a slight decrease on 88.5% in 2016.

In total 3525 pupils said they did not smoke, these pupils were asked to best describe their smoking history.

2101 pupils in Y7 said they did not smoke, they described themselves

- 94.8% have never smoked, an improvement on 94.3% in 2016

- 3.2% have tried smoking once, an improvement on 4.1% in 2016
- 1.8% used to smoke sometimes, but no longer smoke, slightly more than 1.6% in 2016

1424 pupils in Y10 said they did not smoke, they described themselves as

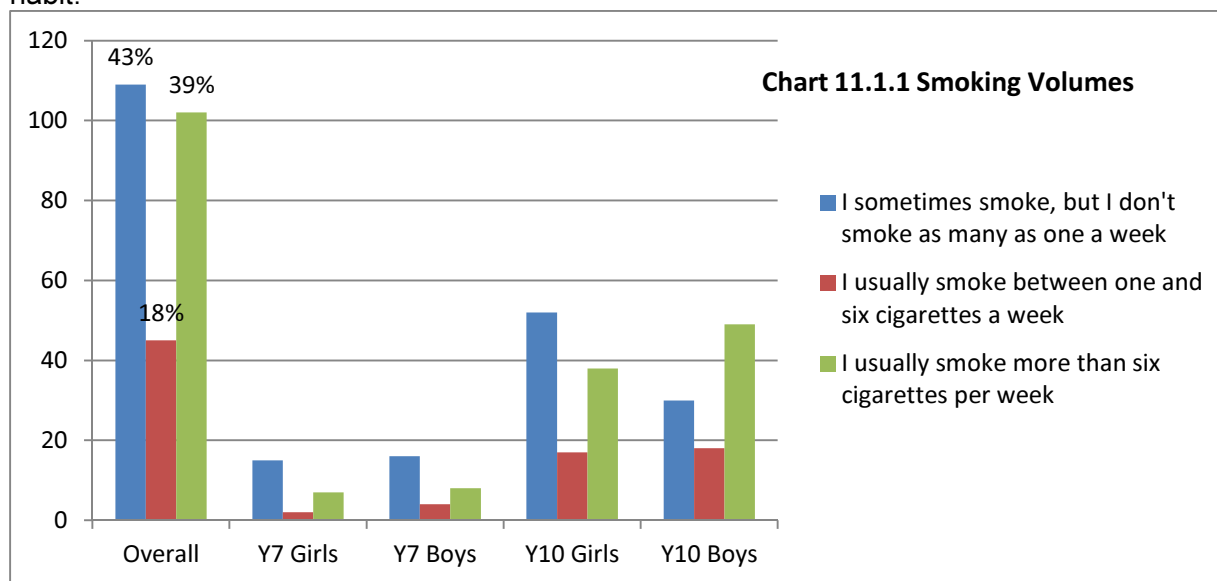
- 76.7% have never smoked, slightly less than 77.1% in 2016.
- 17.5% have tried smoking once, an increase on 14.9% in 2016
- 5.6% used to smoke sometimes, but no longer smokes, less than 8% in 2016

Overall 81.6% (3083) of all young people said they have never smoked a cigarette. This is a higher % than the national estimate for the number of young people smoking which is 76%.

Benchmarking Information
Health & Social Care Information Centre
A survey was carried out in 2014 of 6173 young people aged between 11 to 15 years.
These results show that 18% said they have smoked at least once,
therefore 82% have never smoked.
Rotherham's figure from the 2017 results is on par with the national figure.

11.1.1 Smoking Volumes

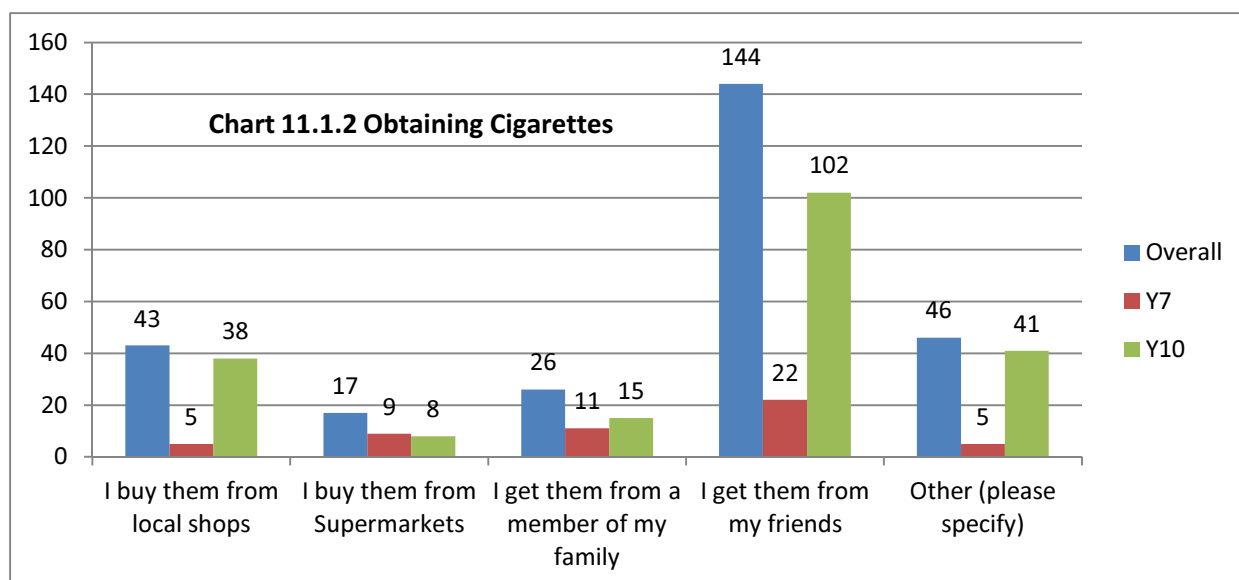
Overall the 2017 results show that 6.7% (256) pupils said they smoke cigarettes regularly, this has improved from 7.2% in 2016. Chart 11.1.1 below shows the regularity of their smoking habit.



The data shows that 52 Y7 pupils said they smoke, with slightly more boys than girls smoking and 204 Y10 pupils said they smoke and more girls than boys smoking.

11.1.2 Obtaining Cigarettes

The 256 pupils who said they were smokers, were asked to say where they mainly obtained their cigarettes from. Chart 11.1.2 shows the numbers below.



The trend in relation to pupils obtaining their cigarettes from friends as the most popular choice, has continued in 2017, same as in 2016. 56% (144) of pupils who smoked said they got them from their friends.

The trend of young people being able to obtain cigarettes from local shops has continued to decrease, 17% (43) of pupils who said they smoked, said they obtained their cigarettes from local shops, compared to 19% in 2016.

What's working well?

RMBC Trading Standards in conjunction with South Yorkshire Police and our own Licencing enforcement have carried out over 120 test purchase operations in the last 2 years as part of joint continued work to restrict and disrupt the sale of tobacco to minors.

Trading Standards act on reports and their own intelligence sources to carry out operations to restrict the selling of cigarettes and alcohol to under-age young people.

Standing fines and licence reviews along with educational initiatives are the most frequent measures put in place, but prosecutions are prepared and sought when appropriate.

There have been no prosecutions in past 2 years, but one is currently being submitted for consideration.

These actions have contributed to the continuous decline of young people being able to obtain cigarettes.

Since 2015 the results from this survey show that Y7 and Y10 pupils who said they smoked and obtaining them from local shops continues to decrease.

- 2015 – 24.5% of those who said they smoked, said they were able to obtain them from local shops, this reduced to 19% in 2016 and has further reduced to 17% in 2017.

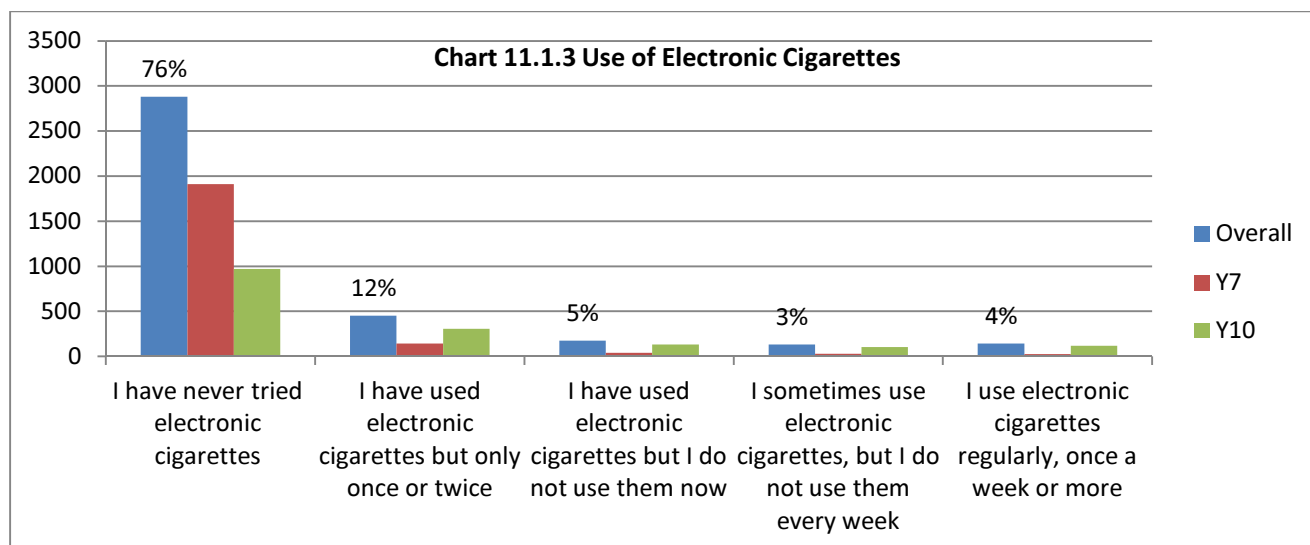
The monitoring of the sale of cigarettes to young people under age will continue with the aim this downward trend will continue.

Analysis of data input to 'other' option showed that pupils were also obtaining cigarettes from local dealers or fag house, named an actual shop or I get someone older to go into a shop

11.1.3 Electronic Cigarettes

Overall there has been an improvement in the % of pupils who said they have never tried an electronic cigarette. 76% (2881) said they have never tried one, compared to 73.2% in 2016.

Information on the use of electronic cigarettes is detailed in Chart 11.1.3 below



88.8% (1912) of Y7 pupils said they have never used an electronic cigarette, 86.6% in 2016.
59.5% (969) of Y10 pupils said they have never used an electronic cigarette, 59.7% in 2016.

Of the 23.9% (902) of pupils that said they use or have tried an electronic cigarette, the data shows that more Y10 pupils are using this form of smoking and boys are more like to smoke an electronic cigarette compared to girls.

The data shows that out of the 902 pupils who said they have tried an e-cigarette, 19% (173) are not using them now and 50% (451) said they have only used them once or twice.

Those pupils who said they have tried or are still using an electronic cigarette, were given the option to say why they may have tried or are using an e-cigarette. 45.5% (414) pupils answered the follow on question.

- 11.8% (48) use an electronic cigarette to help them stop smoking
- 16.1% (67) use an electronic cigarette and no longer smoke cigarettes
- 13.5% (56) use an electronic cigarette and smoke cigarettes
- 58.6% (243) use an electronic cigarette but have never smoked cigarettes

Benchmarking Information

Health & Social Care Information Centre

**A survey was carried out in 2014 of 6173 young people aged between 11 to 15 years.
These results show that 22% said they have tried an electronic cigarette.**

Rotherham data from 2016 survey showed that Rotherham was higher than this national picture at 26.8%

This has improved in 2017 to 23.9%, this brings us nearer to the national picture.

11.2 Alcohol

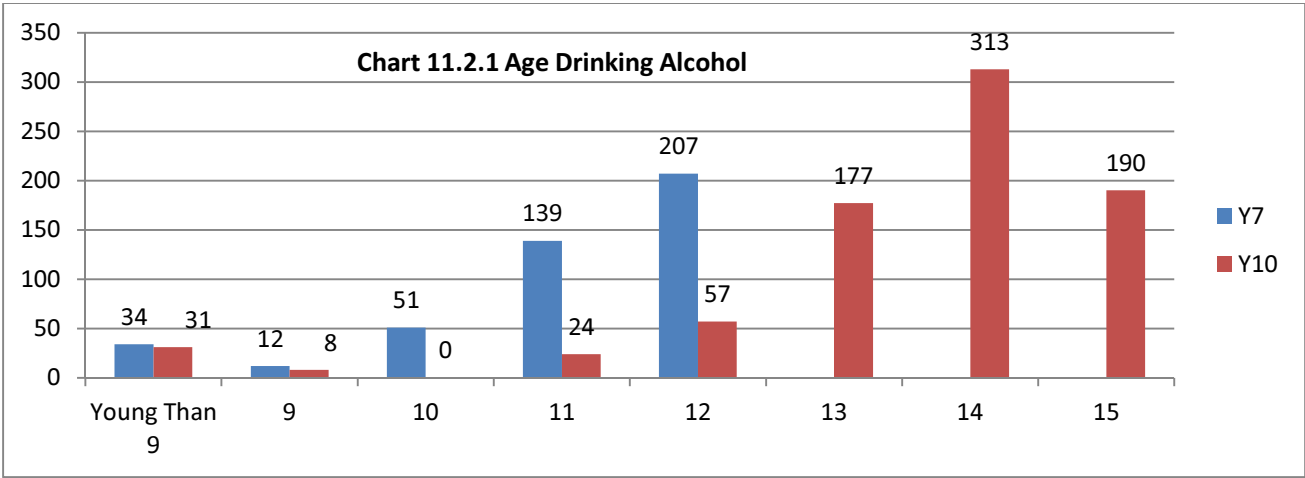
There has been an increase in the number of pupils who said it is not OK for young people of their age to get drunk. Overall 74% (2799) said it was not OK to get drunk, compared to 70.6% in 2016. Far more Y7 said it was not OK for young people of their age to get drunk, 91% compared to 52% of Y10.

Overall 57.3% (2168) of pupils said they have not had a proper alcoholic drink this has improved from 55% in 2016

- 76.3% (1643) of Y7 responded that they had not had a proper alcoholic drink, this has decreased from 79.8% in 2016
- 32.3% (526) of Y10 responded that they had not had a proper alcoholic drink, this has improved from 30.2% in 2016

11.2.1 Age Drinking Alcohol

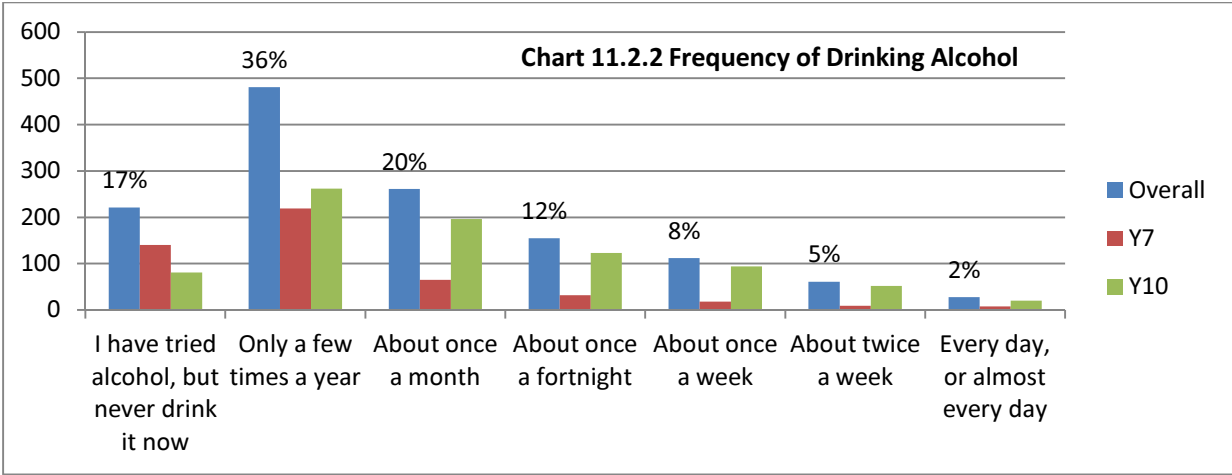
Overall 42.7% (1613) of pupils said they have tried alcohol.
These pupils were invited to answer follow on question about drinking.
78% (1256) answered the question about what age they had their first alcoholic drink.
Chart 11.2.1 below show the responses to the question for those who said they have had an what age they had their first drink.



Age 14 is the most popular age for a young person to have their first alcoholic drink in Y10, this is the same as in 2016. Age 12 is the most popular age for a young person to have their first alcoholic drink in Y7, the same as in 2016.

11.2.2 Frequency of Drinking Alcohol

The question about how often a pupil drinking is alcohol was answered by 81.7 (1319) of those who said they have tried an alcoholic drink
Chart 11.2.2 below shows the frequency of those 1319 pupils who said they have tried alcohol, split by Y10 and Y7.



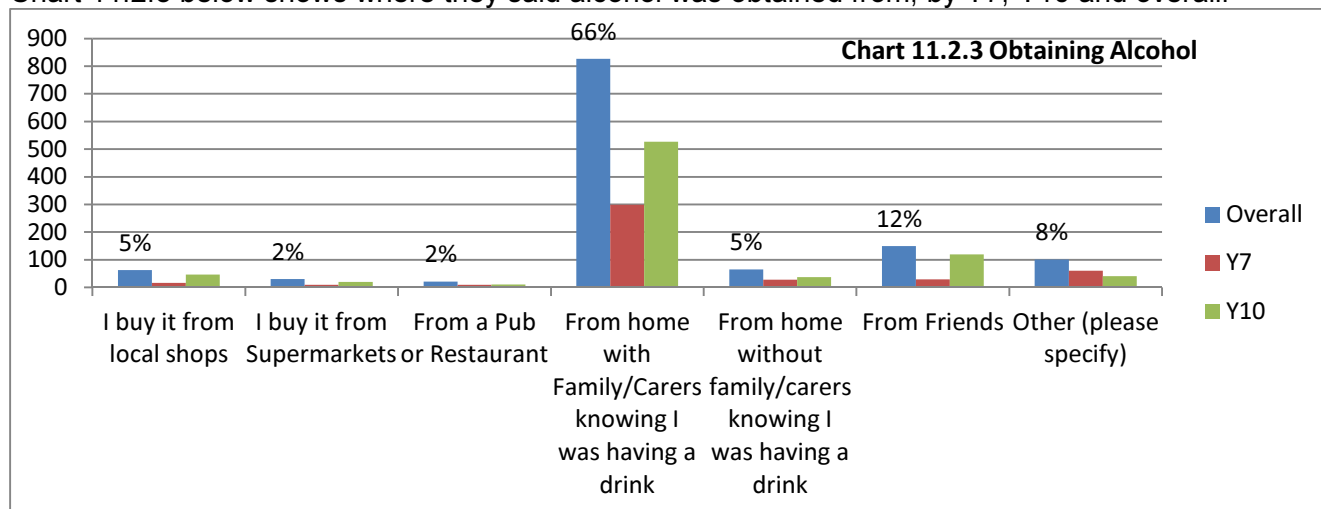
Overall

- 17% (221) of pupils have tried alcohol but no longer drink it now, compared to 13% in 2016

11.2.3 Obtaining Alcohol

The question about where young people obtain alcohol from was answered by 78% (1255) of those who said they drink alcohol.

Chart 11.2.3 below shows where they said alcohol was obtained from, by Y7, Y10 and overall.



The trend as in previous years as followed with the majority of both Y7 and Y10 obtaining alcohol from a family member with their knowledge. There has been a reduction in the % of young people obtaining their alcohol from supermarkets or local shops down to 7% in 2017 from 8.2% in 2016. The place where the least number of pupils obtain alcohol from is restaurants and pubs

Analysis of data input to 'other' option showed in the majority pupils said they were obtaining alcohol in the majority either on holiday or at time of celebrations e.g. weddings or birthdays.

Benchmarking Information

Health & Social Care Information Centre

A survey was carried out in 2014 of 6173 young people aged between 11 to 15 years.

These results show that 38% said they have tried alcohol, therefore 62% have not tried alcohol

Rotherham's figure from the 2017 results is higher than this result with 42.7% saying they have tried alcohol, but an improvement on 2016 results when 45% said they have tried alcohol.

11.3 Drugs

Overall 94.2% (3560) said it was not OK to use drugs, compared to 93.5% in 2016. This is a positive increase and could indicate that young people are not giving into peer pressure to try drugs. Far more Y7 said it was not OK to try drugs 97.5% compared to 89.8% of Y10.

11.3.1 Using Drugs

Overall 92.4% (3498) of pupils said they have never tried any drug which is almost identical to 2016, when 92% said they have never tried any drug.

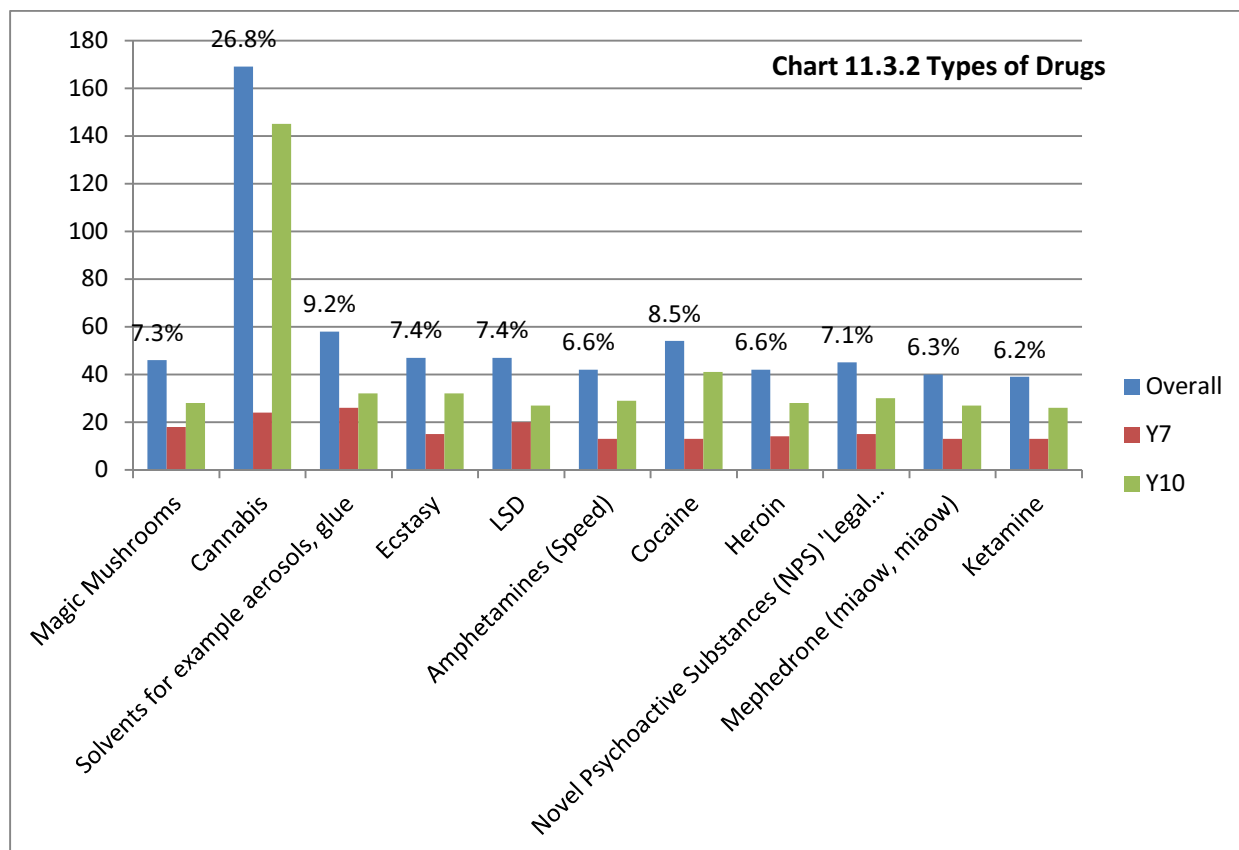
- 87% (1416) of young people in Y10 said they have never tried any type of drug; this has improved from 84.5% in 2016.

- 97% (2082) of young people in Y7 said they have never tried any type of drug; this is almost identical to 97.1% in 2016.

11.3.2 Types of Drugs

7.4% (283) pupils answered yes, they have tried some type of drugs.

Out of the overall 283 pupils who said they have tried some type of drug 76% (214) of these answered the follow on question about types of drug they have tried.



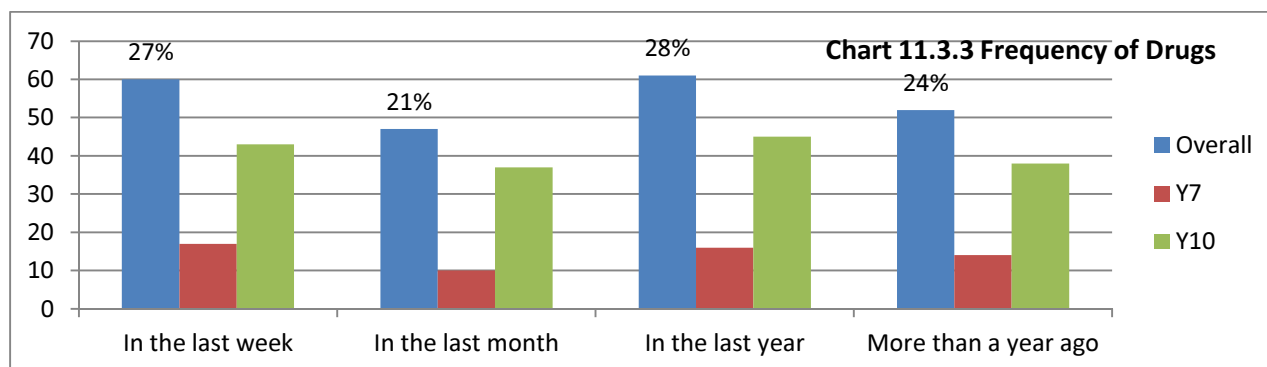
The results show that overall cannabis is the drug tried by more pupils 169 pupils said they have tried cannabis, 145 of these are in Y10 and 24 in Y7. Overall out of the 169 pupils who said they have tried cannabis, 77 % of these were girls and 92 % were boys.

Cannabis was not the most popular choice of drug tried by Y7 pupils this was solvents with 26 pupils saying they have tried solvents, closely followed by cannabis with 24 pupils in Y7 saying they have tried this drug. Out of the 26 pupils in Y7 that have tried solvents, 35% (9) were girls and 65% (17) were boys and for cannabis 41% (10) were girls and 59% (14) were boys.

Cannabis is the most popular choice of drug tried by Y10 pupils, overwhelmingly with 145 pupils in Y10 saying they have tried cannabis, out of these 46% (67) were girls and 54% (78) were boys. Ecstasy and Solvents were the next most popular choices for drugs tried by Y10 with 32 pupils saying they have tried these. Out of the 32 pupils in Y10 who have tried solvents, 31% (10) were girls and 69% (22) were boys and for ecstasy, 25% (8) were girls and 75% (24) were boys. Legal highs has moved down to 4th most popular with Y10 pupils from 2nd in 2016, 30 pupils in Y10 said they have tried legal highs, 23% (7) were girls and 77% (23) were boys.

11.3.3 Frequency of Drugs

Out of the overall 283 young people who said that they have tried some type of drug, 77.7% (220) answered the follow on question about when they last tried any one of the drugs. Chart 11.3.3 details the responses by Y7 and Y10.

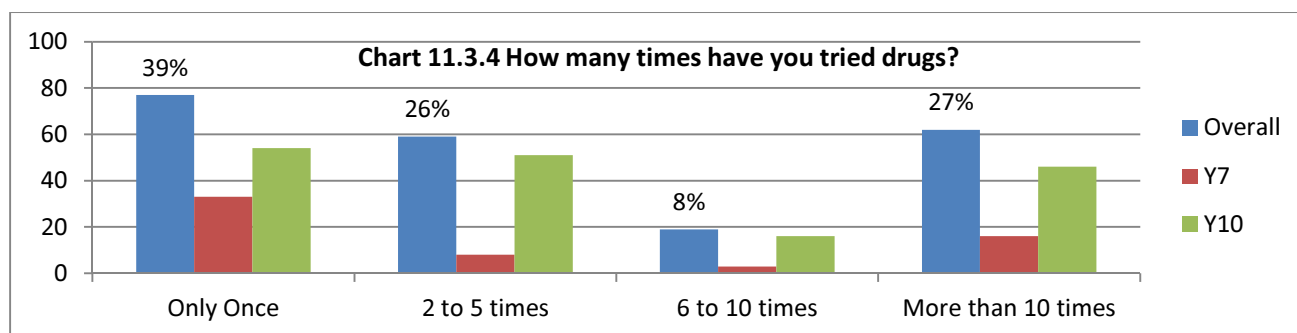


The results show that overall:

- 27% (60) said they had tried drugs in the last week, decreased from 32.7% in 2016, fewer pupils trying drugs more frequently.
- 21% (47) said they had tried drugs during in last month, increased from 20.6% in 2016
- 28% (61) said they had tried drugs in the last year increased from 16.6% in 2016
- 24% said it was more than a year ago since they had tried drugs, decreased from 30.1% in 2016.

11.3.4 Drug Use

Out of the overall 283 young people who said that they have tried some type of drug, 80.2% (227) answered the follow on questions about how many occasions have they tried drugs. Chart 11.3.4 shows the result by Y7, Y10 and overall.



The results show there has been an increase in the % of pupils who have tried drugs only once, therefore this could be imply they are not regularly using drugs.

- 55% (33) of Y7 pupils said they have only tried drugs once, compared to 44% in 2016
- 32.3% (54) of Y10 pupils said they have only tried drugs once, compared to 31.3% in 2016.

What's working well?

Health & Social Care Information Centre

A survey was carried out in 2014 of 6173 young people aged between 11 to 15 years.

These results show that 15% said they have tried drugs, therefore 85% have not tried drugs

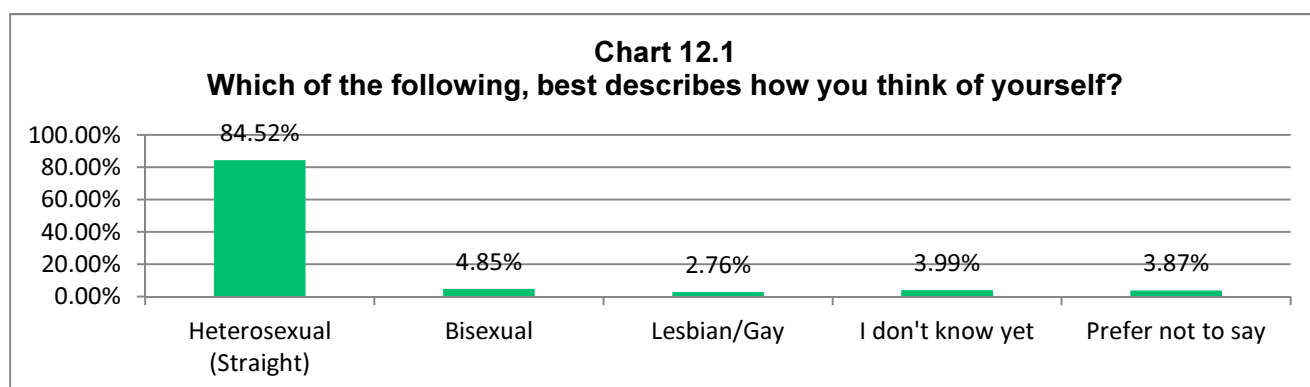
Rotherham's figure from the 2017 results is higher than this national picture with 92.5% saying they have not tried drugs

12. Sexual Health& Relationships

Pupils are asked a series of questions about sexual health and relationships. A number of these questions are age appropriate questions, therefore they are specific for Y10 pupils only

12.1 Y10 Sexuality

Y10 pupils are asked to say how they describe their sexuality. Chart 12.1 shows the responses by %.

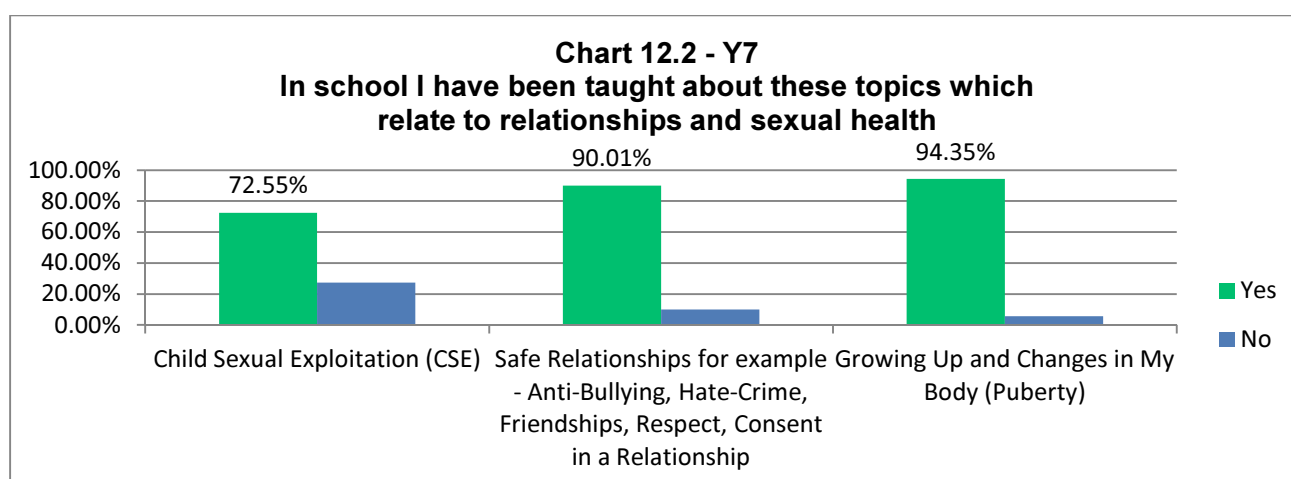


The results show that out of the 84.5% (1376) of pupils who described themselves as straight, 50.2% (692) of girls described themselves as straight, compared to 49.8% (684) boys. More girls described themselves as bisexual, preferred not to say, or they don't know yet. More boys described themselves as gay.

12.2 Sexual Health and Relationships Education

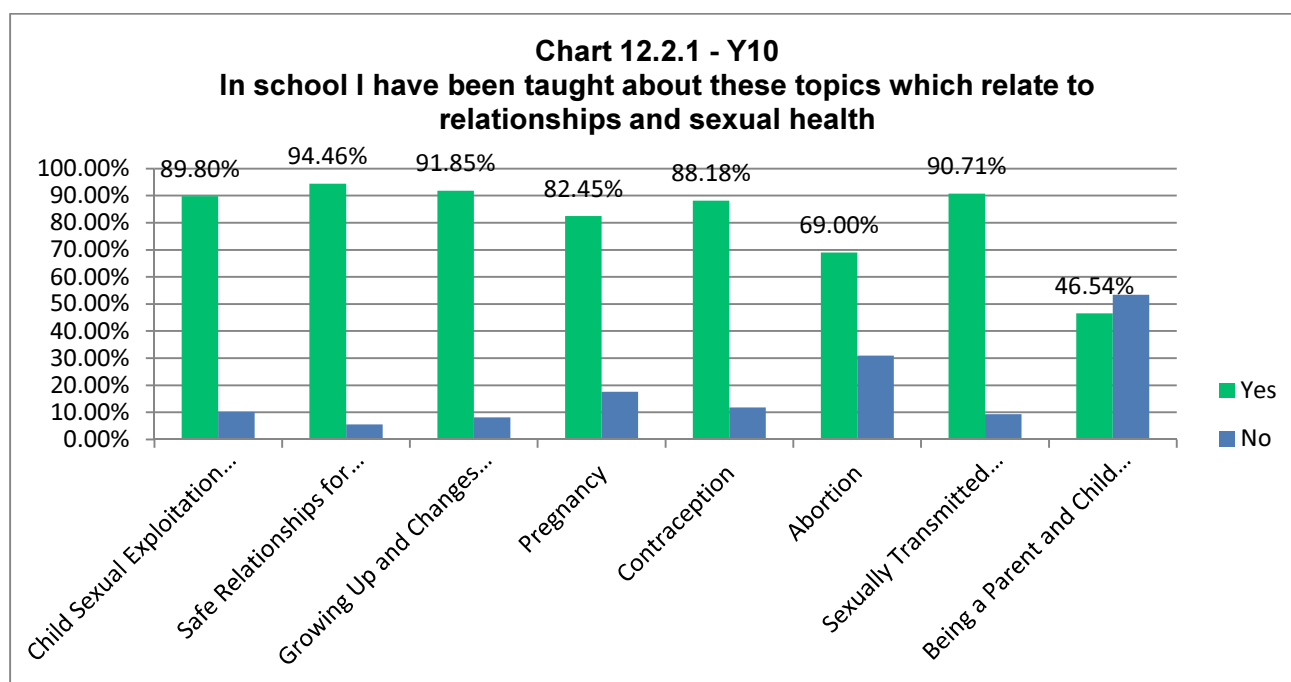
Pupils are asked to say what they have been taught at school as part of their personal, social and health education in relation to sexual health and relationships.

Chart 12.2 details the % results for Y7.



The results show that there has been an increase in the % of pupils in Y7 that have been taught about child sexual exploitation, 72.55% (1562), compared to 61.2% in 2016. There is an increase in the % of pupils who have been taught about safe relationships and a small decrease in the % who have been taught about growing up.

Chart 12.2.1 show the % results for Y10.



The results show that there has been a decrease in the % of pupils in Y10 that have been taught about the subject child sexual exploitation, 89.8% (1461), compared to 91.5% in 2016.

There has been an increase in the % of pupils in Y10 who have been taught about safe relationships, growing up and being a parent and child care. There has been a decrease in the % of pupils who said they have been taught about pregnancy, contraception, abortion and sexually transmitted infections.

12.3 Sexual Relationships Y10

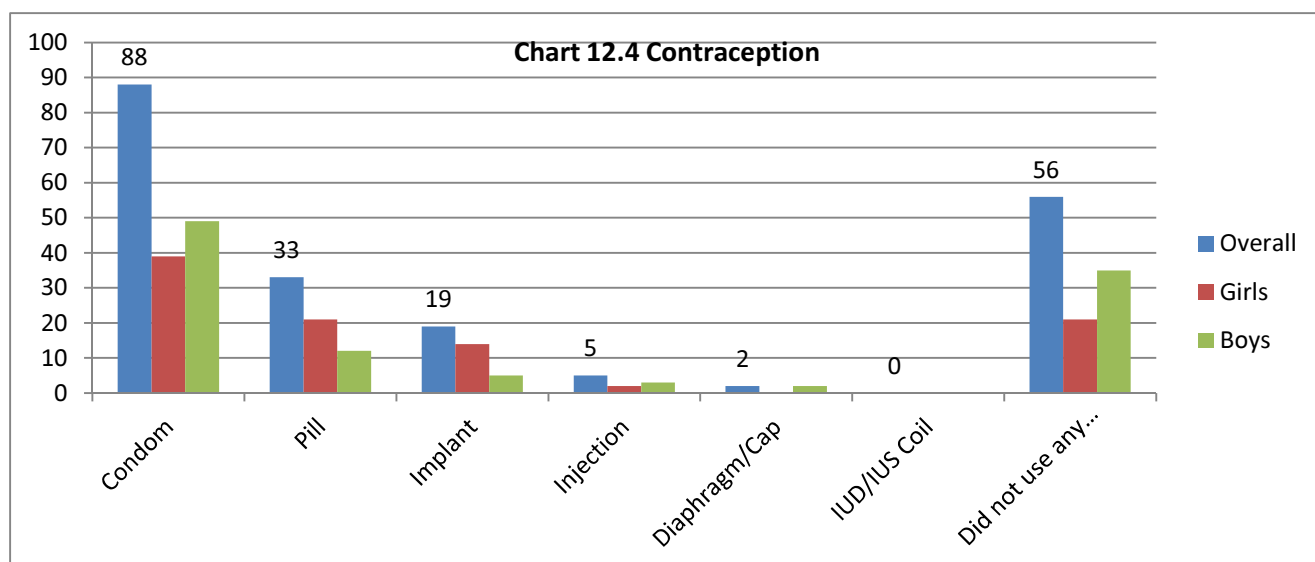
Pupils in Y10 were asked if they have had sexual intercourse

14.3% (233) of pupils in Y10 said yes they have had sex, this had reduced from 19.2% in 2016. In 2016 9.7% said they preferred not to answer this question, slightly more pupils in 2017 chose this option, 10.29% (167). More girls said yes they have had sexual intercourse, 52% (120) girls compared to 48% (113) boys. This is the same trend as 2016.

The results show 15.3% (36) Y10 pupils said they have had sexual intercourse after drinking alcohol and/or taking drugs, this is a decrease in % from 24% in 2016 who responded this way.

12.4 Contraception

Out of the 14. % (233) pupils who said they have had sexual intercourse, 87.1% (203) answered the follow on question on what type of contraception they have used. Chart 12.4 details the responses by male/female.

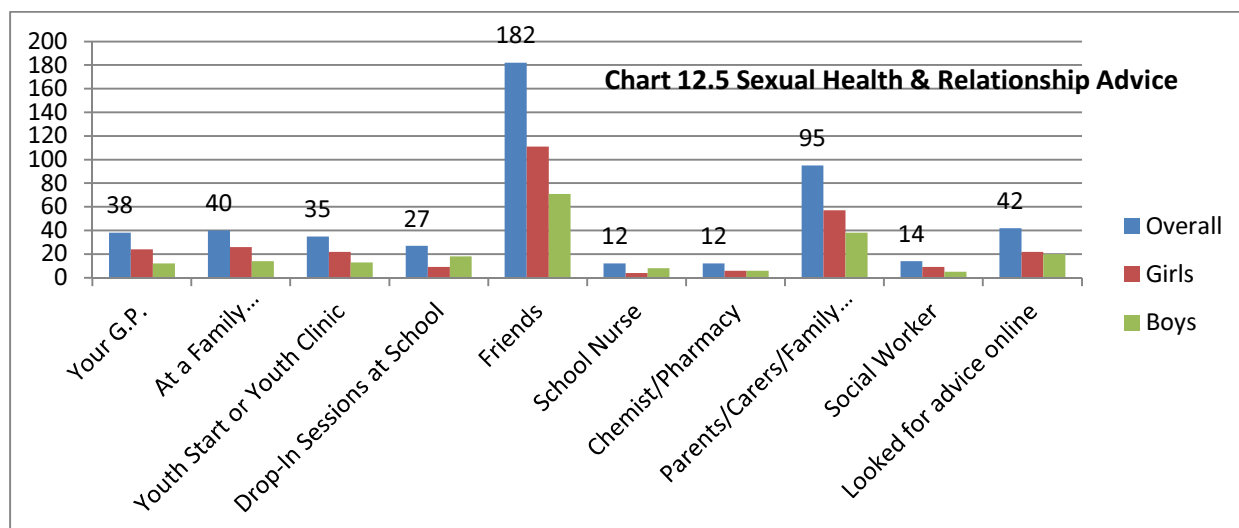


The results show that the % of pupils who said they did not use any form of contraception has increased, 27.5% (56) pupils gave this response, compared to 20% in 2016. More boys said they did not use any form of contraception compared to girls.

12.5 Sexual Health Advice

Pupils in Y10 were asked to say where they would go for sexual health and relationship advice. 80.5% (1311) of Y10 pupils answered this question, out of these 1311 Y10 pupils, 62% (814) said they have not sought any advice, they have never had the need for this type of advice.

38% (497) of pupils said where they would prefer to go for advice, the results are detailed in Chart 12.5

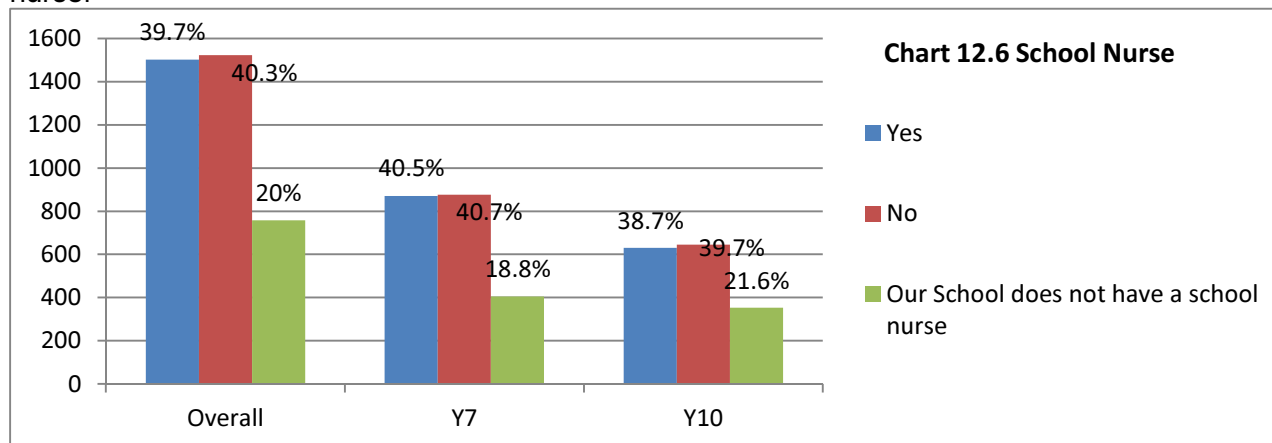


The results follow a similar trend to the 2016 results, the most popular choice for someone to talk to about sexual health would be friend, followed by parents/carers or family member. More young people would choose to go to family planning or their G.P. than in 2016 and less going to a youth centre. Girls are more likely to go to their G.P. or family planning and boys more likely to visit a drop-in at school or speak with a school nurse.

12.6 School Nurse

Pupils were asked to say if they knew who their school nurse was. There was an extra option added to the choice this year, pupils had the option to say whether their school had a school

nurse.



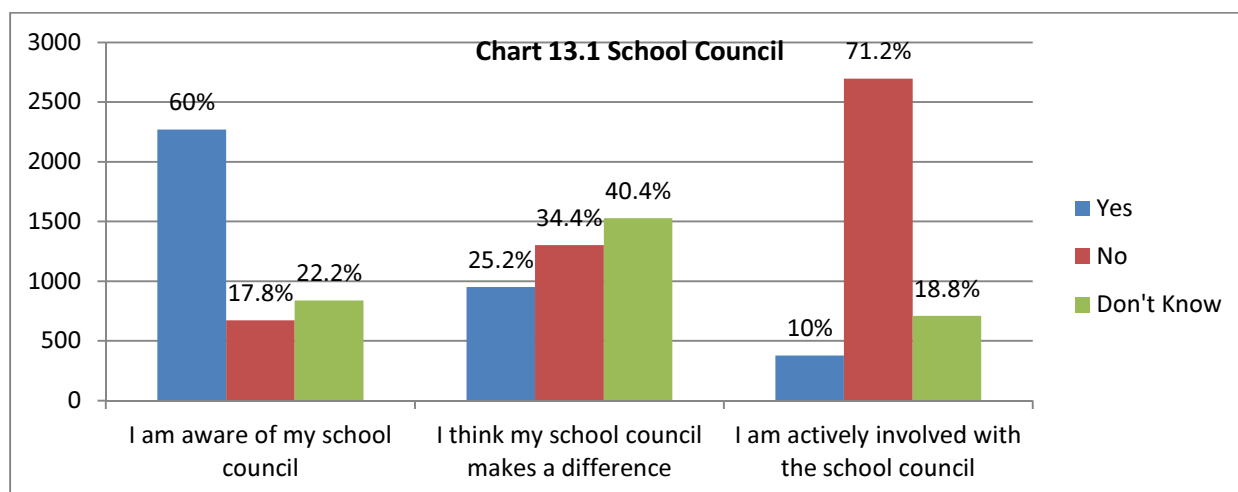
The results show overall 39.7% (1501) said yes they knew who their school nurse was, this has decreased from 43% in 2016. Overall 16.6% (630) pupils said their school did not have a school nurse.

13. Child's Voice

The Lifestyle survey enables pupils to have their voice heard and give their opinions on their health, wellbeing, safety and leisure facilities in Rotherham. The survey also aims to find out from young people do they have their voice heard in school.

13.1 School Council

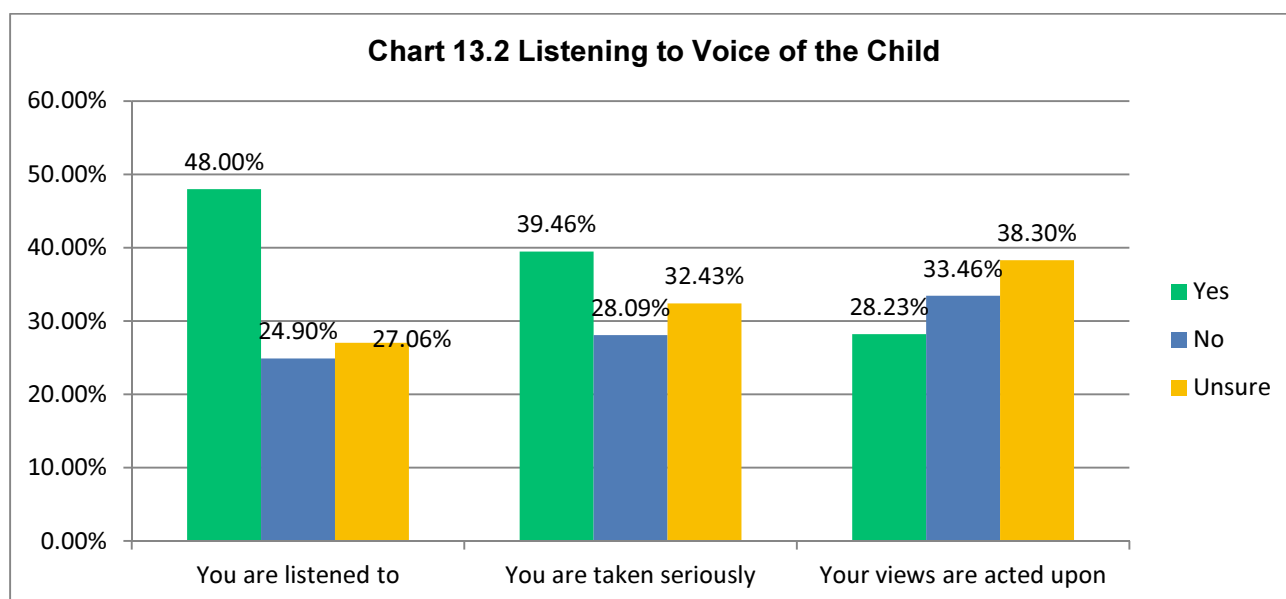
A school council is an opportunity for pupils to be involved to represent the views of young people at school. Pupils were asked for the 2017 survey whether they are aware of their school council, do they think their school council makes a difference and are they actively involved with the school council. Chart 13.1 details the overall responses.



The results show overall that 60% (2270) of pupils are aware of their school council. More Y7 pupils were aware than Y10. 25% (950) pupils said yes they did feel their school council makes a difference, this has improved from 12% in 2016. 10% (377) pupils are actively involved with their school council, this is the first time this question has been asked about being actively involved.

13.2 Listening to Voice of the Child

Pupils are asked to say whether they feel their voice is listened to, whether they feel they are taken seriously and whether their views are acted upon. Chart 13.2 details the overall % of responses.



The results show overall, 48% (1816) of pupils said they felt their voice was listened to, this has decreased from 53% in 2016. 39.5% (1493) said they felt their views were taken seriously, this is almost the same result as 2016. 28.2% (1068) said they feel their views are acted upon, this has improved slightly from 27.2% in 2016. Y7 pupils are far more likely to feel their voices are listened to, taken seriously and acted upon compared to Y10 pupils.

14. Reference

Benchmarking information and information included in what's working well and what are we worried about have been sourced from:

- Website National Smile Month
<http://www.nationalsmilemonth.org/facts-figures>
- Rotherham Health and Wellbeing Strategy Action Plan
- Rotherham Lifestyle survey report 2016
- Barnado's Young Carers Plan
- Health & Social Care Information Centre
- RMBC Trading Standards Action Plan

15. Appendices

Appendix 1

Highlight of the results that show what's working well

What results show what's working well?

- There has been a 1% decrease in the number of pupils saying they have a diagnosed medical condition.
- 3515 (93%) of pupils said they visit the dentist at least once per year.
- There has been almost a 5% increase in the number of pupils eating the recommended 5 portions of fruit and vegetables per day, the % has gone up to 18.2% in 2017 from 13.5% in 2016.
- There has been a 2% increase in the number of pupils who said they have breakfast. This has improved to 81% (3068) from 79% in 2016.
- There has been a 3.5% increase in the number of pupils who said they participate in regular physical activity. This has improved to 83.5% (3159) from 80% in 2016. There has also been a 1.5% decrease in the number of pupils who said they never do any exercise. This has improved to 4.5% (173) from 6% in 2016.
- There has been a reduction in the number of pupils who said they are worried about their weight. This has improved to 25.7% (1050) from 28.5% in 2016.
- There has been a 5% improvement in the number of pupils who feel their weight is about the right size. This has improved to 64% (2315) from 59% in 2016.
- There has been an improvement in pupils' perception of Rotherham and recommending Rotherham as a place to live. Overall there has been a 10% reduction in the % of pupils who said they would definitely not recommend Rotherham as a place to live. This has improved to 20.5% (775) from 31.7% in 2016. Overall pupils who said they would definitely recommend Rotherham as a place to live has improved by 11% to 26.1% (990) in 2017 from 14.8% in 2016.
- Pupils saying they would still like to remain living in Rotherham in 10 years' time has also improved. Overall there has been a 10% reduction in the number of pupils who said they would not like to be living in Rotherham in 10 years' time. This has improved to 27.2% (1030) from 37.5% in 2016. Overall pupils who said they would definitely like to be living in Rotherham in 10 years' time has also improved to 17.5% (661) compared to 13.5% in 2016.
- There has been a 7% increase in the number of pupils who said they regularly visit Rotherham town centre. This has improved to 33% (1251) from 26% in 2016.
- Fewer pupils rate the fear of protests and marches in the town centre as a reason for feeling unsafe in the town centre, in 2016 pupils rated this as the 3rd highest risk this has moved to the 9th rated risk in 2017.
- There has been a decrease in the % of pupils who said they have been either cyber bullied or bullied by inappropriate sexual touching/comments or actions. Overall this reduced to 9.2% from 11.9% in 2016.
- Continued decline in the number of young people who have obtained cigarettes from a local shop. This has reduced to 17% (43) of those who said they smoked from 19% in 2016.
- There has been an increase in the % of pupils in Y10 who said they have never tried an alcoholic drink. This has increased to 32.3% (526) from 30.2% in 2016.
- There has been a % increase of pupils in Y10 who said they have never tried drugs. This has increased to 87% (1416) from 84.5% in 2016.
- The % of Y7 pupils who have been taught about child sexual exploitation has improved to 72.5% (1562) from 61.2% in 2016.

- There has been a reduction in the % of Y10 pupils who said they have had sexual intercourse. In 2017, 14.3% (233) pupils in Y10 said they have had sex, compared to 19.2% in 2016.

Appendix 2

Highlight of the results that show what we are worried about

What results show what we are worried about?

- There has been an increase of 3% in the number of pupils saying they consume 2 or more high sugar drinks each day and also an increase of 2% of the number of pupils saying they consume high energy drinks, (in particular boys).
- There has been a 3% reduction in the number of pupils who aspire to go to university. Overall 42% (1592) said they aspire to go to university in 2017 results from 45% in 2016.
- There has been a 6.6% reduction in the number of pupils who said they always feel safe in Rotherham town centre. Overall 18% (683) pupils said they always feel safe, compared to 24.6% in 2016. There is a similar pattern with Rotherham bus station, overall 18% (693) said they always feel safe, compared to 23.6% in 2016 and for Rotherham train station, overall 15% (556) said they always feel safe, compared to 17% in 2016.
- There has been a 3% increase of pupils saying they have been bullied out of school time. The number of pupils saying they have been bullied is a similar % to 2016. More pupils of those who have been bullied said they have been bullied out of school time, 12.8% (124) said this in 2017, compared to 9.3% in 2016
- There has been a decrease of 6.7% of young people who have identified themselves as a young carer who have heard of the Rotherham Young Carers service. 37.3% (267) said they had heard of this service in 2017, compared to 44% in 2016.
- There has been a decrease of 4.7% of homes identified as smoke-free homes. In 2017 59.3% (2243) said their home was smoke-free, compared to 64% in 2016.
- There has been an decrease of 3.5% of Y7 pupils who said they have never tried an alcohol drink. This has decreased to 76.3% (1643) from 79.8% in 2016.
- There has been an increase in the % of pupils in Y10 who said they did not use contraception when having sexual intercourse, this has increased to 27.5% from 20%, the increase is more prevalent with boys.
- There has been a % decrease with pupils who said they knew who their school nurse was. Overall 39.7% (1501) pupils in 2017 said they knew who their school nurse was, compared to 43% in 2016.
- There has been a 5% reduction in the number of pupils who feel their voice is listened to; overall 48% (1816) said they felt their voice was listened to, compared to 53% in 2016.