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|-----------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BRIEFING</b> | <b>TO:</b>          | Health and Wellbeing Board                                                                                                                                                               |
|                 | <b>DATE:</b>        | 20 <sup>th</sup> March 2019                                                                                                                                                              |
|                 | <b>LEAD OFFICER</b> | Bev Pepperdine, Performance Assurance Manager, Rotherham Metropolitan Borough Council<br><br>Sue Wilson, Head of Service, Performance & Planning, Rotherham Metropolitan Borough Council |
|                 | <b>TITLE:</b>       | Voice of the Child Lifestyle Survey 2019                                                                                                                                                 |

### Background

- This annual consultation is carried out with young people in Y7 and Y10 in Rotherham secondary schools and Pupil Referral Units (PRU). This method of consultation with the young people has been run annually for the past 11 years. In the past 5 years 17,324 young people have shared their views about their health and wellbeing through this survey.

This annual consultation is the only opportunity regularly given to young people to have their say about their health, well-being, their future, their thoughts about Rotherham and their local community. The sample of 3499 young people, who participated in 2018, is 52% of the relevant population.

Each educational establishment receives a pack of information to support them with the survey. Once the survey closes each school or PRU that has participated receives a data pack containing their individual results which they can use to shape their own Personal Social and Health Education lessons and use their data to compare themselves against the borough wide data once released later in the year.

Parents and carers are given information about the survey and its contents ahead of it taking place, for Y10 pupils there are specific questions relating to sexual health and this is highlighted in the information to parents/carers.

Partners will receive data packs of information with the results specific to their service in order for them to implement any improvements during the following year.

The 2018 Lifestyle Survey saw 12 out of 16 secondary schools in Rotherham participating. The 5 schools that did not participate were Rawmarsh, Wickersley, Clifton and Saint Bernards.

### Key Issues

- The findings from the results in the 2018 survey that show what's working well that relate to Health & Wellbeing are as follows:

  - Overall pupils saying they have a diagnosed medical condition has declined from

7.4% in 2017 to 5.8% in 2018.

- The % of Year 10 pupils who are drinking the recommended 6-10 glasses of water per day has increased to 18.2% (245) from 13.5% in 2017
- Overall there has been an increase in the % of pupils who said they do not drink regular sugar fizzy drinks, this has improved to 38.8% (1270) from 37% in 2017.
- Overall there has been an improvement in the % of pupils who say they do not consume high energy drinks, this has improved to 64.3% (2104) from 61.5% in 2017.
- Overall there has been an improvement of pupils saying they have a school meal, this has improved to 52.5% (1720) from 49.7% in 2017.
- There has been an improvement in Y10 pupils rating their mental health feelings as excellent, this has increased to 29% in 2018 from 22% in 2017. Also those rating their mental health as poor has decreased in 2018 to 10.9% from 12% in 2017.
- Pupils in Y10 have a better perception about the way they look, those saying they did not like the way they look has decreased to 41% from 43% in 2017.
- There has been a decrease in the overall % of pupils who said they have been cyber bullied, this has decreased to 6.2% from 6.6% in 2017.
- There has been a decline in the % of young carers, who said they care for more than 8 hours per day, this has declined to 6.3% in 2018 from 9.5% in 2017.
- When asked how being a young carer makes them feel the majority of young carers responded that it makes them feel like they are doing something good. 44.3% gave this response.
- More young carers are aware of support that is available, overall 47.2% of young carers said they have heard of young carers' service, compared to 37.3% in 2017.
- Pupils in Y10 who said they do not smoke, 82.5% of them said they have never smoked, this has improved from 76.7% in 2017.
- 34.6% (408) of Y10 pupils said they have never had a proper alcoholic drink, this has improved from 32.3% in 2017.

The findings from the results in the 2017 survey that show what we are worried about that relate to Health and Wellbeing are as follows:

- There has been an increase in the % of pupils who have a diagnosed medical conditions both autism and asthma.
- Overall there has been a decrease in the % of pupils having the recommended portions of fruit and vegetables each day. This has decreased to 15.5% in 2018 from 18.2% in 2017.
- Overall there has been an increase in the % of pupils who said they do not eat any fruit or vegetables. This has increased to 6.9% from 6% in 2017.
- There has been a decrease with Y7 pupils who rate their mental health as excellent, this has declined to 35.5% in 2018 from 39% in 2017.
- Overall more pupils are concerned about their weight. The 2018 results show that 30.6% said they were worried about their weight, compared to 25.7% in 2017.
- There has been an increase in Y7 pupils saying they do not feel good about the way they look, this has increased to 35% from 28% in 2017.
- There was a slight increase in the % of pupils who said they have experienced bullying. Out of those pupils who said they have been bullied, 68.5% of them said they have been verbally bullied, this has increased from 64.3% in 2017. There was also an increase in the % of those saying they have been sexually bullied (inappropriate touching/actions or comments), this has increased to 3.2% from 2.6% in 2017.

- Overall 8.5% of pupils said they smoke regularly, this has increased from 6.7% in 2017.
- Overall pupils saying they can obtain cigarettes from a local shop has increased for the first time in 3 years, out of those who said they smoke, 18.5% said they obtained cigarettes from a local shop, this has increased from 17% in 2017.
- Cocaine has become the 2<sup>nd</sup> most popular drug/substance tried by young people in both Y7 and Y10
- Overall there has been an increase in the % of pupils who said they have tried drugs on more than 10 occasions, which indicates that young people are using drugs more often, this has increased to 36.7% of those who have tried drugs from 27% in 2017.
- Overall there has been a decrease in the % of pupils who said they have received education around child sexual exploitation in both Y7 and Y10. Y7 has decreased to 67.8% from 72.5% in 2017 and Y10 has decreased to 86.7% from 89.8% in 2017.
- There has been an increase in the % of Y10 pupils who said they have had sexual intercourse and this has happened after either drinking alcohol or using drugs, this has increased to 36% from 15.4% in 2017.
- Out of the Y10 pupils who said they have had sexual intercourse, there has been an increase in those not using any form of contraception; this has increased to 29.1% in 2018 from 27.5% in 2017.

### **What are we going to do next?**

Emerging themes from the survey will be shared with key stakeholders for them to action as part of their service / business plans. There will be specific reports produced for each stakeholder to highlight areas that we are worried about which will include the relevant trend data for their area / service.

Key stakeholders will be asked to provide feedback on actions taken or planned to address any issues that have been highlighted by the results of the Lifestyle Survey.

### **Feedback**

Each of the schools that have participated in the survey are requested to provide feedback to share how they use the results and they are asked if they wish for this method of capturing the voice of the child to continue. The 2018 results on feedback show:

- 66% (8/12) of schools provided feedback
- 100% of these wish for the Lifestyle Survey to continue
- 100% of these have shared their results with pupils and staff
- 100% said they find the information very useful
- 1 school has used 2018 results to shape new Y7 Life Skills and PSHE provision
- 1 school has made changes to their curriculum plan taking into consideration their results
- 1 school has brought forward to Y7 instead of Y8 the subject around puberty
- 1 school has brought forward to Y8 the subject of substance misuse learning
- 1 school has triggered a full review of their sexual health and relationship education and making changes to curriculum
- 1 school has added the subject around sexting in their sexual health and healthy relationships lessons
- 1 special school is using some of their results to focus on children's actual lives and input them into their plans for child-centred learning
- 1 school said it informs their sex and relationship, drugs and alcohol and healthy

lives education.

### Key Actions and Relevant Timelines

3. The results from the 2018 will be shared with the Health and Wellbeing Board, Rotherham Together Partnership Steering Group, Children & Young People Safeguarding Board. An outline of how the findings of the report have been shared is included within the table below:

| Date                           | Meeting                                                        | Officer        |
|--------------------------------|----------------------------------------------------------------|----------------|
| 11 <sup>th</sup> December 2018 | SLT - Report Distributed to SLT Members by Email               | Virtual        |
| 15 <sup>th</sup> January 2019  | Improving Lives Scrutiny                                       | Bev Pepperdine |
| 22 <sup>nd</sup> January 2019  | Children and Young People's Partnership & Transformation Board | Bev Pepperdine |
| 12 <sup>th</sup> March 2019    | South Yorkshire Passenger Transport Executive                  | Bev Pepperdine |
| 20 <sup>th</sup> March 2019    | Health and Wellbeing Board                                     | Bev Pepperdine |

Distribution of the report with an offer to attend subsequent meetings are made to:

- Public Health
- Healthy Schools Consultant
- Safer Neighbourhood Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport Executive
- Health and Well Being Board
- Young Carers Provider – Barnardos
- School Nursing
- Families for Change
- Youth Cabinet
- Children & Young People's Partnership & Transformation Board
- Looked After Children Council
- Voice & Influence Voluntary Sector
- Regeneration & Environment
- Commissioning C&YP
- Communications Team

### Recommendations

4. The Health and Wellbeing Board:

- a) Note the report and consider its content;
- b) Identify actions to address key areas of what we are worried about, in particular measures that are relevant to Health & Well-Being and discuss actions to address any key issues.
- c) Identify if the results from the survey can support measures for actions within the Health and Wellbeing Strategy action plan