

Rotherham  
Voice of the Child  
Lifestyle Survey  
2018

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 2018.

In 2018, **12 out of 16** secondary schools in Rotherham participated in the survey along with 3 pupil referral units. In 2018 the survey was also offered to students at all Special Schools, following a successful pilot with Newman School in 2017. 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 **3499** 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 2018 Lifestyle Survey.

The survey is open to all pupils in Y7 and Y10 at secondary schools and pupil referral units, elective home educated and special schools. Pupils are 11/12 years and 14/15 years of age.

The survey was open from Tuesday 1<sup>st</sup> May 2018 and closed Wednesday 18<sup>th</sup> July 2018. Overall in this age range in 2018 there were **6723** young people attending a secondary school, a pupil referral unit, special schools or electively home educated.

This survey is open annually for 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 **3499** young people, who chose to participate in 2018, is **52%** of the relevant population.

In the past five years, **17,349** 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 some 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 12<sup>th</sup> 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: The imaginative and stimulating PSHE education curriculum is skilfully designed, taking into account local 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 are 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 special schools survey.

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

The 2018 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 child friendly and enable the survey to contribute measures for the vision for Child Friendly Rotherham, the Health & Wellbeing Strategy,

Safer Rotherham Partnerships priorities, Regeneration & Environment strategy and contribute to improvements with transport for young people. The changes to the 2018 survey include questions to find out from young people what they feel the Safer Rotherham Partnership should concentrate as their priorities to improve cohesive communities. New questions were added about libraries and parks in Rotherham and young people were asked to share their views on improvements for the new Rotherham bus station. One further change made to the survey, with exception of the About Me section, was that all other questions were made non-mandatory, to give young people a choice whether they answer every question. This does have an impact on the volume of young people who answered the questions, and it is apparent that there is a higher number of young people not answering questions towards the end of the survey. This option will be reviewed again in readiness for the 2019 survey. The volume and % will be shown for young people who did not respond to a particular topic.

## **2. Executive Summary**

In total 3499 pupils participated in the 2018 lifestyle survey out of a possible 6723 young people who live in the borough in this age range. This is an overall 52% participation rate.

A higher % of girls completed the survey compared to boys and a higher % of Y7 completed the survey compared to Y10, this follows a similar trend to previous years.

4 schools chose this year not to participate in the 2018 lifestyle survey. 3 schools had initially indicated they did not wish to participate, this excluded 1340 pupils. 1 further school did not participate, due to staffing resources, therefore a further 279 pupils were excluded.

### **2.1 What is working well?**

The results of the 2018 Lifestyle survey show that there have been improvements in specific areas, in particular health, perceptions of Rotherham, areas of medical conditions, reductions in consumption of high sugar drink and high energy drinks, pupils aspiring to go to university, improved ratings of leisure facilities in Rotherham, the fear of protests and marches almost ceased, reductions in cyber bullying, improved awareness of support for young carers and improved results showing that pupils feel their voice is heard. The full list of the results that show what is working well can be found in Appendix 1.

The results in the 2018 Lifestyle survey show that far more young people from Rotherham say they visit their dentist at least once per year. Almost 90% 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 to Y6 pupils in primary school. This appears to be having particular impact with Y7 pupils; almost 20% of Y7 pupils are eating the recommended portions of fruit and vegetables, which is more than double the % of Y10.

Feedback has been received from some schools to say they have banned the sale of high sugar and high energy drinks as a result of previous years' lifestyle survey results. The results in 2018 show this is having an impact. 38.8% of pupils say they do not drink high sugar drinks, this has improved from 37% in 2017 and 64.3% of pupils say they do not drink high energy drinks, this has improved from 61.5% in 2017. This could have resulted in the improvement of Y10 drinking the recommended 6-10 glasses of water, this has improved to 18.2% from 13.5% in 2017.

There have been improvements around pupils saying they have been diagnosed with a mental health condition, this has changed to 5.8% in 2018 from 7.4% in 2017. There has been particular improvement with Y10 pupils around their feelings of mental health. Y10 pupils rating their mental health as excellent has improved to 29% in 2018 from 22% in 2017. The Health & Wellbeing Board have specific objectives to reduce the occurrence of common mental health problems and reduce the risk of self-harm and suicide among young people. Data from Public Health England shows in 2017 there was 17 admissions to hospital for young people aged between 11 to 19 years for mental health conditions, this is below Yorkshire & Humberside region and national figures.

Pupils perception of Rotherham leisure facilities appears to be improving, the % of pupils rating youth centres, leisure centres, theatre and museum have all improved in the 2018 results.

The opening of Rotherham University could have contributed to the % increase in the number of pupils who aspire to go to university. The overall figure for pupils aspiring to go to university is at 43.1% in 2018 from 42% in 2017.

Partners have a greater awareness of the survey and the potential data it could provide to them. Some partners have agreed to make a financial contribution to assist with the delivery of the survey.

The results in 2018 show overall that pupils are feeling they have their voice heard and they have avenues in school to contribute and make a difference. Overall 15.6% of pupils said they are actively involved with their school council; this has increased from 10% in 2017.

## **2.2 What are we worried about?**

The results of the 2018 Lifestyle survey show that there are areas that need action to address what pupils' are telling us, in specific areas, perceptions of Rotherham and their future in Rotherham, using the leisure facilities in Rotherham, safeguarding, increased regularity of using drugs or substances, education around sexual exploitation, relationships and sexual health. The full list of the results that show what we are worried about can be found in Appendix 2.

The results in the 2018 survey follow a national picture with more pupils saying they have been diagnosed with asthma; this has increased to 25.8% in 2018 from 21.6% in 2017. The hot summer of 2018 is a contributing factor to this.

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 overall decrease in the % of pupils having the recommended portions of fruit and vegetables; this has decreased to 15.5% in 2018 from 18.2% in 2017. Pupils having a snack at break time have chosen fruit as the 5<sup>th</sup> most popular choice.

Overall pupils feeling concerned about their weight has increased. The 2018 results show that this has increased to 30.6% of pupils feel concerned, compared to 25.7% in 2017.

Pupils' perception of Rotherham and willing to recommend Rotherham as a place to live or wanting to live in Rotherham in 10 years' time has declined.

Overall in 2018, 23.7% of pupils said they would not recommend Rotherham as a place to live, compared to 20.5% in 2017. Also in 2018 32.4% of pupils said they would not like to be living in Rotherham in 10 years' time, compared to 27.2% in 2017.

The 2018 results overall show that less young people are using leisure facilities in Rotherham, there has been a decline in the % of pupils using Youth Centres, Leisure Centres, Clifton Park Museum and Rotherham Libraries.

Safeguarding is a high priority but the 2018 results show that there has been a decrease in the % of pupils who said they have received education around child sexual exploitation. In 2018 67.8% of Y7 pupils said they had received this education, compared to 72.5% in 2017 and 86.7% of Y10 pupils said they had received this education, compared to 89.8% in 2017.

There has been an increase in the % of pupils who said they never feel safe in and around Rotherham, although there has also been an increase in the % of pupils who said they always feel safe.

### 3. Participation Table 2018

This table shows the 12 schools, 3 Pupil Referral Units, Electively Home Educated and Special Schools 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	207	214
Brinsworth	112	139
Dinnington	155	144
Maltby	167	183
Oakwood	151	126
Saint Pius	152	130
Swinton	218	145
Thrybergh	131	47
Wales	369	230
Wath	50	99
Wingfield	37	92
Winterhill	73	47
<b>Pupil Referral Units Total</b>	<b>5</b>	<b>10</b>
Rowan Centre	0	4
Riverside Aspire	1	2
Swinton Lock	4	4
Home Educated	1	6
<b>Special Schools All Years</b>	<b>53</b>	

### 4. A little bit about me



Of the pupils that completed the 2018 survey, **1813 (51.8%)** were female and **1686 (48.2%)** were male. **1831 (53.2%)** were in year 7 and **1615 (43.8%)** were in year 10. The results show that 53 pupils from special schools participated in the survey. The table below shows the participation by school year of pupils at special schools.

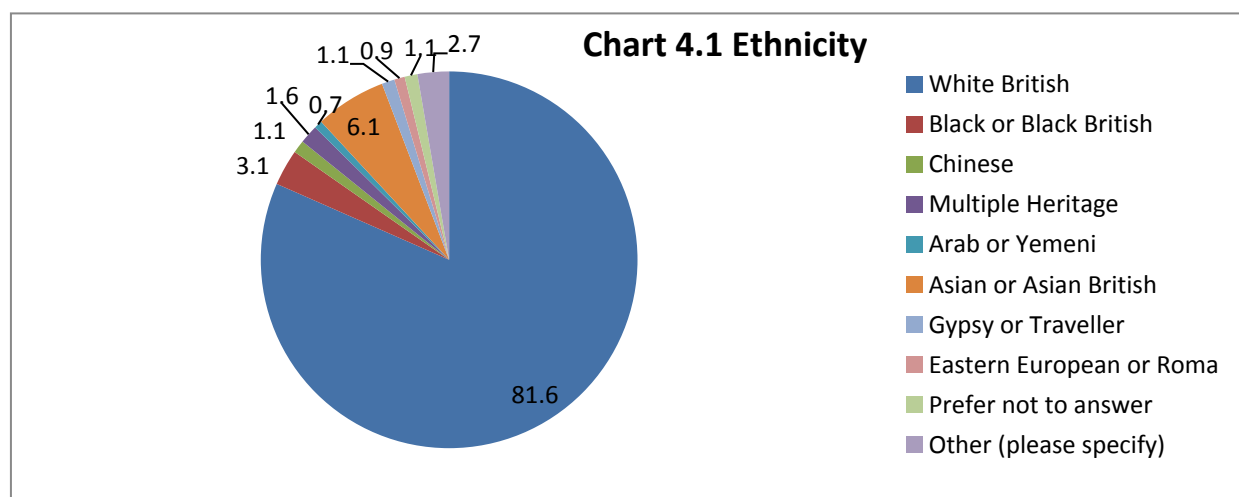
Special School Participation	
Year	Volume
Y7	9 (17%)

Y8	15 (28%)
Y9	2 (4%)
Y10	2 (4%)
Y11	2 (4%)
Y12	23 (43%)

#### 4.1 Ethnic Origin

When asked about their ethnicity, 81.6% (3,857) of pupils described themselves as White British (compared to 80.8% in 2017). 14.6% (510) described themselves as from Black or Minority Ethnic group (BME) (this compared to 16.8% in 2017). 1.1% (39) preferred not to say and 2.7% (93) described themselves from 'other' ethnicity group. Pupil level annual school census data for 2018 shows that overall for secondary schools that 82.7% of pupils are White British; therefore the lifestyle survey results are similar to census data.

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. 0.97% (34) pupils said they were looked after in a foster care placement. 0.4% (14) pupils said they were looked after in a children's residential placement. 0.28% (10) pupils said they were looked after in other residential placements. Overall the results show that 1.68% (59) 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 69 young people who were looked after in the age range of Y7 and Y10, 85% of this figure participated in the 2018 survey.

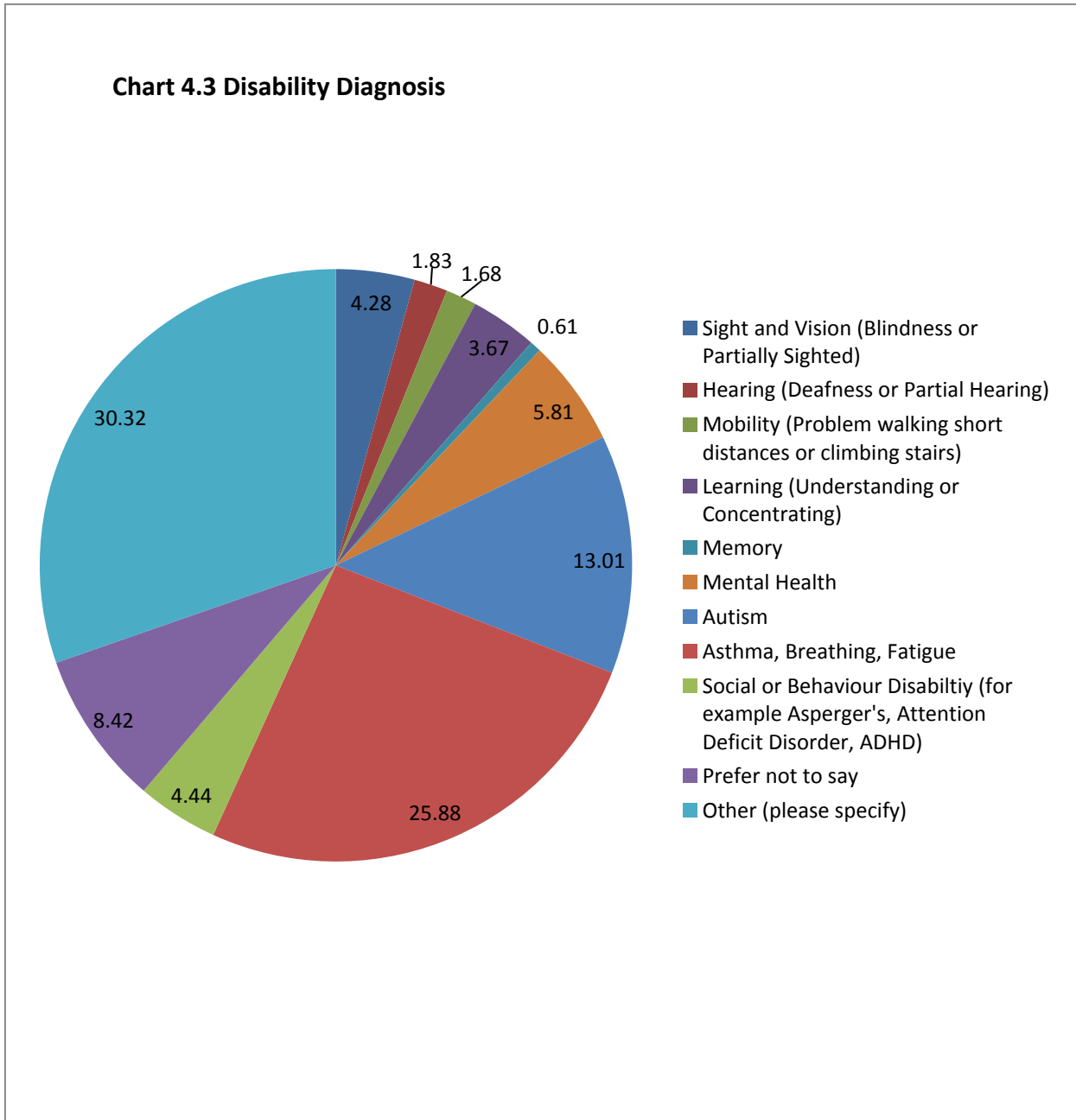
#### 4.3 Health - Disabilities

Pupils were asked if they had a diagnosed long term illness, health problem, disability or medical condition. 20.5% (720) of pupils said they had a diagnosed condition (compared to 20.9% (796) in 2017). A higher % of Y10 pupils said they had a diagnosed medical condition. A higher % of boys said they had a diagnosed medical condition compared to girls, this is a reverse of the 2017 result.

Out of the 720 pupils (20.9%) who said they have who said they have a diagnosed medical condition, 653 (90.5%) of these answered the follow-up question about what their diagnosed condition is, 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 Conditions, Hay fever or multiple choices.

There has been a decrease from the 2017 results in the % of pupils saying they have diagnosed condition in sensory, mobility, learning, memory and mental health categories. Pupils saying they have a diagnosed mental health condition have declined from 7.41% in 2017 to 5.81% in 2018. There has been an increase from the 2017 results in the % of pupils saying their diagnosed condition is autism, this has increased to 13% in 2018 from 8.35% in 2017 and those saying their condition is stamina, breathing, fatigue or asthma has increased to 25.88% in 2018 from 21.67% in 2017. This follows a national trend when there have been more cases of asthma diagnosed with the significant warm weather in 2018.



#### 4.4 Oral Health

The results in the Rotherham lifestyle survey for 2018 show that 3122 (89.2%) of pupils said they go to the dentist at least once per year. This is a lesser % than in 2017 when (93%) said they go to the dentist regularly. 2604 (74.4%) said they visit every 6 months



(79%) in 2017. 115 (3.3%) said they visit the dentist less than once per year and 141 (4%) said they have never visited the dentist, compared to (3.5%) in 2017. 121 pupils (3.4%) did not answer this question.

#### **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 have declined since 2017, but they still show a better picture than the national figures from National Smile Month in 2017.

#### **Benchmarking**

Public Health England  
Child & Maternal Health Data

Children with 1 or more decayed, missing or filled teeth

Regional – Yorkshire & Humberside 30.4%

National – 23.3%

No specific data for Rotherham available for this subject.

## **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 2018 show that there has been a decrease overall in the number of pupils having the recommended 5 or more portions of fruit and vegetables each day, this has decreased to 15.5% (508) in 2018 from 18.2% (723) in 2017.

There has been an increase in the % of pupils who said they do not eat any fruit or vegetables up to 6.9% (227) in 2018 from 6% in 2017.

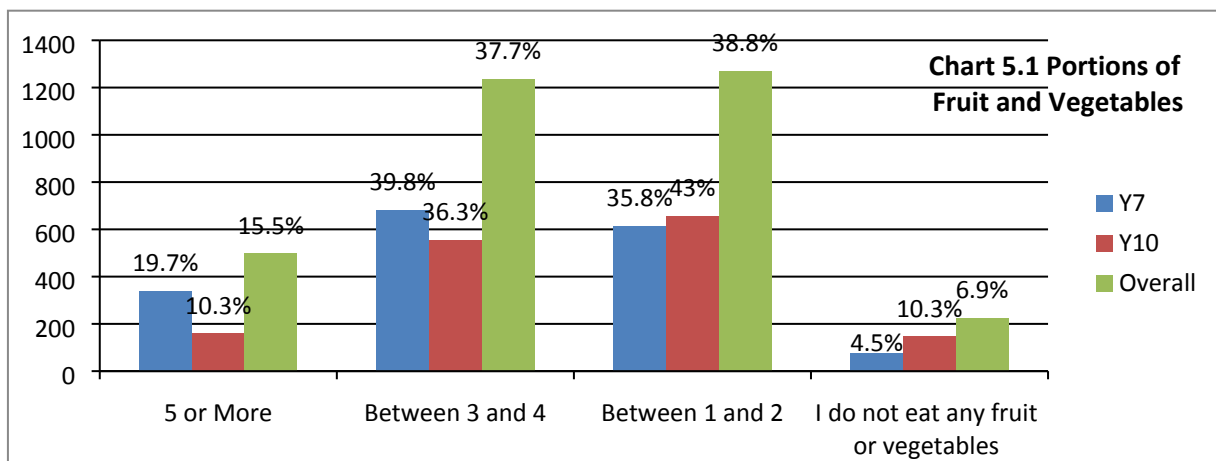
The results show that Y7 pupils are more likely to eat fruit and vegetables than Y10 pupils. Y7 results show that 4.5% said they do not eat any fruit or vegetables, compared to 10.3% of Y10.

#### **What's working well?**

'Change for Life' resources have been promoting in Primary Schools and delivering free fruit and vegetables, to encourage and promote healthy eating. This could contribute to Y7 pupils being more likely to eat fruit and vegetables.

Almost 20% of Y7 eat the recommended 5 portions compared to 10% of Y10.

Chart 5.1 below shows the breakdown of 2018 results.



In Y7 it is girls who are more likely to eat fruit and vegetables each day and in Y10 it is boys who are more likely to eat fruit and vegetables. 228 pupils (6.5%) did not answer this question.

## 5.2 Water

When asked about how many glasses of water they drank a day, 74.7% (2444) of pupils responded that they drank 1 to 5 glasses of water (76.5% in 2017), 18.5% (607) said they had 6-10 glasses, this is an increase in the number of young people consuming the recommended amount of water per day, compared to (18.29% in 2017). There has been an increase in the number of pupils who responded that they drank no water at all; this has increased to 6.72% (220) from 6.1% in 2017. 228 (6.5%) did not answer this question.

The results from 2018 show that there has been an increase in the % of Y10 pupils who are drinking the recommended 6-10 glasses per day. This has improved to 18.2% (245) pupils, compared to 13.5% in 2017.

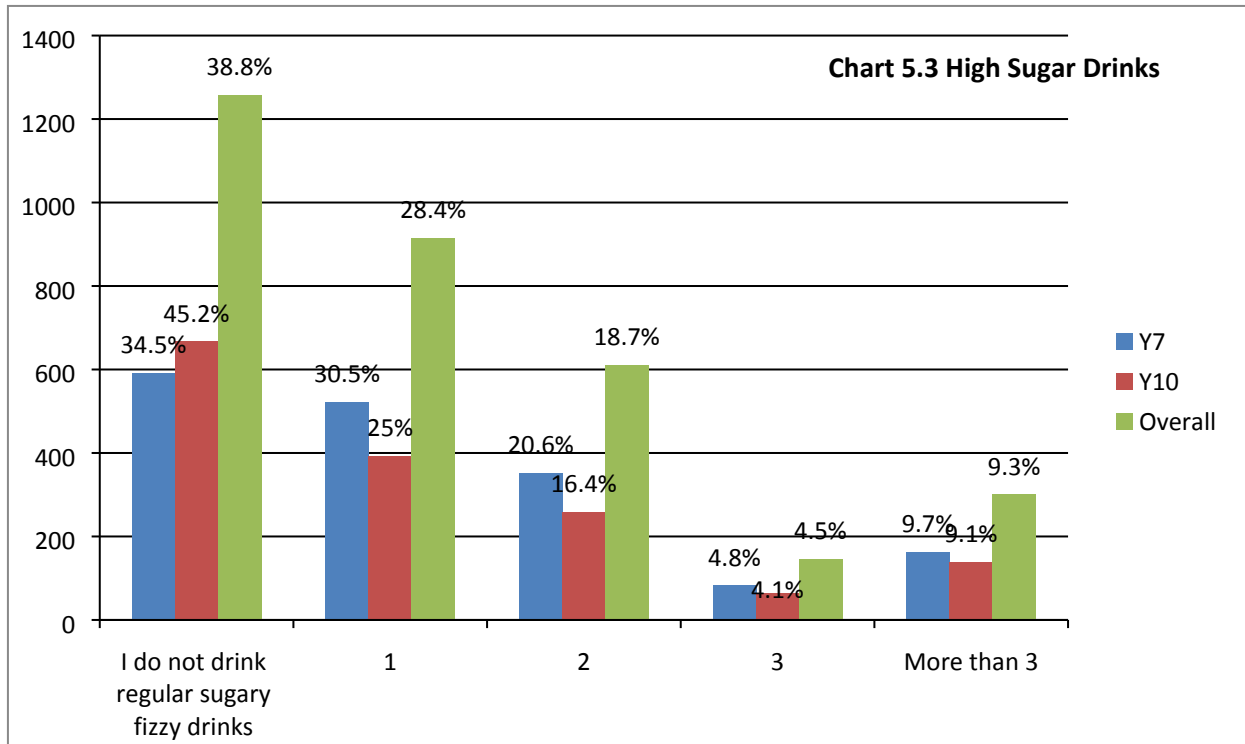
**What's working well?**

**The promotion of the benefits of drinking water and low sugar drinks that some schools introduced, could be contributing to more Y10 pupils drinking the recommended amount of water.**

**This could also attribute to the increase in the % of pupils who do not drink regular sugary fizzy drinks.**

## 5.3 High Sugar Drinks

The results from 2018 show overall there has been an increase in the % of pupils who said they do not drink any regular sugary fizzy drinks, this has improved to 38.8% (1270) from 37% in 2017. The % of pupils drinking 2 or more high sugar drinks each day has remained similar to 2017. The overall responses for Y7 & Y10 are detailed in Chart 5.3 below.



The analysis shows that for Y10 pupils there has been improvement in the % of these pupils not consuming high sugar drinks, this has increased to 45% (606), compared to 40% in 2017. The results for Y7 pupils are similar to 2017. 227 (6.4%) did not answer this question.

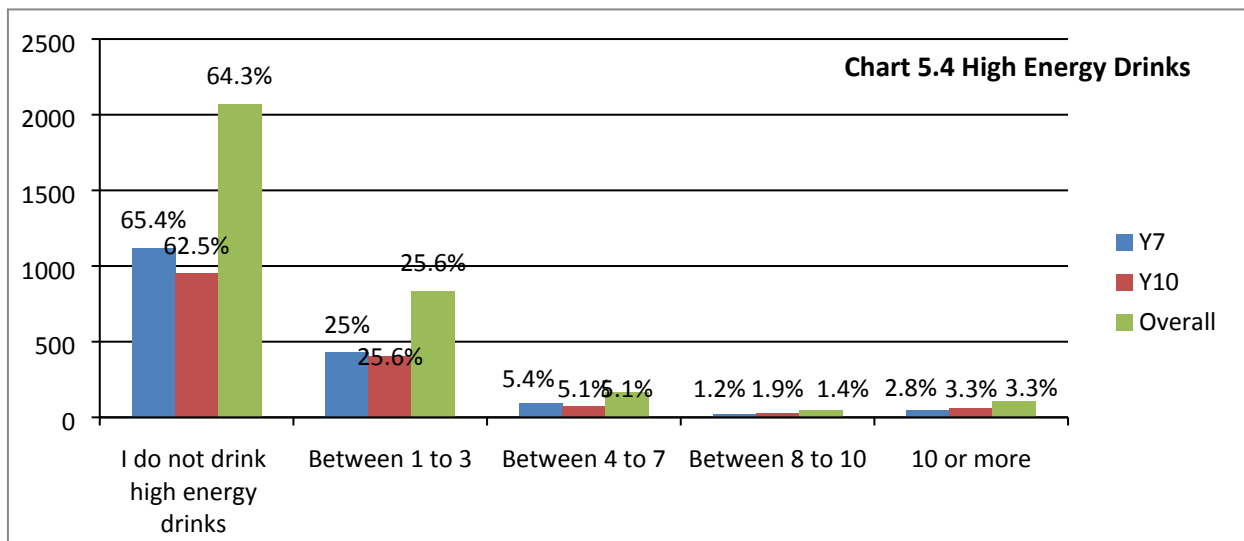
#### 5.4 High Energy Drinks

There has been an overall improvement in the % of pupils who said they do not consume high energy drinks. 64.3% (2104) of pupils who said they do not consume high energy drinks, compared to 61.5% in 2017.

**What's working well?**

**The decision made by some schools to ban the sale of high energy drinks, could have contributed to the improvement in the % of pupils, saying they do not consume these type of drinks.**

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



The analysis shows that there has been an improvement for both Y7 and Y10 pupils, who say they do not consume high energy drinks. 65.4% of Y7 pupils said they do not, compared to 62% in 2017 and 62.5% of Y10 said they do not, compared to 61% in 2017. Girls are less likely to drink high energy drinks in both Y7 and Y10. 227 (6.4%) did not answer this question.

### 5.5 Breakfast

The % of pupils who said they have breakfast has remained the same as 2017 at 81% (2623). The analysis shows from the pupils who said they have breakfast 71.8% said they have breakfast at home, this has decreased from 89% in 2017. Y7 pupils are more likely to have their breakfast at home compared to Y10 pupils.

The overall results show that 3.9% (125) have their breakfast on the way to school; 4% (126) have their breakfast at school; 1.3% (45) have their breakfast at a breakfast club at school. 19% (649) said they skip breakfast, this figure is similar to the 2017 figure of 18.9%. Girls are far more likely to skip breakfast than boys. 227 (6.4%) did not answer this question.

Out of the 12 schools that participated in the Lifestyle Survey 7 (58%) of them have responded that a Breakfast Club is offered at their school.

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?

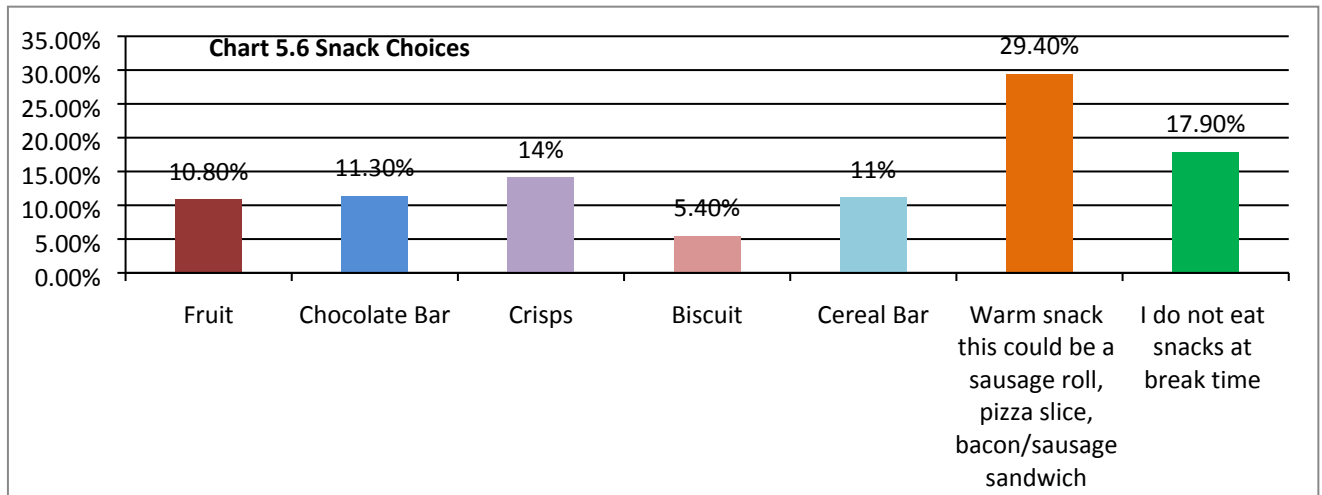
A number of national studies have shown that between 25% to 32% of children of school age, go to school without breakfast

Rotherham 2018 Lifestyle Survey results show that 19% of pupils said they skip breakfast.

### 5.6 Snacks

There has been an increase in the number of young people who said they have a snack at break time, 82.1% (2683), compared to (79.7% in 2017). The 2018 results show that a

warm snack is the most popular choice, following the same trend as 2017. Crisps are 2<sup>nd</sup> most popular choice and a chocolate bar is 3<sup>rd</sup> choice. Fruit has moved down to 5<sup>th</sup> choice from being 3<sup>rd</sup> most popular choice in 2017. Out of the 2683 young people who said they 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. More Y10 pupils choose not to have a snack at break time compared to Y7. 228 (6.5%) did not answer this question.

### 5.7 Lunch

When asked where they mainly eat lunch 52.5% (1720) of pupils said that they have a school meal, this has increased from 49.7% in 2017. Year 7 pupils are more likely to have a school meal with 61.9% (1059) saying they have a school meal compared to 40.5% (543) of Y10. 34.9% (1143) of pupils brought a packed lunch; this is a decrease from 38% in 2017. 2.9% of pupils go home for lunch; this has increased from 2.2% in 2017. 4.2% (138) visit a local shop to buy lunch; this has decreased from 4.6% in 2017.

There has been a small % increase in the number of pupils who said they did not have a meal at lunch time; this has increased to 5.3% (175) in 2018 from 5.2% in 2017. Y10 pupils are far more likely to skip lunch compared to Y7. 8.5% (115) of Y10 pupils said they skip lunch, compared to 2.4% (42) of Y7. Girls are more likely to skip lunch compared to boys, in both Y7 and Y10. 227 (6.4%) did not answer this question.

### 5.8. Exercise, Health & Weight.

There has been a small decrease in the number of pupils who said that they regularly take part in sport or exercise, 82.8% (2698) compared to 83.6% in 2017. Y7 pupils are more likely to exercise regularly 88% (1500) compared to 82.1% (1156) of Y10. Boys are more likely to take part in regular sport or exercise compared to girls. 243 (6.9%) did not answer this question.

Out of the 3256 number of pupils that said they do some sport/physical activity the frequency results are:

- 19.2% (629) exercise 6 to 7 times per week, decrease from 2017 (23.4%)
- 30.1% (981) exercise 4 to 5 times per week, increase from 2017 (28.4%)
- 38.4% (1250) exercise 1 to 3 times per week, increase from 2017 (37.3%)
- 7.4% (241) exercise less than once per week, increase from 2017 (6.1%)
- 4.7% (155) said they never did any exercise increase from 2017 (4.5%)

## What are we worried about?

There has been a slight decrease in the % of pupils who said they regularly exercise and also a small increase in the % of pupils who said they never did any exercise.

## What is happening?

Health regular exercise is promoted to young people through the One Stop Shop Website about getting healthy  
**Rotherhamgetactive.co.uk**

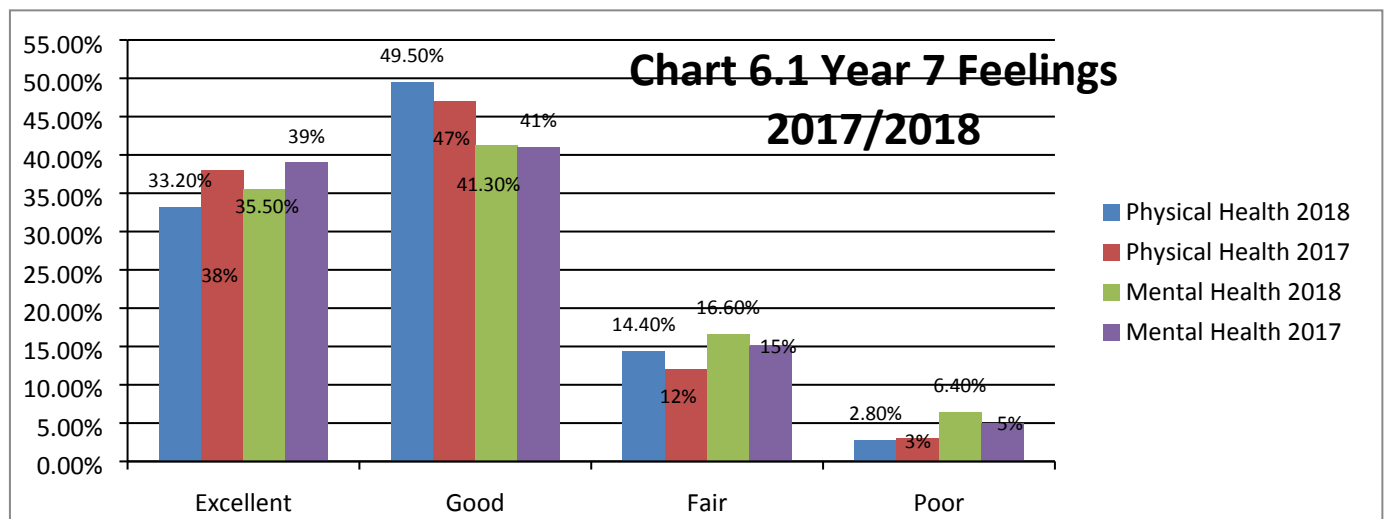
## 6. Feelings



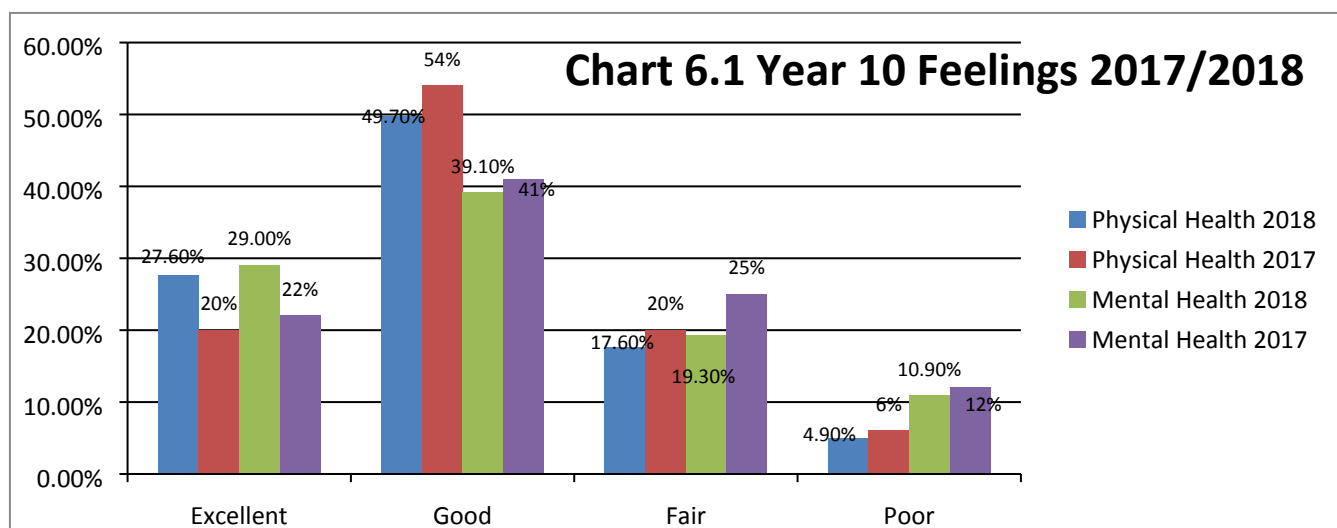
### 6.1 Feelings Physical & Mental Health

The following questions were changed in 2017 to encourage young people to express how they feel about their physical health and mental health.

The responses are detailed in the two charts below for Y7 and Y10 with a 2017/2018 comparison. 331 (9%) did not answer this question.



The Year 7 data shows that less Y7 pupils expressed that they felt excellent about their physical and mental health in 2018 compared to 2017 and more Y7 pupils felt their mental health was poor in 2018 compared to 2017.



The Year 10 data has the opposite trend to Year 7 pupils. There is an increase in the % of Year 10 pupils who expressed that they felt excellent about their physical and mental health in 2018 compared to 2017. There has also been a decrease in the % of Y10 pupils who felt their mental health was poor compared to 2017.

**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**

**From the 2018 Results, these actions appear to be having a positive impact with Y10 pupils.**

**Public Health England**  
**Child & Maternal Health**

**In 2017 for Rotherham there was 17 admissions to hospital for mental health condition for children aged between 11 to 19 years – this is below the regional and national average.**

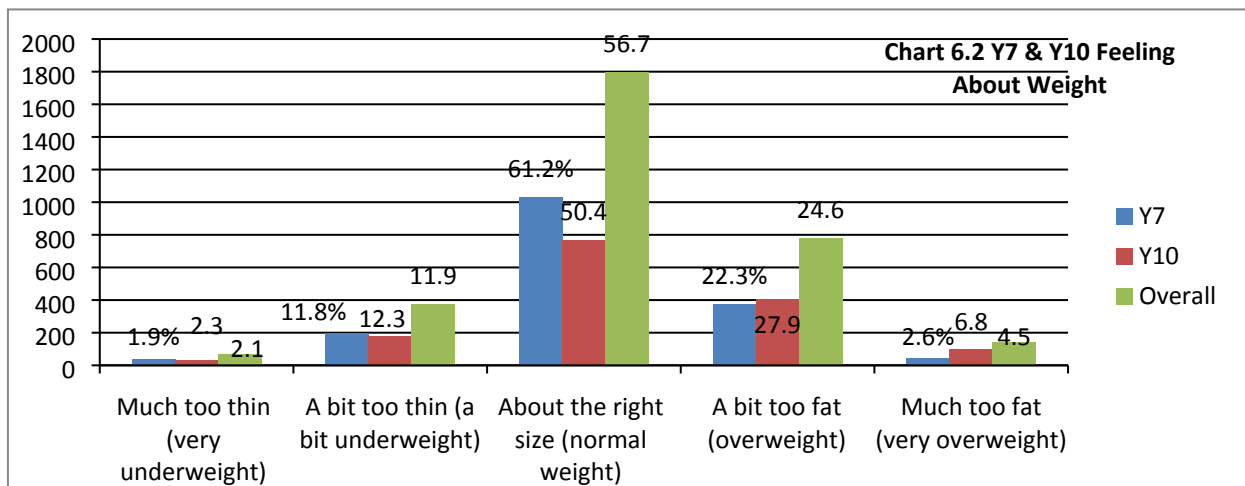
## 6.2 Feelings and Weight

Pupils are asked to share their feelings about their weight. The 2018 results show that overall 30.6% (966) said they were worried about their weight, compared to 25.7% in 2017. 331 (9.4%) did not answer this question.

Girls in Y7 are less likely to say they feel they are the ideal weight. In Year 7 58.4% of girls said they felt their weight was about the right size compared to 64.3% of boys. In Y10 the comparison is much closer 50.3% of girls said they felt their weight was about the right size compared to 50.6% of boys.

When asked if their weight worried them, girls in both Y7 and Y10 are more likely to be worried about their weight. In Y7 35.7% of girls said they were worried about their weight, compared to 23.1% of boys and in Y10 42.1% of girls said they were worried about their weight, compared to 21.8% of boys.

Chart 6.2 details how pupils overall feel about their weight.



Key overall findings from Y7 & Y10 results:

Category	2018 Result	2017 Result
Feel they are the ideal weight	56.7% (1799)	64% (2315)
Feel they are very overweight	4.5% (144)	2.7% (136)
Feel they were are overweight	24.6% (780)	20% (844)
Feel they are very underweight	2.1% (68)	1.96% (75)
Feel they are underweight	11.9% (377)	10.8% (413)

**Benchmarking**  
 Public Health England  
 Child & Maternal Health Data

Obesity Data for 10-11 Years  
 Rotherham 22.2%  
 Regional Yorkshire & Humberside 204%  
 National 20%

**What Are We Worried About?**

**From National Benchmarking Data**  
 Rotherham has a higher % of children in age group 10-11 years that are defined as obese, compared to regional and national data.

The 2018 Lifestyle survey results highlight that there has been an increase overall of pupils who feel they are overweight or very overweight

**What is happening?**  
 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 of obesity services and consultation 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. The tables below shows overall from 2017 and 2018 what Y10 and Y7 pupils said they most felt good about. 325 (9.1%) of pupils did not answer this question.

How pupils Feel Y10		
Rating	2018	2017
1st	Friendships	Home Life
2nd	Home Life	Friendships
3rd	Future	Myself
4th	Myself	Future
5th	Relationships	Relationships
6th	Schoolwork	Schoolwork
7th	How I look	How I look

How Pupils Feel Y7		
Rating	2018	2017
1st	Home Life	Home Life
2nd	Friendships	Friendships
3rd	Future	Future
4th	Myself	Myself
5th	Schoolwork	Schoolwork
6th	Relationships	Relationships
7th	How I look	How I look

35% of Y7 pupils said they did not feel good about the way they look, this has increased from 28% in 2017. 41.7% of Y10 pupils said they did not feel good about the way they look, this has improved from 43% in 2017.

### 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. 9.4% (330) pupils did not answer this question. Overall the number one choice for someone to discuss a problem with is a friend which is a change from 2017 when an adult at home was the first choice.

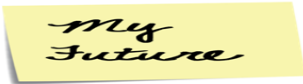
Overall the results show

- Adult at home 29%
- Family member 26%
- Friend 29.1%
- Other 8%
- I do not have anyone I could talk to 3.4%
- Member of staff at school 2.7%
- Youth worker 0.5%
- Social worker 0.7%
- School nurse 0.3%
- Health professional e.g. GP 0.4%

Analysis of the comments input into the 'other' option showed in the majority, pupils said they would talk to either boyfriend/girlfriend. More young people in 2018 said they would discuss a problem with either a member of staff at school, a youth worker, a social worker or a school nurse.

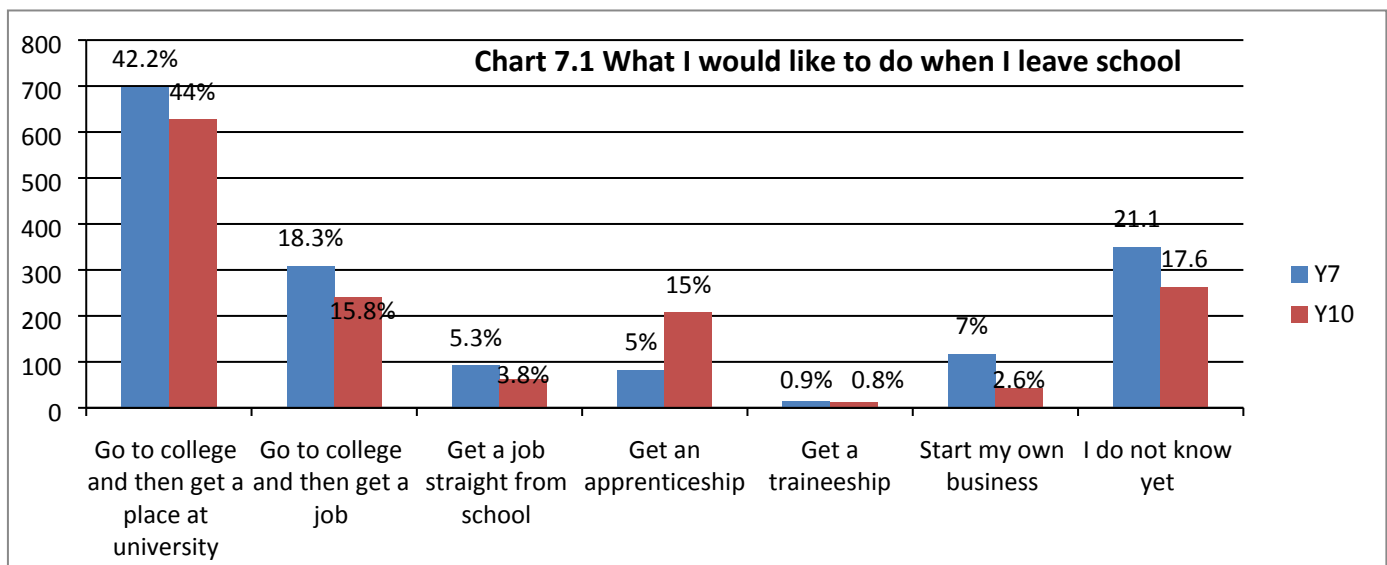
There has been an increase in the number of pupils who said they would not have anyone they could talk to, if they had a problem. Overall 3.4% (107) this has increased from 3.2% in 2017. In 2018 girls are more likely to say they did not have anyone they could talk to, which is a reverse of 2017 results. Y10 (64) pupils are more likely to say they do not have anyone they could talk to, compared to Y7 (37)

7



### 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 was a new option added for pupils to choose from in the 2018 survey, this was getting a traineeship. 10% (349) of pupils did not answer this question.



There has been an increase since 2017 of the number of young people overall who said they aspire to go to university. This has increased to 43.1% (1592) from 42% in 2017. The biggest increase has come from Y10 pupils.

- 44% of Y10 chose this option up from 42.6% in 2017
- 42.2% of Y7 chose this option up from 41.6% in 2017



#### What's working well? New to Rotherham

**University Centre of Rotherham opened September 2018. Brand new campus dedicated to degree and professional training qualifications.**

4.5% of pupils said they would like to get a job straight from school, this has reduced from 5.7% in 2017.

- 3.8% of Y10 chose this option, down from 4.2% in 2017
- 5.3% of Y7 chose this option, down from 6.3% in 2017

10% of pupils said they would like to get an apprenticeship when they leave school. This has increased slightly from 9.5% in 2017

- 15% of Y10 chose this option up from 13.2% in 2017
- 5% of Y7 chose this option down from 5.9% in 2017

17% of pupils said they would like to study at college and then move into employment, this is a similar response to 2017.

- 15.8% of Y10 chose this option down from 18.7% in 2017
- 18.3% of Y7 chose this option up from 16.8% in 2016

4.8% of pupils aspire to start their own business down from 5.5% in 2017.

- 2.6% of Y10 chose this option down from 3.59% in 2017
- 7% (152) of Y7 chose this option same as in 2017

19.3% of pupils have not yet made their choice of what they would like to do when they leave school, this has decreased from 20% in 2017.

- 17.6% of Y10 chose this option down from 19.5% in 2017
- 21.2 of Y7 chose this option up from 20.2% in 2017

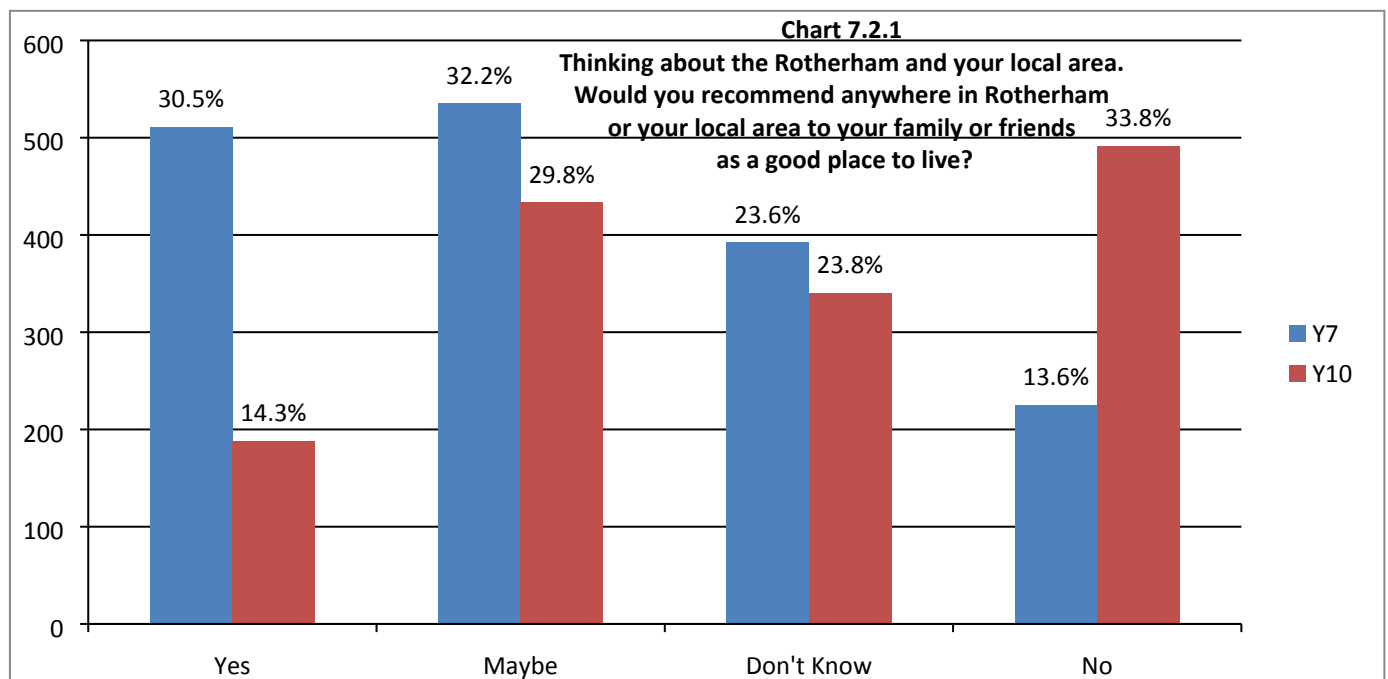
Overall 0.8% of pupils said they would like to get a traineeship when they leave school

## 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. 10.9% (384) of pupils did not answer these questions.

### 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.

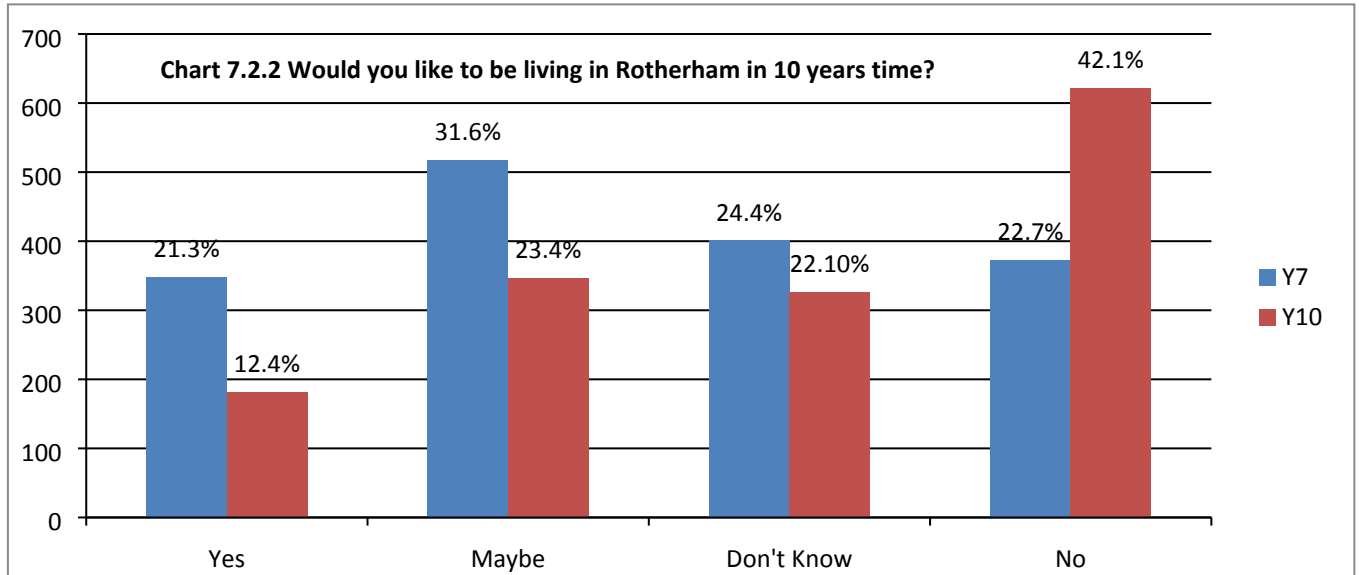


Overall 23.7% (716) of pupils said no, they would not recommend Rotherham as a place to live, this has increased from 20.5% in 2017.

There has been a decrease in the number of pupils who would definitely recommend Rotherham as a place to live, 22.4% (699) compared to 26.1% in 2017.

### 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 32.4% gave the response that they would not like to be living in Rotherham in 10 years' time, this has declined from 27.2% saying no in 2017. There has been a slight decrease in the number of pupils who would definitely like to be living in Rotherham in 10 years' time 17% (529) said yes they would, compared to 17.5% in 2017.

Pupils in Y7 are more likely to want to continue to live in Rotherham 21.4% (348) of Y7 said yes they would like to be living in Rotherham in 10 years' time, compared to 12.4% (181) of Y10.

#### What are we worried about?

**There has been a decline in the 2018 results about pupils' perception of Rotherham and recommending Rotherham as a place to live and wanting to remain in Rotherham in the future.**

**We need to ensure that all young people have an opportunity to have their voice heard about the future plans for Rotherham and they have contribute to improvements through initiatives:**

**Different But Equal Board**

**The Embassy for Reimagining Rotherham**

**Youth Groups – Youth Cabinet, Young Inspectors & Looked After Children Councils**

A follow-on question, was added for the first time 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 16<sup>th</sup> Birthday, pupils were allowed to give more than one choice if they thought this was a priority to them. The table below shows comparison with 2017 & 2018 results.

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

Choices	Ranking					
	Overall		Y7 & Y10 Rating			
	2018	2017	Y7 2017	Y7 2018	Y10 2017	Y10 2018
Make Rotherham Safer (This could be for example - improve walkways, cycle paths, road safety, police/security patrols).	1698 (55%) 1 <sup>st</sup>	2137 (56%) 1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Make Rotherham Cleaner (This could be for example - improve the cleanliness of streets, town-centre and parks).	1675 (54%) 2 <sup>nd</sup>	2136 (56%) 2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
More entertainment places (This could be for example - cinema, bowling alley, skating rink, amusements, theatre).	1579 (51%) 3 <sup>rd</sup>	1948 (51%) 3 <sup>rd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
More activities to do (This could be for example - more parks, better play areas, age appropriate activities).	1333 (43%) 4 <sup>th</sup>	1723 (45%) 5 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>	9 <sup>th</sup>	8 <sup>th</sup>
Make sure there is affordable Housing in Rotherham for when we need it	3123 (42%) 5 <sup>th</sup>	1698 (45%) 6 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	8 <sup>th</sup>	6 <sup>th</sup>
Make Rotherham transport young person friendly, safe and have reasonable prices.	1318 (42%) 6 <sup>th</sup>	1748 (46%) 4 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>
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).	1245 (40%) 7 <sup>th</sup>	1654 (43%) 8 <sup>th</sup>	9 <sup>th</sup>	9 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Stop Rotherham being seen as a negative place to be. Celebrate more and be proud of Rotherham and the good things in Rotherham.	1228 (39%) 8 <sup>th</sup>	1671 (44%) 7 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	7 <sup>th</sup>	9 <sup>th</sup>
Make Rotherham a place where there is a good range of shops.	1218 (39%) 9 <sup>th</sup>	1585 (42%) 10 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
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).	1216 (39%) 10 <sup>th</sup>	1592 (42%) 9 <sup>th</sup>	9 <sup>th</sup>	7 <sup>th</sup>	10 <sup>th</sup>	10 <sup>th</sup>
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).	1173 (38%) 11 <sup>th</sup>	1477 (39%) 11 <sup>th</sup>	11 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	11 <sup>th</sup>

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

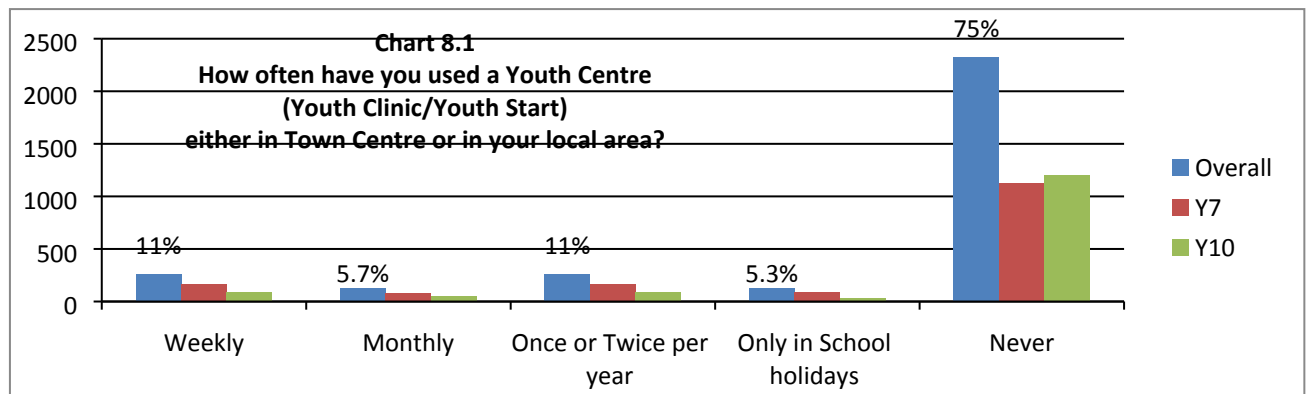
Following consultation around the content of the Lifestyle Survey, questions were amended to the 2018 survey, to ascertain from young people, how often they use leisure facilities either in Rotherham town centre or their local area and feedback on how they rate these services.

### 8.1 Using Youth Centres

398 (11.3%) of pupils did not answer the youth centre questions.

Overall 25% (773) of pupils said they use a Rotherham Youth Centre, this is a decline from 27.6% in 2017.

Chart 8.1 shows the frequency that pupils use the centres.



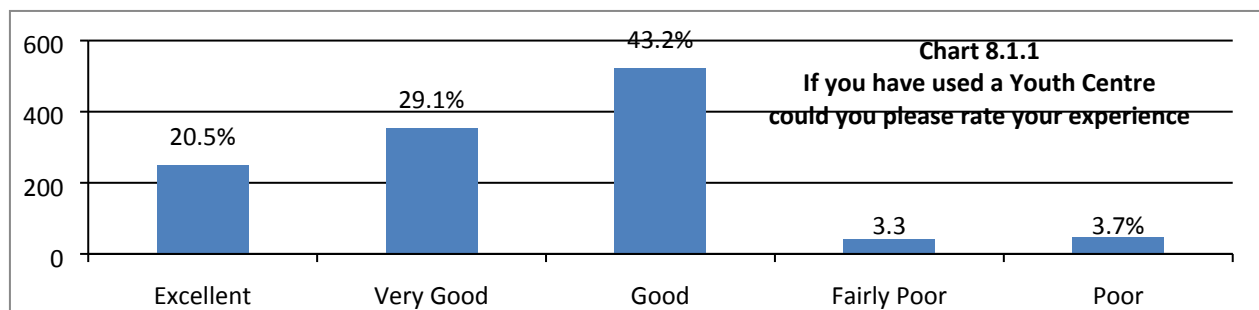
Y7 (31%) pupils are more likely to use a youth centre compared to Y10 (17%) and boys (24.5%) are more likely to use a youth centre compared to girls (24%).

#### 8.1.1 Rating Youth Centres

Overall 35% (1211) 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.

Chart 8.1.1 below details pupils' responses.



Overall 92% of those who have used a youth centre rated their experience good or better, this is an improvement from 2017 where 75% rated their experience good or better.

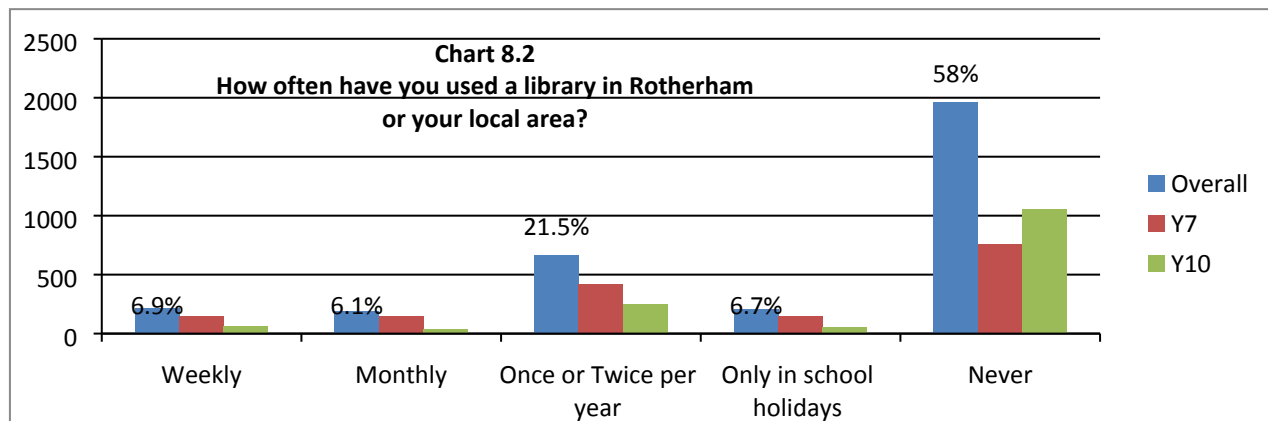
Rating their experience as excellent as improved from 15.1% in 2017 to 20.5% in 2018

## 8.2 Using Libraries

406 (11.6%) of pupils did not answer the library questions.

Overall 42% (1278) of pupils said they use a library in Rotherham, this has decreased from 51% in 2017. Although 55% of pupils shared their views on rating a library.

Chart 8.2 shows the frequency that pupils use the libraries.



### 8.2.1 Rating Libraries

Overall 55.2% (1709) 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
- Dinnington
- Aston
- Riverside House
- Swinton

The least used libraries are:

- Mowbray Gardens
- Thorpe Hesley
- Greasbrough

Overall 82.1% of those who have used a library, rated the experience good or better in 2018, this has increased from 60% in 2017.

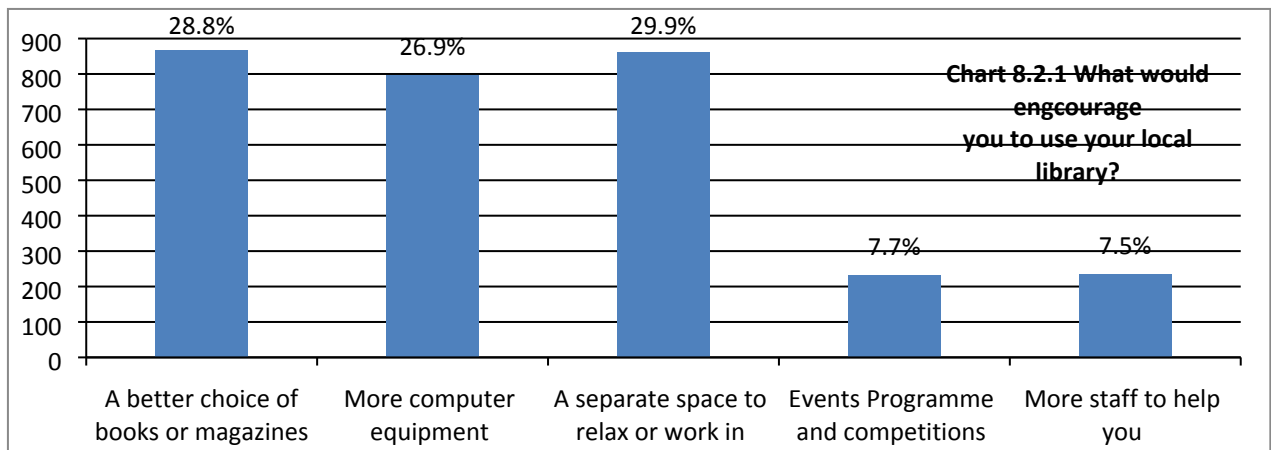
The libraries receiving the most excellent ratings are

- School Libraries
- Kiveton Park
- Riverside

The libraries receiving the least excellent rating are

- Greasbrough
- Rawmarsh
- Wath

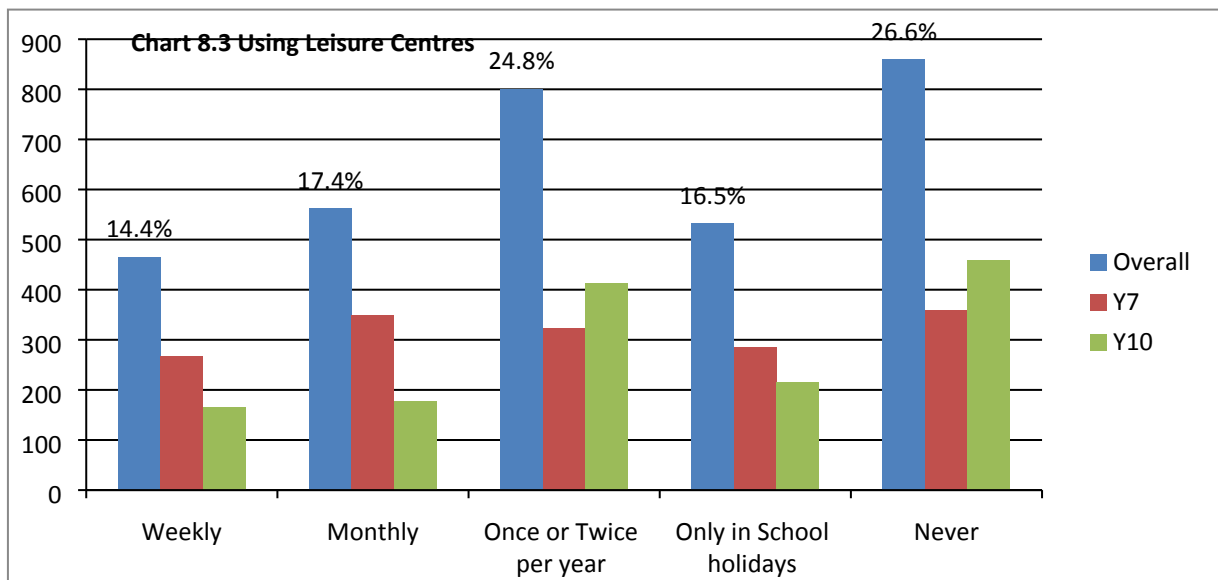
2782 (80%) of pupils answered a new follow-up question about what would encourage them more to visit a local library. Chart 8.2.1 Details the responses



### 8.3 Using Leisure Centres

281 (8%) did not answer the leisure centre questions.

Overall 73.4% (2190) of pupils said they use Rotherham Leisure Centres, this has decreased from 78% in 2017. Chart 8.3 details the frequency of using leisure centres.



#### 8.3.1 Rating Leisure Centres

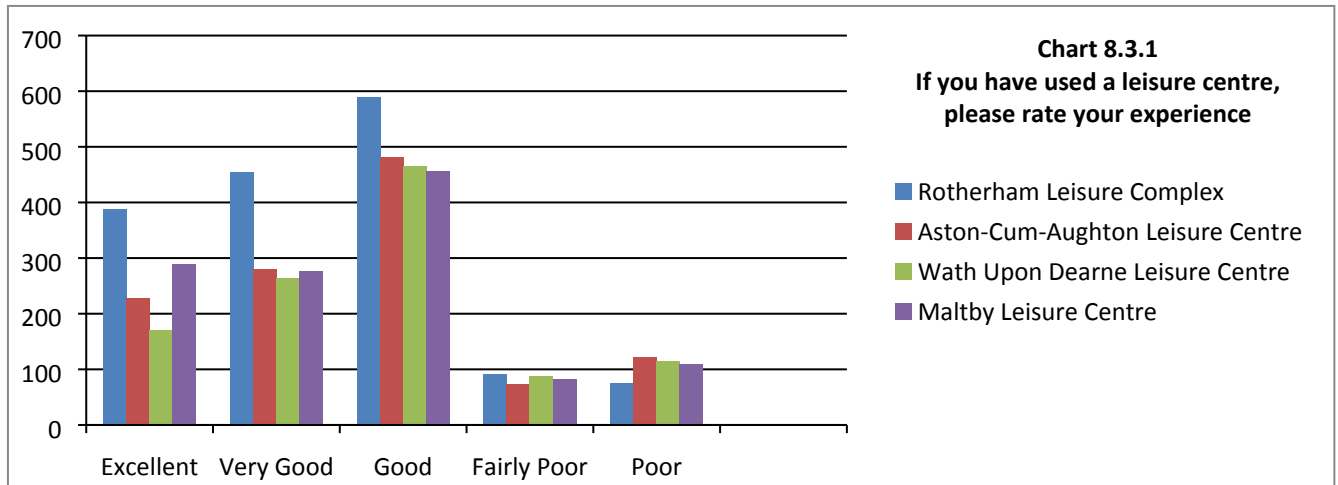
Overall 73.4% (2190) of pupils shared their views on rating leisure centres in Rotherham, Pupils were asked to rate a centre if they had ever visited one, they could rate more than one centre if they had visited more than one.

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
- Maltby Leisure Centre





Overall 85% of those who have used a leisure centre, rated the experience good or better, this has improved from 79% in 2017.

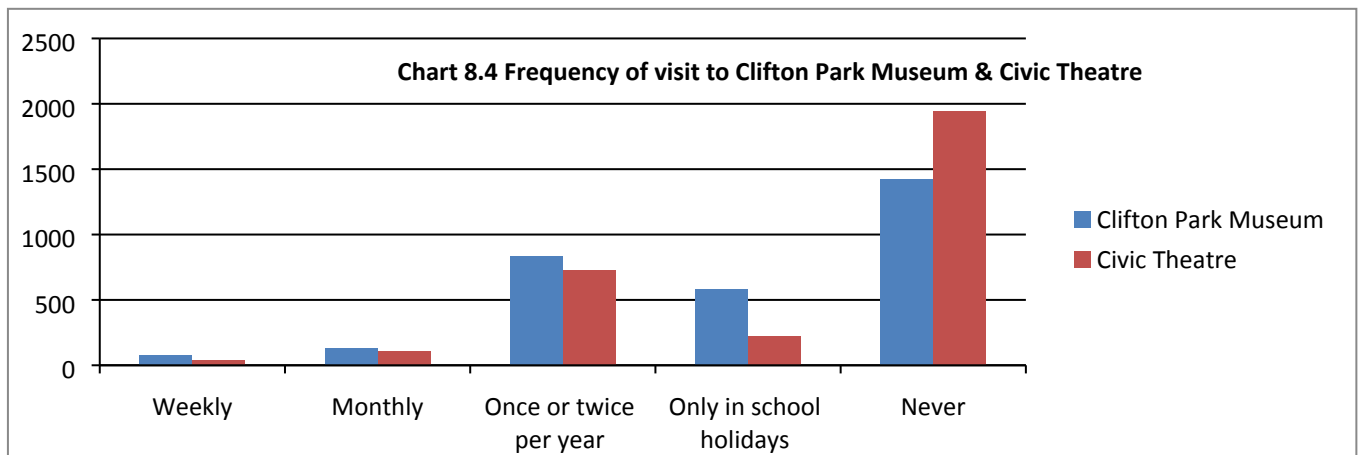
#### 8.4 Using Clifton Park Museum or Rotherham Civic Theatre

449 (12.8%) of pupils did not answer the Clifton Park Museum question.

Overall 53.5% (1630) of pupils said they have visited Clifton Park Museum, this has decreased from 61.4% in 2017.

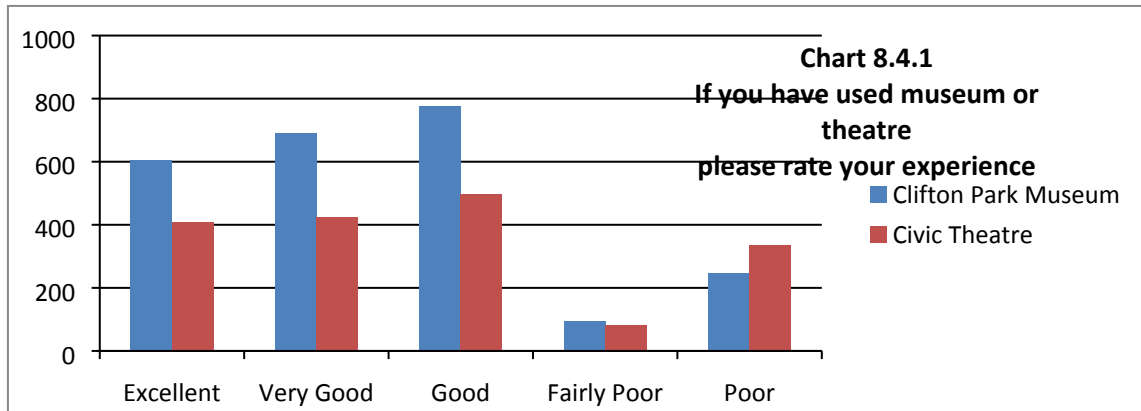
Overall 36% (1096) of pupils said they have visited Civic Theatre, this has decreased from 37.9% in 2017.

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



#### 8.4.1 Rating Clifton Park Museum or Rotherham Civic Theatre

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



Overall 92.6% of those who have visited Clifton Park Museum rated the experience good or better, this has improved from 86% in 2017.

Overall 95.7% of those who have visited Civic Theatre rated the experience good or better this has improved from 76% in 2017.

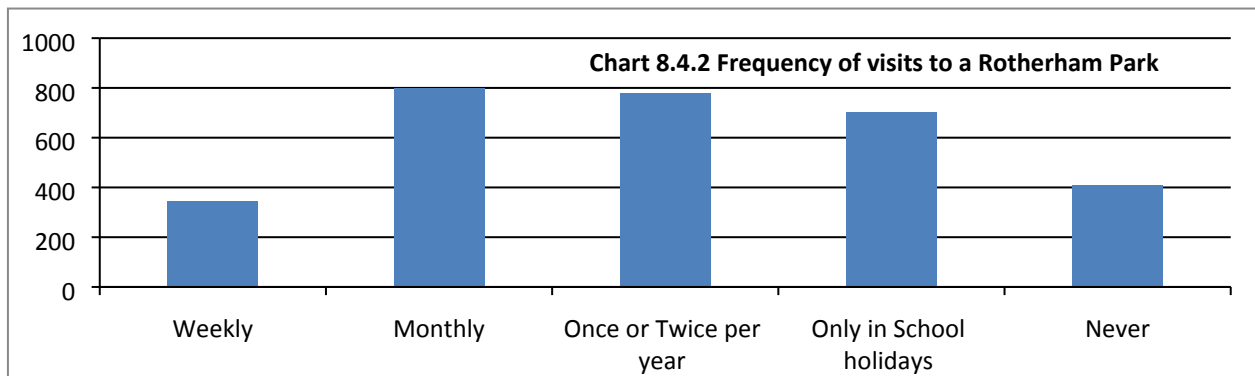
### 8.4.2 Rotherham Parks

A new question was added to the 2018 survey, to ask pupils if they visited the parks in Rotherham or their local area and how do they rate them.

471 (13.4%) of pupils did not answer the question about Rotherham Parks.

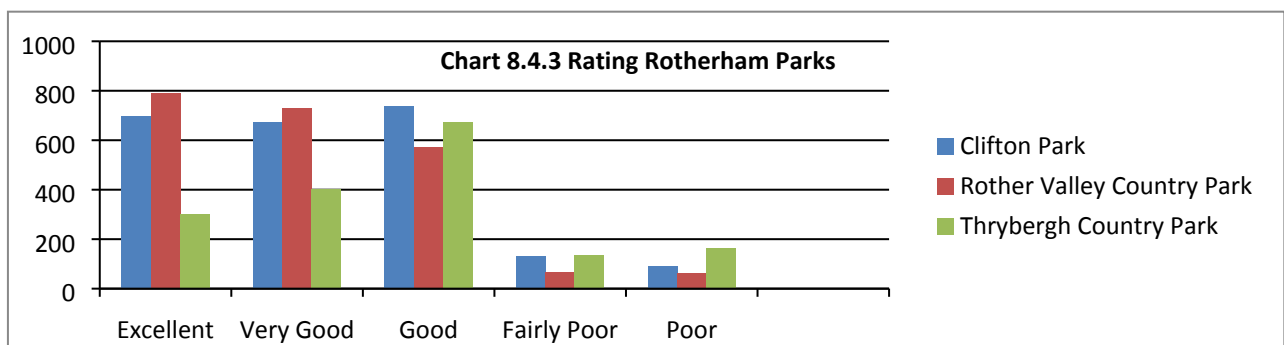
Overall 86.5% (2621) of pupils said they have visited one of the Rotherham Parks.

Chart 8.4.2 shows overall the frequency that pupils have visited one of the Rotherham parks.



### 8.4.3 Rating Rotherham Parks

Chart 8.4.3 show the results on how pupils rate each of the Rotherham Parks



Overall 90.3% of those who have visited Clifton Park rated the experience good or better.

Overall 94.1% of those who have visited Rother Valley rated the experience good or better.

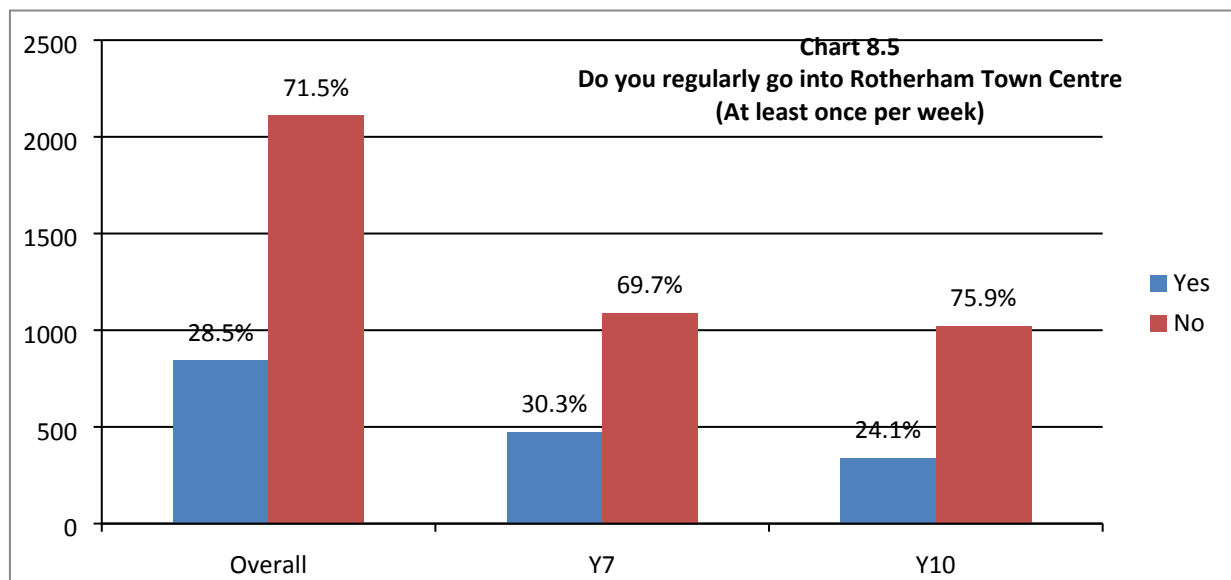
Overall 82.1% of those who have visited Thrybergh Country Park rated the experience good or better.

## 8.5 Rotherham Town Centre

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

15.6% (546) of pupils did not answer the town centre questions.

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



The results show that there has been a decrease in the number of pupils who said they regularly visit town centre. 28.5% (843) of pupils said yes they do, compared to 33% in 2017.

### 8.5.1 Reason for visiting Rotherham Town Centre

The 2018 results show that it is the same trend for the reasons pupils have visited Rotherham town centre has in previous years. Overwhelmingly shopping is the main reason why pupils visit. 2<sup>nd</sup> choice is going to a football match and 3<sup>rd</sup> choice is meeting with friends.

## 8.6 When do pupils visit Rotherham town centre ( New question in 2017 requested by the Child Friendly Rotherham Board)

Pupils were asked what time of day did they prefer to visit Rotherham. 84.4% (2954) of pupils answered this question

- 57.3% said daytime only compared to 63% in 2017
- 3.4% said night time only compared to 2.8% in 2017
- 18.5% said either day or night compared to 16.8% in 2017
- 20.5% said never compared to 17.4% in 2017

## 9.0 Safeguarding

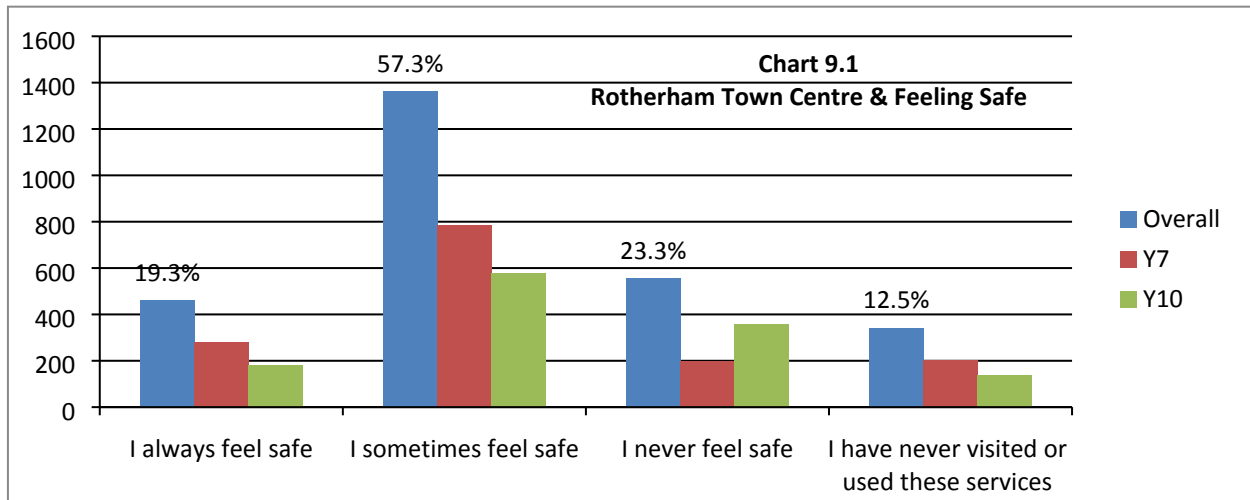
Pupils are asked a series of questions about their safety, feeling safe in and around the town centre, their local community, on-line and bullying issues.

### 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 or used these services, therefore their responses have not been included in the feeling safe responses.

384 (11.9%) of pupils did not answer the town centre, bus station and train station safety question.

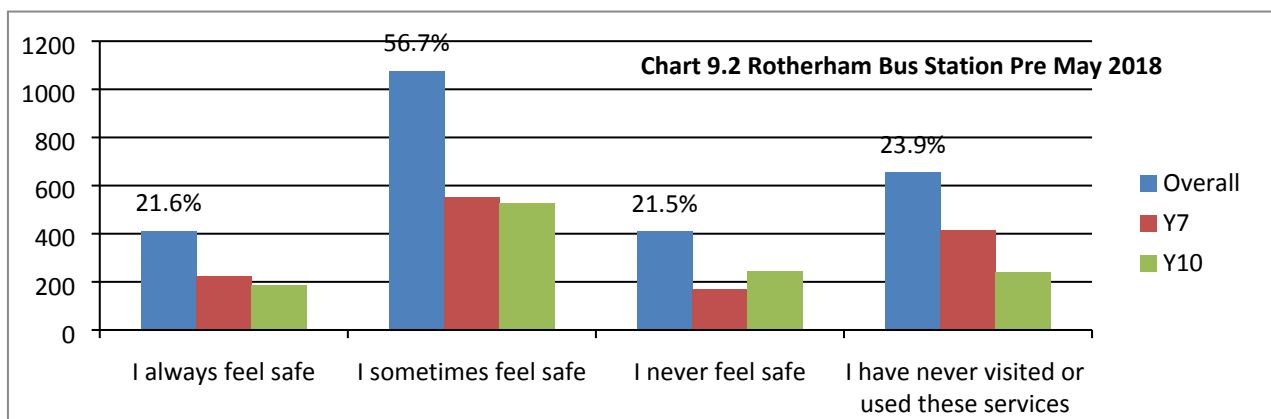


There has been an improvement in the % overall of pupils who said they always feel safe in Rotherham town centre. 19.3% (459) of pupils said they always feel safe, compared to 18% in 2017. There has been an increase in the % of pupils who said they never feel safe 23.3% (554) compared to 18.5% in 2017.. 12.5% of pupils said they have never visited Rotherham town centre. Year 7 pupils are more likely to say they always feel safe and Y10 pupils are more likely to say they never feel safe.

### 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

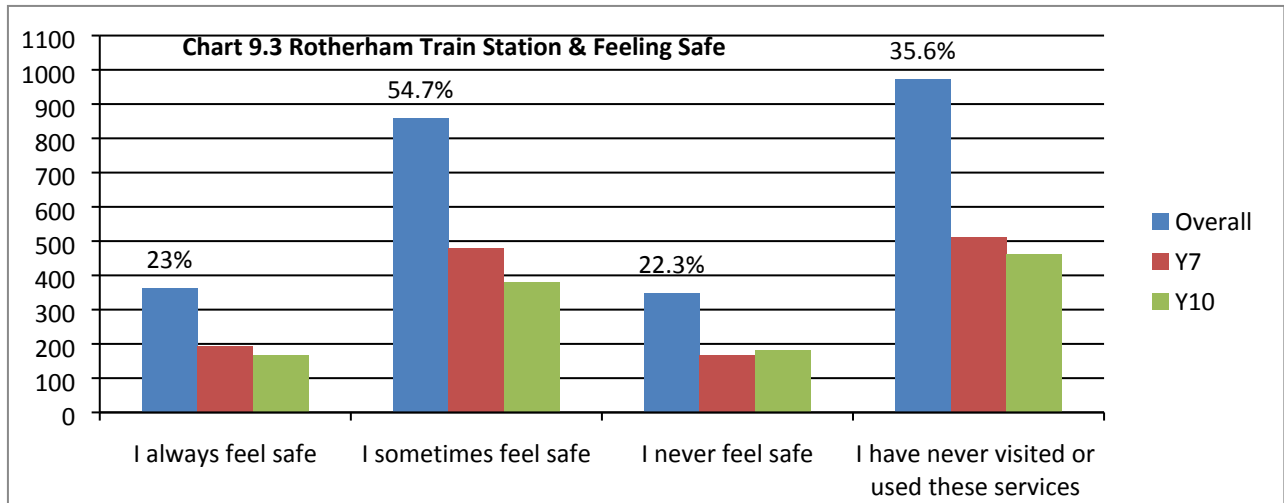
This question relates to the old bus station that closed on 30<sup>th</sup> April 2018.



There has been an improvement in the % overall of pupils who said they always feel safe in Rotherham central bus station. 21.6% (410) said they always feel safe, compared to 18% in 2017. There has been an increase in the % of pupils who said they never feel safe this has increased to 21.5% (408) from 16% in 2017. 23.9% said they have never used Rotherham bus station. Year 7 pupils are more likely to say they always feel safe and Y10 pupils are more likely to say they never feel safe.

### 9.3 Feeling Safe Rotherham Train Station

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



There has been an improvement in the % overall of pupils who said they always feel safe in Rotherham train station, 23% (362) said they always feel safe, compared to 15% in 2017. There has an increase in the % of pupils saying they never feel safe, 22.3% (349) compared to 15% in 2017. 35.6% (974) said they have never used Rotherham train station.

**What are we worried about?**

There has been an increase in the % of pupils who say they never feel safe in Rotherham town centre, bus station and train station, compared to 2017 results.

**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.

South Yorkshire Passenger Transport Executive request additional questions to be added to the survey, to find out from young people their views on the temporary transport arrangements regarding the bus station and also capture the voice of young people around the development of the new bus station.

**9.4 Views on temporary bus station arrangements**

18% (637) of pupils shared their views about the temporary bus station arrangements.

Y7 were more likely to be positive about the temporary arrangements, their comments were 55% positive and 45% negative, their comments included:

- I feel safer
- It is good
- It is excellent temporary arrangement
- All ok
- It is a bit confusing
- Stops are too far apart, too spread out over the town
- It's ok but a bit dirty

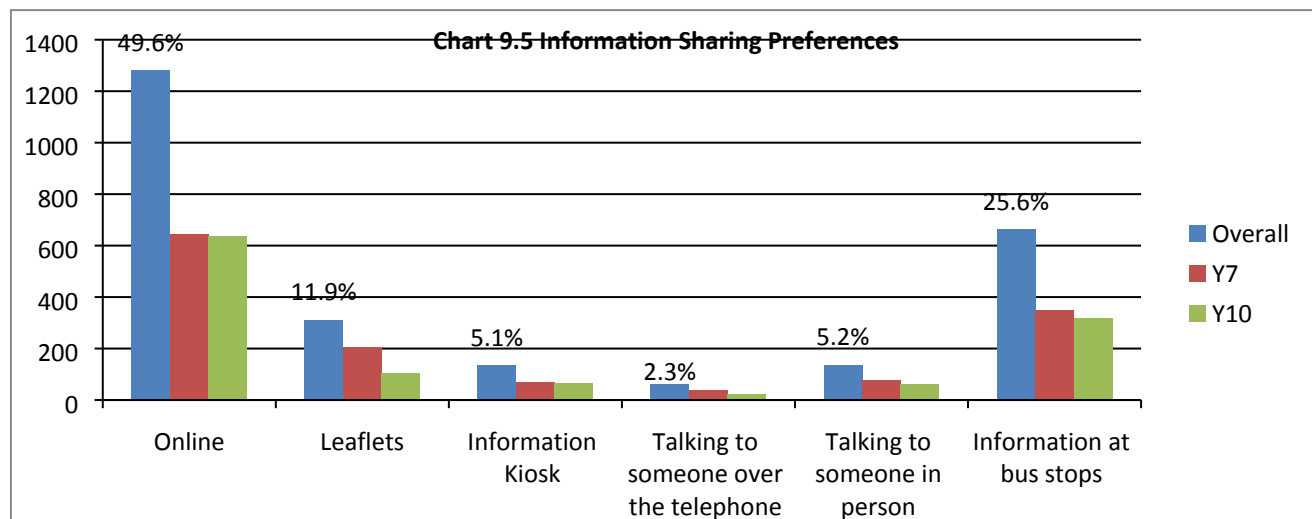
Y10 comments were 40% positive and 60% negative, their comments included:

- I feel safer
- Very little litter
- Good information about bus times
- It small and cold
- Too cramped, stops too close together

- Not enough information provided about the old one closing
- Not enough seating and seats too small

### 9.5 Views on sharing information at new bus station interchange

74% (2579) of pupils in Y7 and Y10 shared their views about how they would like to find information around public transport. Table 9.5 details the results.



It is not surprising the highest majority of young people would prefer to find out information online and their 2<sup>nd</sup> choice would be information at bus stops. They are least likely to want to speak with someone over the telephone.

### 9.6 Risk Factors

Table 9.6 below shows what they think are the highest risk factors. These options have been changed from previous surveys at the request of young people and supported by Safer Rotherham Partnership. A comparison is shown where applicable. 26% (920) of pupils did not answer the questions around risks and safety.

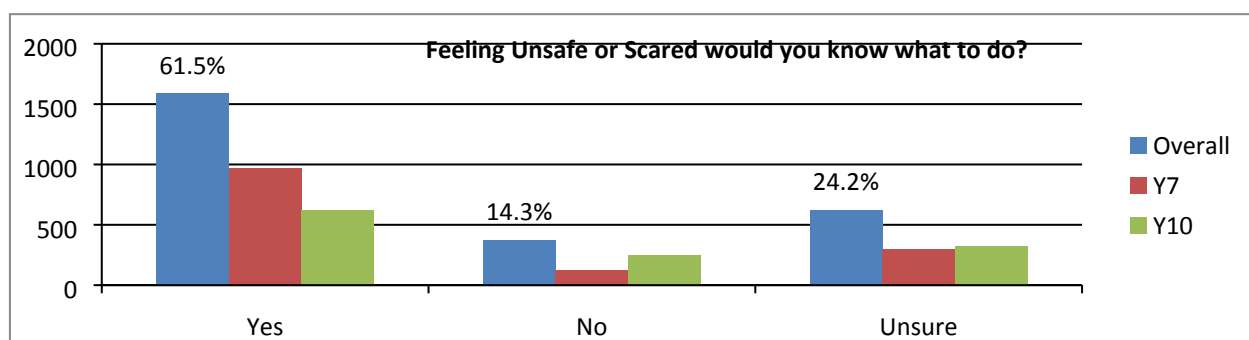
Risk Factor	2018 Overall	2018 Overall Ranking	2017 Overall Ranking	2018 Y7	2018 Y10
People causing anti-social behaviour	1220 (54.8%)	1 <sup>st</sup>	N/A	2 <sup>nd</sup>	1 <sup>st</sup>
People using drugs in public areas	1212 (54.4%)	2 <sup>nd</sup>	N/A	1 <sup>st</sup>	2 <sup>nd</sup>
People drinking alcohol in the streets	1152 (51.7%)	3 <sup>rd</sup>	N/A	3 <sup>rd</sup>	3 <sup>rd</sup>
Lack of visible security	1118 (49.8%)	4 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>
People causing violence or aggression	1094 (49.1%)	5 <sup>th</sup>	N/A	5 <sup>th</sup>	4 <sup>th</sup>
Litter and untidy environment	882 (39.6%)	6 <sup>th</sup>	N/A	6 <sup>th</sup>	6 <sup>th</sup>
People making unkind and unwanted comments	638 (28.6%)	7 <sup>th</sup>	N/A	7 <sup>th</sup>	7 <sup>th</sup>
Not many people or adults around	374 (16.8%)	8 <sup>th</sup>	N/A	8 <sup>th</sup>	8 <sup>th</sup>
Protests or marches	314 (14.1%)	9 <sup>th</sup>	9 <sup>th</sup>	9 <sup>th</sup>	9 <sup>th</sup>
<b>2017 Choices Not Included in 2018 Survey</b>					
Being approached by strangers	1842 (63%)	N/A	1 <sup>st</sup>	N/A	N/A
Fear or large groups/gangs	1832 (62.5%)	N/A	2 <sup>nd</sup>	N/A	N/A

Being approached by people who are drunk	1765 (60%)	N/A	3 <sup>rd</sup>	N/A	N/A
Being alone	1521 (52%)	N/A	5 <sup>th</sup>	N/A	N/A
Dark nights	1432 (49%)	N/A	6 <sup>th</sup>	N/A	N/A
People standing outside pubs	1253 (43%)	N/A	7 <sup>th</sup>	N/A	N/A
Poor lighting	1119 (38%)	N/A	8 <sup>th</sup>	N/A	N/A
Football match days	615 (21%)	N/A	10 <sup>th</sup>	N/A	N/A

The results from 2018 show that young people highest risk factor that could contribute to them feeling unsafe is people causing anti-social behaviour and people taking drugs in public places. The fear of protests and marches has reduced considerably when this risk was rated the 3<sup>rd</sup> highest in 2016, but in both 2018 and 2017, this moved to the lowest risk factor.

Young people supported by Safer Rotherham Partnership requested an additional 2 questions about feeling safe and what issues need to be addressed as priority to improve safety.

Pupils were asked, if you were feeling unsafe or scared would you know what to do?



**What are we worried about?**

61.5% of pupils in Y7 and Y10 said they would know what to do if they were feeling unsafe or scared

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 and highlight to schools.

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.

### 9.7 Priorities for Safer Rotherham Partnership

Pupils were asked for their opinion on the priorities for Safer Rotherham Partnership. Table 9.7 below shows the overall responses and responses from Y7 and Y10

Priority	Overall	Y7	Y10
Reducing rape and sexual offences	70.6% (1 <sup>st</sup> )	2 <sup>nd</sup>	1 <sup>st</sup>
Protecting vulnerable children from harm, such as abuse, missing children, children with mental health conditions	70.1% (2 <sup>nd</sup> )	1 <sup>st</sup>	3 <sup>rd</sup>
Reducing child sexual exploitation	64.8% (3 <sup>rd</sup> )	3 <sup>rd</sup>	2 <sup>nd</sup>
Reducing violent crime, including knife crime	59% (4 <sup>th</sup> )	4 <sup>th</sup>	4 <sup>th</sup>
Tackling organised crime gangs, modern slavery, human trafficking and drugs	45.3% (5 <sup>th</sup> )	5 <sup>th</sup>	6 <sup>th</sup>
Reducing criminal damage, anti-social behaviour and arson	44.6% (6 <sup>th</sup> )	6 <sup>th</sup>	5 <sup>th</sup>
Reducing burglary and vehicle crime	40.3% (7 <sup>th</sup> )	7 <sup>th</sup>	8 <sup>th</sup>
Reducing domestic abuse and protecting people from	37.9% (8 <sup>th</sup> )	8 <sup>th</sup>	7 <sup>th</sup>

forced marriage or honour based violence			
Protecting vulnerable adults from harm and being the target of crime	<b>34.8% (9<sup>th</sup>)</b>	<b>10<sup>th</sup></b>	<b>9<sup>th</sup></b>
Protecting people from cyber-crime, for example online grooming, sexual exploitation, online harassment and financial scams	<b>34.4% (10<sup>th</sup>)</b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>
Making communities safe, welcoming and free from hate crime and harassment	<b>27.9% (11<sup>th</sup>)</b>	<b>11<sup>th</sup></b>	<b>11<sup>th</sup></b>
Reducing re-offending by providing support to stop offenders committing more crimes	<b>23.6% (12<sup>th</sup>)</b>	<b>12<sup>th</sup></b>	<b>12<sup>th</sup></b>

## 9.8 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

- 91.2% (2466) said they always feel safe at home, compared to 91.8% in 2017.
- 7.1% said they sometimes feel safe at home, compared to 6.9% in 2017.
- 1.6% of pupils said they never feel safe at home, compared to 1.2% in 2017.

### At school

- 57.6% (1541) said they always feel safe at school, compared to 59.4% in 2017.
- 37.4% said they sometimes feel safe at school, compared to 36% in 2017.
- 4.8% said they never feel safe at school, compared to 4.6% in 2017.

### On Way to and from school

- 53.8% (1435) said they always feel safe on way to and from school, compared to 61.2% in 2017.
- 40.1% said they sometimes feel safe on way to and from school, compared to 34.5% in 2017.
- 5.9% of pupils said they never feel safe on way to and from school, compared to 4.2% in 2017.

### On local buses and trains

- 28.4% (745) said they always feel safe on local buses and trains, compared to 29.5% in 2017.
- 59.3% said they sometimes feel safe on local buses and trains, compared to 59.4% in 2017.
- 12.1% of said they never feel safe on local buses and trains, compared to 11% in 2017.

### In your local community, where you live

- 50.5% said they always feel safe in the community where they live, compared to 51% in 2017.
- 42.9% said they sometimes feel safe in the community where they live, compared to 43% in 2017.
- 6.9% said they never feel safe in the community where they live, 6% in 2017.

### In local parks or recreational areas (new option 2018)

- 33.6% (889) said they always feel safe in parks or recreational areas.
- 57.5% said they sometimes feel safe in parks or recreational areas.
- 8.8% said they never feel safe in safe in parks or recreational areas.



## 9.9 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, 35.4% said this, compared to 33.1% in 2017. The overall results show that:

- 35.5% everyone mixes well with very few problems (33.1% in 2017)
- 29.5% people generally mix well, but there has been some problems (32.4% in 2017)
- 18.3% different groups keep themselves to themselves but there are not many problems (19.3% in 2017).
- 12.2% people from different groups do not get on well together; there are lots of problems (11.1% in 2017).
- 4.5% there are no people in my area from a different background (3.9% in 2017).

## 9.10 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.

- 2.3% said they have not been taught about keeping safe on the internet, this has increased from 1.4% in 2017.
- 72.6% learned about internet safety at school, a decrease from 80.1% in 2017
- 19.5% learned about internet safety at home, an increase from 15% 2017.
- 3.4% learned about internet safety on-line, an increase from 2% in 2017.
- 2.2% learned about internet safety through friends, an increase from 0.8% in 2017.

## 9.11 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 4<sup>th</sup> highest risk.

Table 9.11 below shows what pupils feel overall and what Y7 and Y10 pupils feel in 2017, compared to 2016 overall result.

Risk	Overall 2018 Ranking	2018 Y7 Ranking	2018 Y10 Ranking	2017 Ranking
Someone hacking their information	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Cyber bullying	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
People lying about who they say they are	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Security issues (viruses)	4 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>
Message from people they do not know	5 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>
Seeing images that make them uncomfortable	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>

Pupils have rated the risk of cyber bullying higher in 2018 than in 2017, for Y7 pupils this is their highest risk compared to 3<sup>rd</sup> highest in 2017.

Overall 17.2% said there are no risks using the internet that concerns them.

## 9.12 Bullying

21% (765) pupils did not answer the questions around bullying.

Pupils who said they have been bullied has increased to 27% (739) from 26% in 2017. The overall increase is attributed to Y10 pupils; their % has increased in 2018, while Y7 has decreased. Y7 pupils are more likely to say they have been bullied 29.9% (442) compared to 23.6% (297) of Y10. The increase of bullying rates is due to the responses from girls.

Girls in both Y7 and Y10 are more likely to say they have been bullied compared to boys. In 2018 32.4% of Y7 girls and 26.3% of Y10 girls said they have been bullied. In 2017 30.4% of Y7 and 18.7% of Y10 girls said they have been bullied, these have both increased in 2018.

In 2018 27.1% of Y7 boys and 18.7% of Y10 boys said they have been bullied. In 2017 30.7% of Y7 boys and 20.8% of Y10 boys said they have been bullied, these have both decreased in 2018.

### 9.12.1 Bullying Frequency

739 pupils said they have been bullied, for the follow on question when were you bullied 93.9% (694) answered the question.

- 47.8% of pupils said bullying occurred during school time (50% in 2017).
- 11.8% of pupils said bullying occurred out of school time only (12.8% in 2017)
- 40.3% of pupils said bullying occurred during both of these (37.2% in 2017)

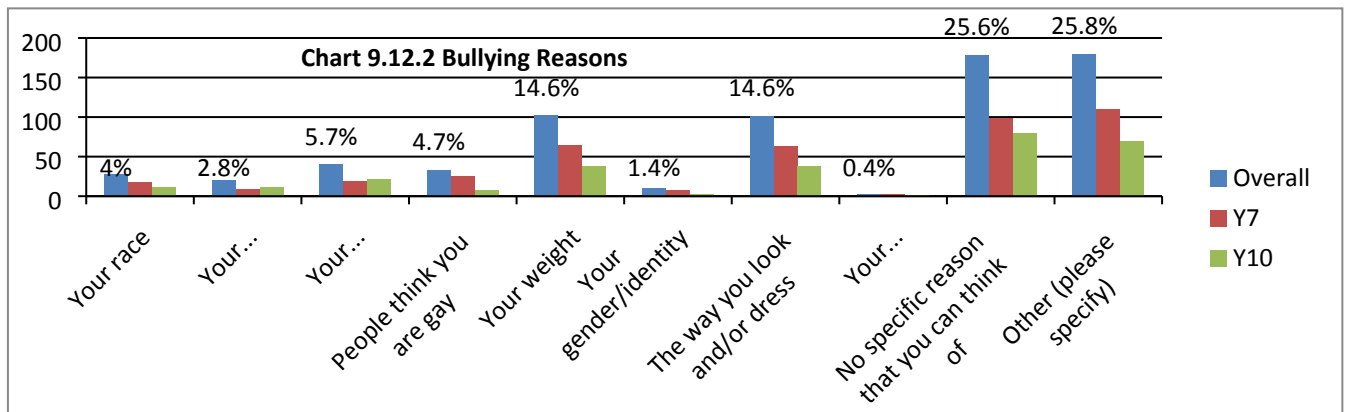
The results show there has been an increase in bullying occurring both in and out of school time.

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

- 21.4% said they were bullied very frequently, almost every day (20.1% in 2017)
- 33.2% said they were bullied frequently, more than 3 times per week (28.3% in 2017)
- 28.7% said they were bullied often, between 1-2 times per week (31.4% in 2017)
- 16.4% said they were bullied infrequently between 2-3 times per month (20.1% in 2017)

### 9.12.2 Bullying Reasons

Pupils were asked to say if they knew the reason why they may have been bullied Table 9.12.2 shows the overall % and Y7 and Y10 results for 2018



A pupil saying they have been bullied because of their sexuality has increased in 2018 to 5.7% (40) from 2.8% in 2017. There has also been an increase for the reason the way I look; this has increased to 14.6% (101) from 12% in 2017. Other reasons are relatively similar % to 2017.

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, 25.6%; this is more prevalent with Y7 than Y10. 28.2% of Y7 gave this response, compared to 23.6% of Y10.

### 9.12.3 Types of Bullying

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

- Verbal bullying 68.5% (64.34% in 2017)
- Physical bullying 15.3% (16.4% in 2017)
- Being ignored 6.6% (10% in 2017)
- Cyber bullying 6.2% (6.6% in 2017)
- Sexual bullying (inappropriate touching/actions or comments) 3.2% (2.6% in 2017)

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

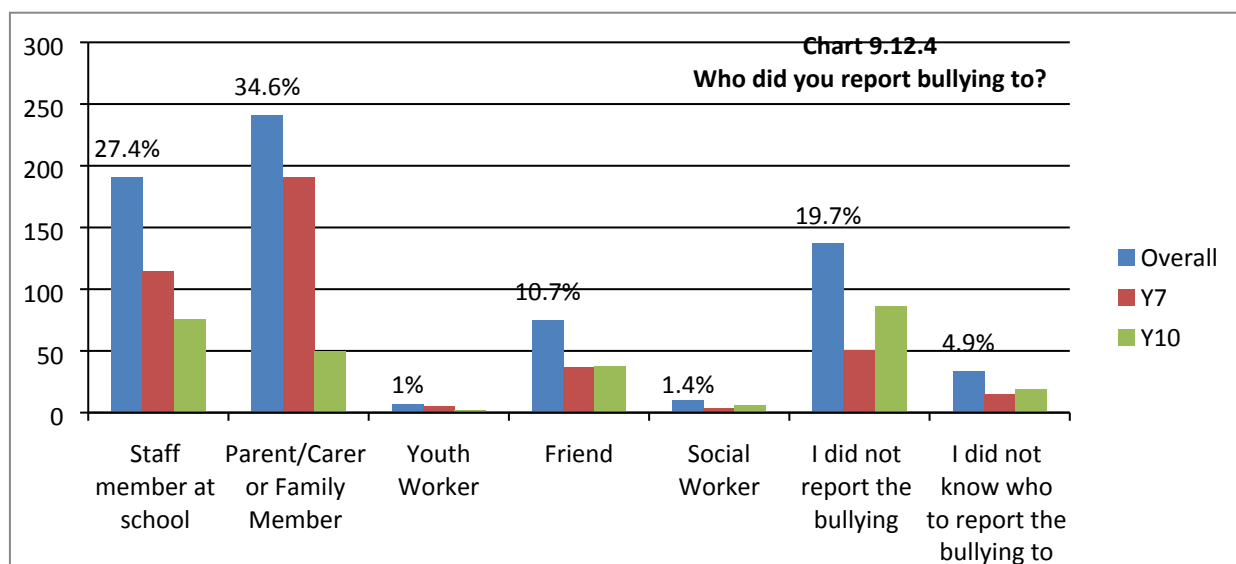
Pupils saying they have been bullied by being ignored has had the largest % decrease

It is positive to see that both cyber bullying has decreased in 2018.

Sexually bullying has had a slight increase in 2018.

### 9.12.4 Reporting Bullying

The 2018 results show that there has been an increase in the % of pupils who either did not report a bullying incident or did not know who to report bullying to. This has increased to 24.6% from 23.3% in 2017. 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 is exactly the same as in 2017. Y7 pupils are more likely to say they received some help compared to Y10.

### 9.12.5 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 27% of young people in Y7 and Y10 saying they have been bullied**

**Ditch the Label Survey - 19% (840) of those who said they were bullied said bullying occurs every day.**

**Rotherham Lifestyle Survey figure is a higher % than this with 21.4% saying they are bullied daily.**

## 10. Young Carers

23% (808) of pupils did not answer the questions about Young Carers.

The % of pupils who thought of themselves as a young carer has slightly increased in 2018.

19.9% (536) of pupils said they are a young carer, compared to 19% in 2017.

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 or older pupils babysitting for a brother or a sister.

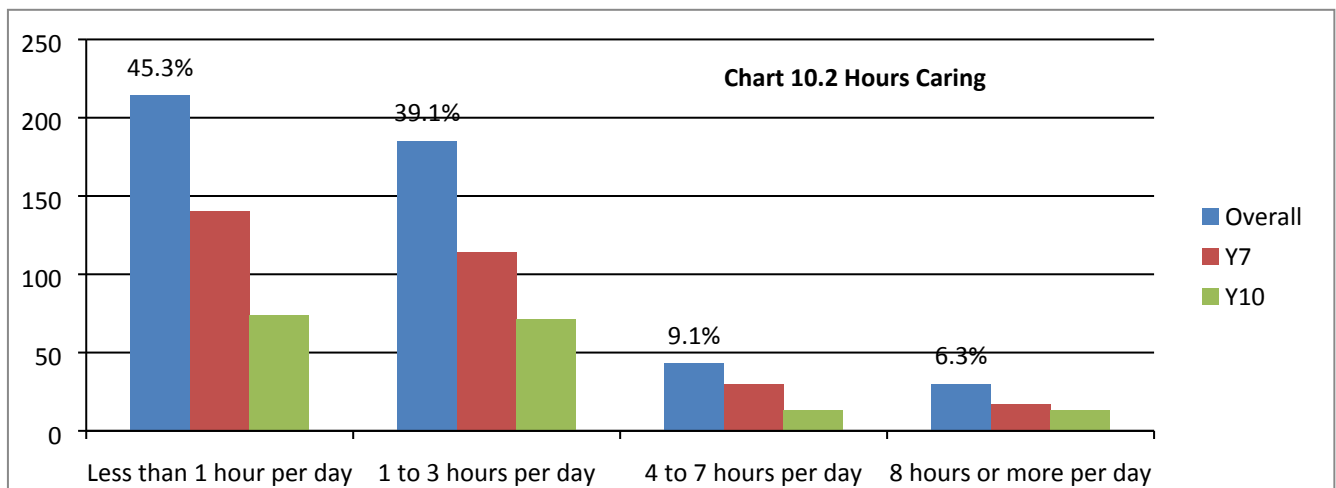
### 10.1 Young Carers – Caring Tasks

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 65% (56.2% in 2017)
- Keeping them company - not wanting to leave the person alone 39.8% (35.2% in 2017)
- Help look after brother or sister 31.4% (31.6% in 2017)
- Do the shopping 24.1% (21.6% in 2017)
- Help give medicine 23.3% (18.8% in 2017)
- Help read letters or mail 13.7% (16% in 2017)
- Help with personal care 17.9% (14% in 2017)
- Taking brother and sister to school 12.1% (13% in 2017)
- Help with appointments 10.9% (9% in 2017)

### 10.2 Young Carers – Number of Hours Caring

Pupils were asked to say on average how many hours they cared each day. Chart 10.2 below shows the % of Y7 and Y10 and the caring hours they do.



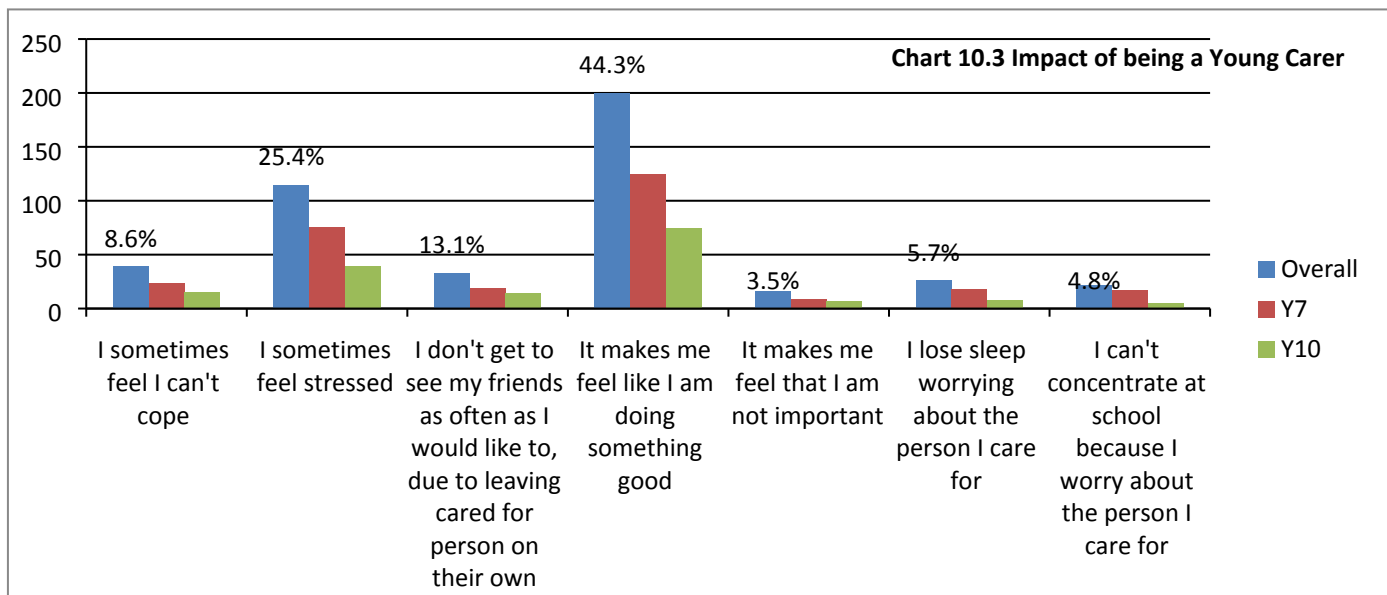
Overall pupils who said they care for more than 8 hours each day has declined from 9.5% to 6.3% (30) in 2018.

The young carers and young carer's service requested some additional questions to the survey, to capture further views of young carers and how their caring role impacts on their life

### 10.3 Impact of Caring

Pupils were asked to say how caring for someone affect them emotionally

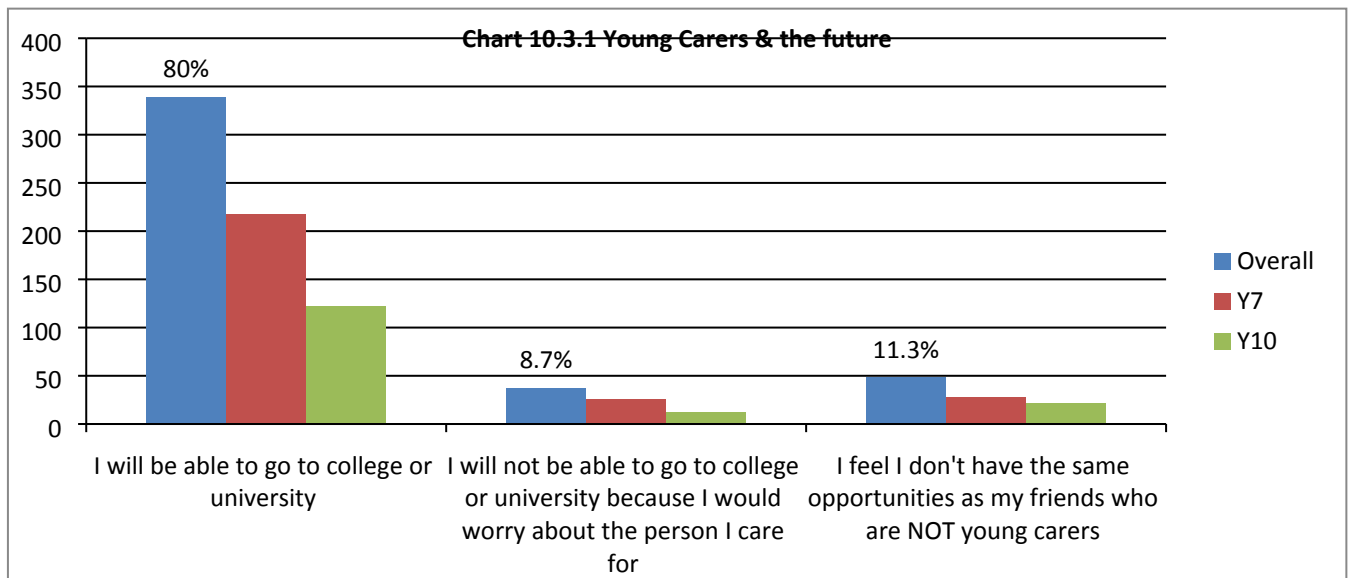
Chart 10.3 details the responses.



Overall 44.3% (200) young people said it makes them feel like they are doing something good being a young carer.

### 10.3.1 Young Carers plans for the future

Pupils who identified themselves as young carers, were asked to say how they felt being a young carer would impact on their plans for their future.



The results show that 80% of young carers feel they will have the opportunity to go to university if they chose to do so.

### 10.4 Supporting for Young Carers

Young carers were asked to say if they were struggling with the pressure of being a young carer, who would they speak with. 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. 35% said parent or carer (28% in 2017) and 22.4 (21% in 2017) said a family member, 16.3% (13% in 2017) would talk to a friend, 6.7 (7% in 2017) would talk to a member of staff at school,

4.2% (4.8% in 2017) would talk to a social or youth worker, 2.9% (same as 2017) would talk to either their school nurse or other health professional and 0.8% (1.4% in 2017) 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. 47.2% of pupils who responded to young carers questions said they have heard of Young Carers Service, this has improved from 37.3% in 2017.

#### **10.4.2 Barnardos**

49.2% of pupils responded that they were aware of Barnardo's service overall including the support they provide for young carers. This option was added for the first time in the 2018 survey

### **What is working well?**

**The Theory of Change project appears to be having an impact, raising awareness of support for young carers.**

**There has been almost a 10% increase in the number of young carers who had heard of Young Carers Service and almost 50% of young carers had heard of Barnardos service**

## **11. Smoking, Alcohol and Drugs**

Pupils are asked to respond honestly to a series a 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 where they can get support about smoking, alcohol and drugs.

### **11.1 Smoking**

24.2% (848) of pupils did not answer the smoking questions.

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 58.3% (1548) compared to 59.3% in 2017. This result may be due to the increase in the use of electronic cigarettes and pupils identifying these as smokers.

There has been a decrease in the number of pupils who said it is not OK for young people of their age to smoke. Overall 86.2% (2286) said it was not OK to smoke, compared to 89.8% in 2017. Far more Y7 said it was not OK to smoke 93.6% compared to 76% of Y10.

When asked if they currently smoke cigarettes, overall 91.4% (2424) said no they do not smoke, this is a % decrease in the number of young people not smoking, compared to 93.2% in 2017.

- 96% (1375) of Y7 said they do not smoke, a decrease from 97.8% in 2017
- 85.9% (1049) of Y10 said they do not smoke a decrease from 87.5% in 2017.

In total 2424 pupils said they did not smoke, these pupils were asked to best describe their smoking history.

1375 pupils in Y7 said they did not smoke, they described themselves as

- 93.5% have never smoked, a decrease of 94.8% in 2017
- 5.5% have tried smoking once, compared to 3.2% in 2017

- 0.9% used to smoke sometimes, but no longer smoke, a decrease from 1.8% in 2017

1049 pupils in Y10 said they did not smoke, they described themselves as

- 82.5% have never smoked, an improvement from 76.7% in 2017
- 13% have tried smoking once, compared to 17.5% in 2017
- 4.5% used to smoke sometimes, but no longer smoke a decrease from 5.6% in 2017

Girls in Y7 are more likely to say they have never smoked 94.4% compared to 92.6% of boys

Girls in Y10 are more likely to say they have never smoked 82.7% compared to 80% of boys

Overall from the young people who answered the smoking questions 88.7% (2066) 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**

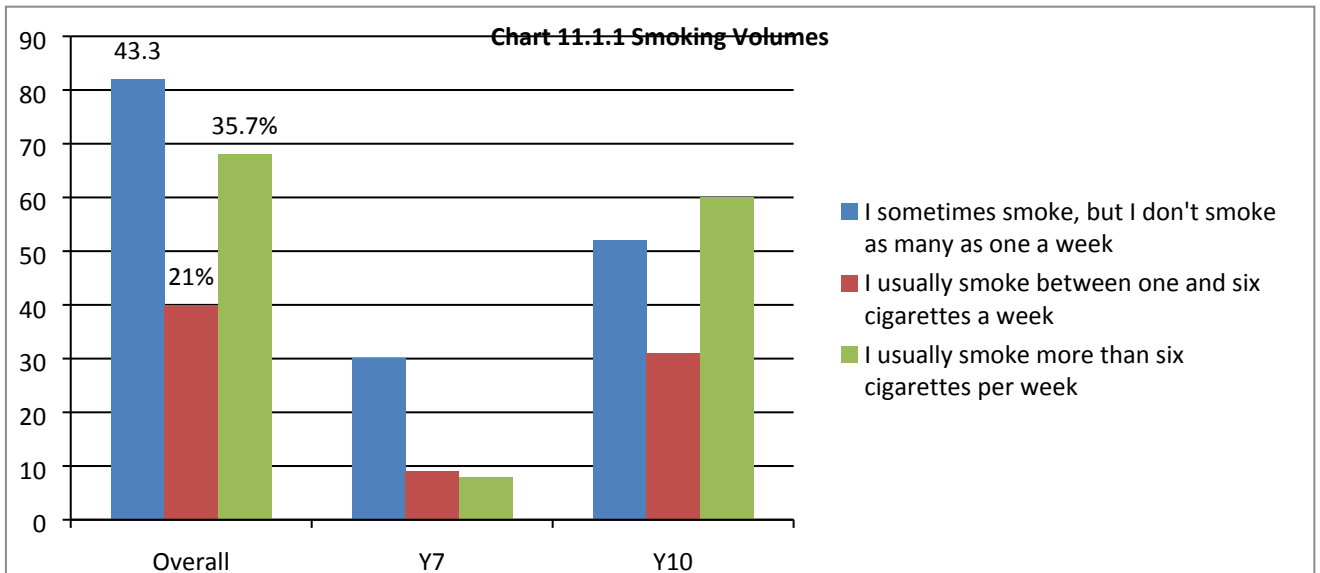
**A survey was carried out in 2014/2015 of 6173 young people aged between 11 to 15 years. These results show that 18% said they have smoked at least once, therefore 82% have never smoked.**

**Rotherham's figure from the 2018 results is an improvement on this national picture.**

**The results also show that 8% of young people in this age range are current smokers, this is a similar picture from the Lifestyle Survey results with 8.5% saying they smoke cigarettes regularly**

### 11.1.1 Smoking Volumes

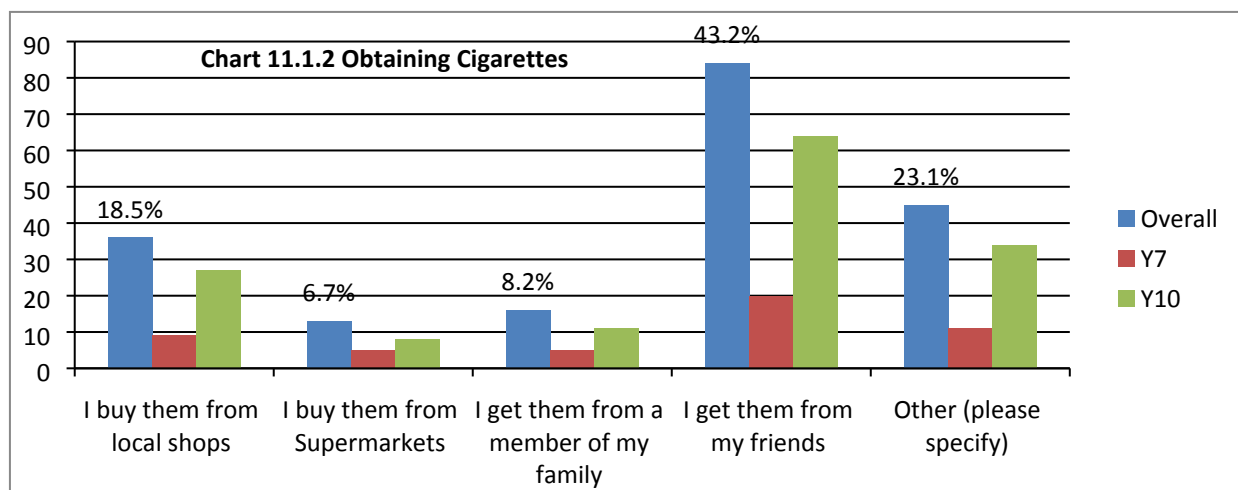
Overall the 2018 results show that 8.5% (228) pupils said they smoke cigarettes regularly, this has increased from 6.7% in 2017. Chart 11.1.1 below shows the regularity of their smoking habit.



The results show that although there has been an increase in the % of young people smoking, there has been a decrease in the % of young people who say they smoke more than 6 cigarettes per week; this has improved to 35.7% from 39% in 2017.

### 11.1.2 Obtaining Cigarettes

The 228 pupils, who said they were smokers, were asked to say where they mainly obtained their cigarettes from. Chart 11.1.2 shows the results below.



The trend in relation to pupils obtaining their cigarettes from friends as the most popular choice has continued in 2018, 43.2% said they obtain cigarettes from friends (56% in 2017).

Young people who said they were able to obtain cigarettes from local shops has increased slightly in 2018 to 18.5%, compared to 17% in 2017.

#### 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 in the past have contributed to the decline of young people being able to obtain cigarettes from local shops, although the 2018 results have reversed this trend.

- 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, this has increased to 18.5% in 2018, and this is still lower than the 24.5% result in 2015.

#### What needs to happen next?

Share the results with Licencing Enforcement to make them aware of the 2018 results.

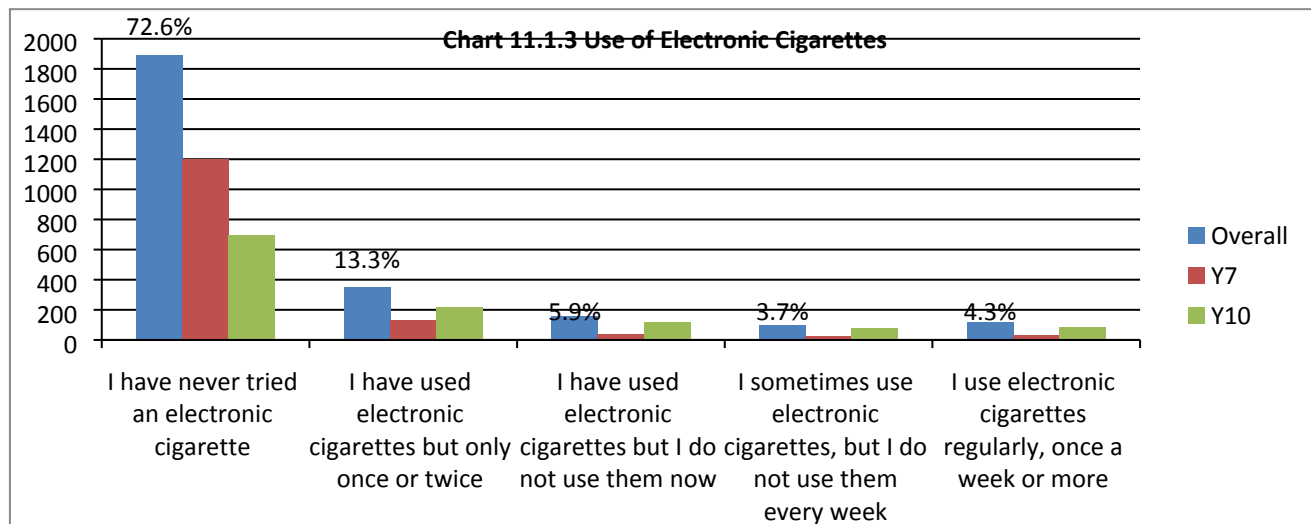
Analysis of data input to 'other' option showed that pupils were also obtaining cigarettes from local dealers or fag house, a named shop or I get someone older usually a friend to go into a shop for me.



### 11.1.3 Electronic Cigarettes

Overall there has been a decrease in the % of pupils who said they have never tried an electronic cigarette. 72.6% (1892) said they have never tried an electronic cigarette, compared to 76% in 2017.

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



84.8% (1201) of Y7 pupils said they have never used an electronic cigarette, this has decreased from 88.8% in 2017.

58% (691) of Y10 pupils said they have never used an electronic cigarette, 59.5% in 2017

Of the 27.4% (714) of pupils that said they use or have tried an electronic cigarette, the data shows that the biggest increase is with Y7 pupils choosing this as a form of smoking.

- 81.8% of Y7 Boys said they have never tried an electronic cigarette
- 87.4 of Y7 Girls said they have never tried an electronic cigarette
- 48.9 of Y10 Boys said they have never tried an electronic cigarette
- 61.4% of Y10 Girls said they have never tried an electronic cigarette

The data shows that out of the 714 pupils who said they have tried an e-cigarette

- 14.3% (11.8% in 2017) used an electronic cigarette to help them stop smoking
- 15.4% (16.1% in 2017) use an electronic cigarette and no longer smoke cigarettes
- 19.5% (13.5% in 2017) use an electronic cigarette and smoke cigarettes
- 50.7% (58.6% in 2017) 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 2018 survey showed that Rotherham is higher than this national picture at 27.4%

This has increased from 26.8% in 2017

compared to 74% in 2017. Far more Y7 said it was not OK for young people of their age to get drunk, 90.7% (91% in 2017) of Y7 compared to 53.4% (52% in 2017) of Y10.

Overall 57.1% (1478) of pupils said they have not had a proper alcoholic drink this has changed slightly from 57.3% in 2017

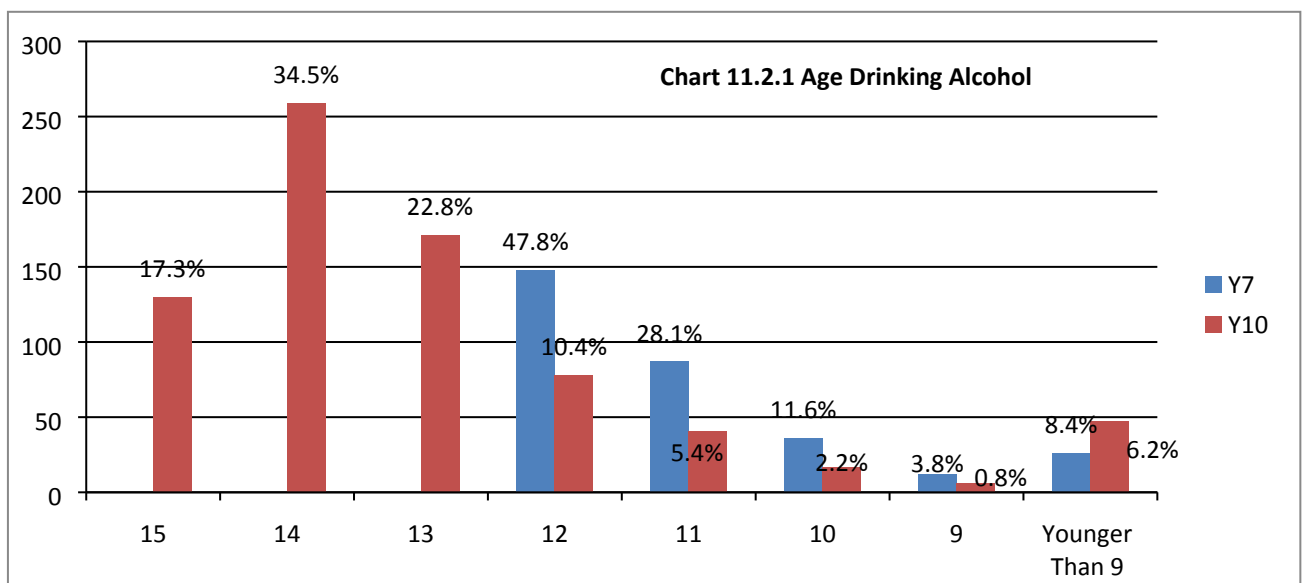
- 76.1% (1070) of Y7 responded that they had not had a proper alcoholic drink, this has decreased slightly from 76.3% in 2017
- 34.6% (408) of Y10 responded that they had not had a proper alcoholic drink, this has improved from 32.3% in 2017

### 11.2.1 Age Drinking Alcohol

Overall 42.9% (1110) of pupils said they have tried alcohol.

These pupils were invited to answer follow on questions about drinking alcohol

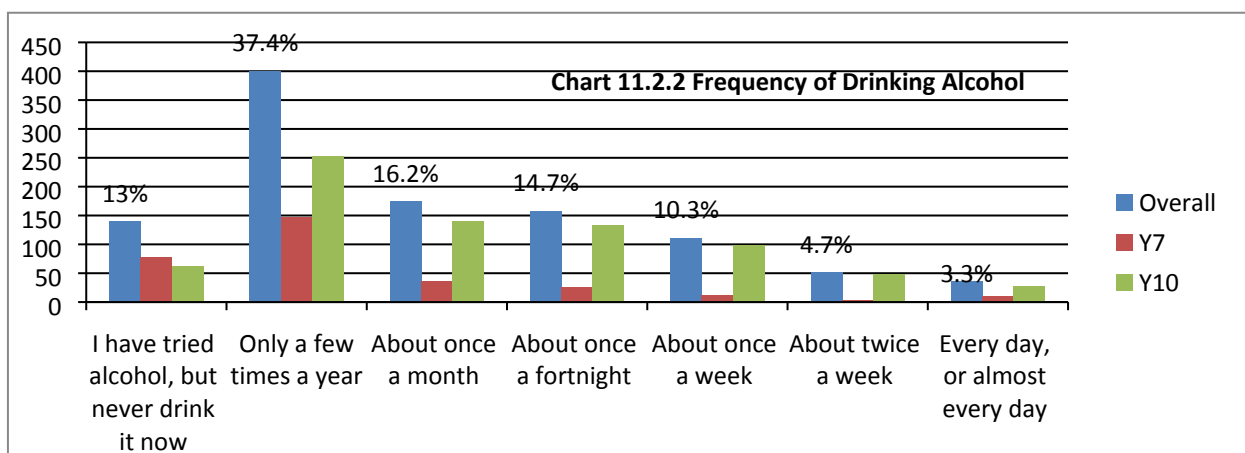
Chart 11.2.1 below show the responses to the question what age did you have your first alcoholic drink.



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 2017. Age 12 is the most popular age for a young person to have their first alcoholic drink in Y7, the same as in 2017.

### 11.2.2 Frequency of Drinking Alcohol

Chart 11.2.2 below shows the frequency of those who said they drink alcohol, split by Y7 and Y10.

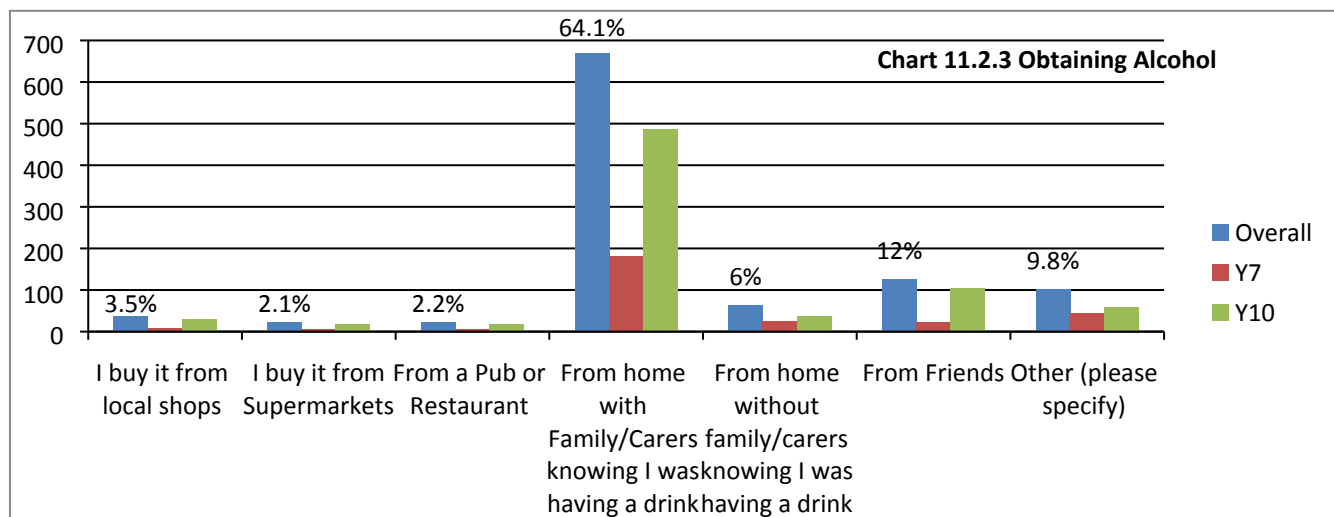


Overall

- 13% (139) of pupils have tried alcohol but no longer drink it now, compared to 17% in 2017
- 3.3% of pupils said they drink alcohol almost every day, this has increased from 2% in 2017

**11.2.3 Obtaining Alcohol**

Chart 11.2.3 below shows where pupils said alcohol was obtained from split by Y7 and Y10



The trend as in previous years follows a similar pattern, 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 5.6% in 2018 from 7% in 2017. The place where the least number of pupils obtain alcohol from is purchasing from a supermarket.

Analysis of data input to 'other' option showed in the majority pupils said they were obtaining alcohol while either on holiday or at a family celebration e.g. a wedding or birthday.

**Benchmarking Information**  
**Health & Social Care Information Centre**

A survey was carried out in 2014/2015 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 2018 results is higher than this average with 42.9% saying they have tried alcohol.

**Public Health England**  
**Child & Maternal Health**

In 2017 for Rotherham there was 37 admissions to hospital for episodes related to specific alcohol conditions for Under 18's – this is below the regional and national averages.

### 11.3 Drugs

26% (911) of pupils did not answer the questions around drugs.

Overall 94.5% (2445) said it was not OK to use drugs; this has improved slightly compared to 94.2% in 2017. 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 97.7% compared to 90.1% of Y10.

#### 11.3.1 Using Drugs

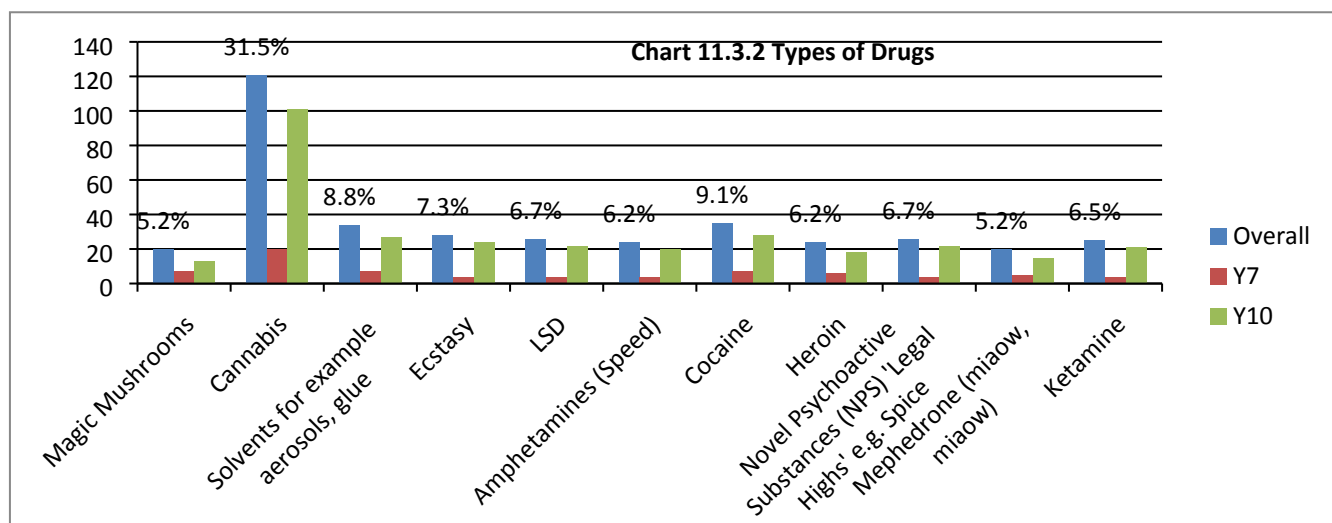
Overall 92.4% (2388) of pupils said they have never tried any drug which is almost identical to 2017, when 92.6% said they have never tried any drug.

- 88.3% (1416) of young people in Y10 said they have never tried any type of drug; this has improved from 87% in 2017.
- 96.7% of young people in Y7 said they have never tried any type of drug; this has decreased slightly from 97% in 2017.

#### 11.3.2 Types of Drugs

7.6% (200) of pupils answered yes, they have tried some type of drugs.

Out of the overall 200 young people (7.6%) who said they have tried some type of drug, chart 11.3.2 details the types of drugs pupils have tried, split by Y7 and Y10.

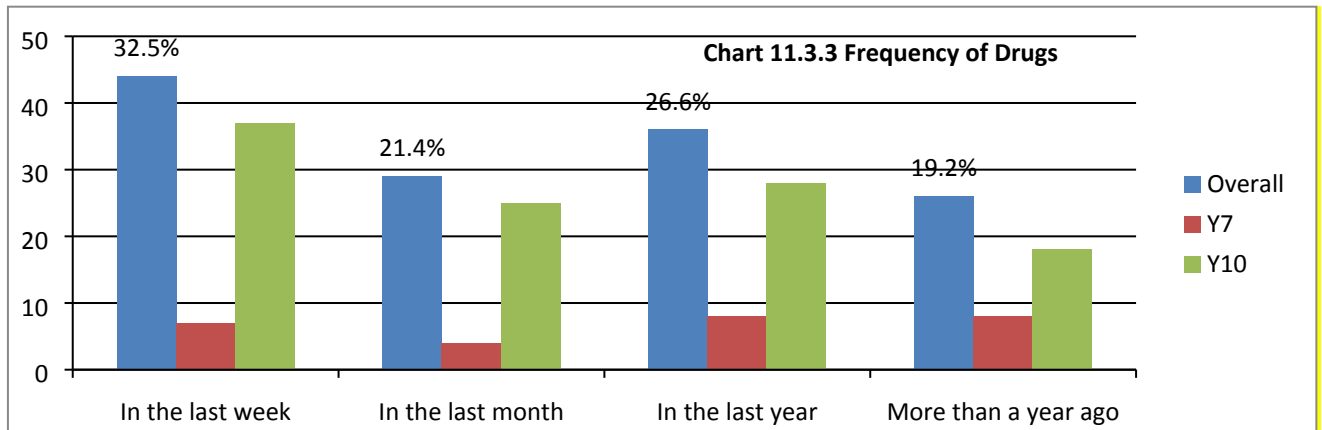


The results show that overall cannabis is the drug tried by more pupils 31.5% of pupils who said they have tried a drug said they have tried cannabis; the majority of these are in Y10. More boys are likely to have tried cannabis compared to girls. Cannabis is now the most popular choice of drug tried by Y7, this has changed since 2017 when solvents was the most popular choice, again in Y7 boys are more likely to choose cannabis, compared to girls.

Cocaine has moved up to being the 2<sup>nd</sup> most popular choice of drug tried, which is a change from ecstasy and solvents that were joint 2<sup>nd</sup> in 2017.

#### 11.3.3 Frequency of Drugs

Out of the overall 200 (7.6%) young people who said that they have tried some type of drug, chart 11.3.3 details how frequency they said they have tried drugs, split by Y7 and Y10.

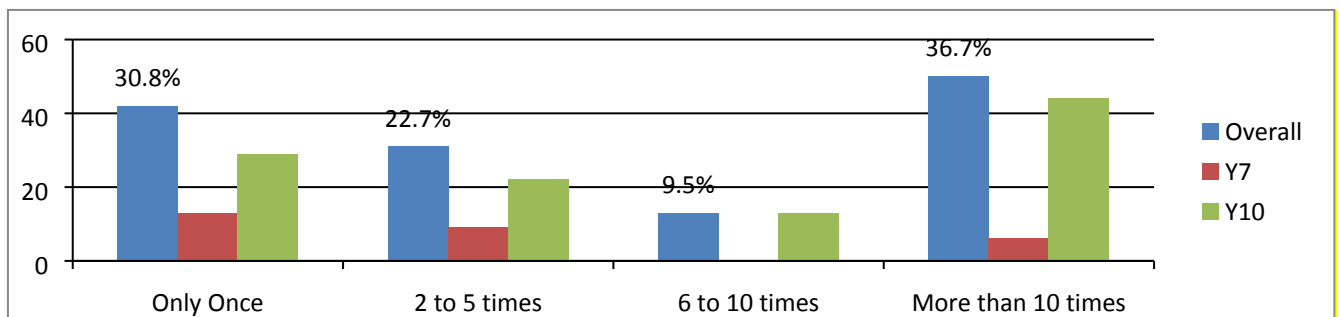


The results show that overall out of the 200 young people who have tried drugs:

- 32.5% said they had tried drugs in the last week; this has increased from 27% in 2017, this indicates that young people have tried drugs more recently.
- 21.4% said they had tried drugs during in last month, this is almost identical as 21% in 2017
- 26.6% said they had tried drugs in the last year this has decreased from 28% in 2017
- 19.2% said it was more than a year ago since they had tried drugs; this has decreased from 24% in 2017.

#### 11.3.4 Drug Use

Chart 11.3.4 shows the results of how many times pupils who said they have tried them, this is split by Y7 and Y10.



The results show there has been a decrease in the % of pupils who have tried drugs only once, therefore this could be imply there has been an increase in young people using drugs more regular.

- 30.8% of pupils said they have only tried drugs once, compared to 39% in 2017
- 36.7% pupils said they have tried drugs on more than 10 occasions, compared to 27% in 2017, this indicates that young people are using drugs more often.

#### What's working well?

##### Health & Social Care Information Centre

A survey was carried out in 2014/2015 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 92.4% saying they have not tried drugs

##### Public Health England Child & Maternal Health

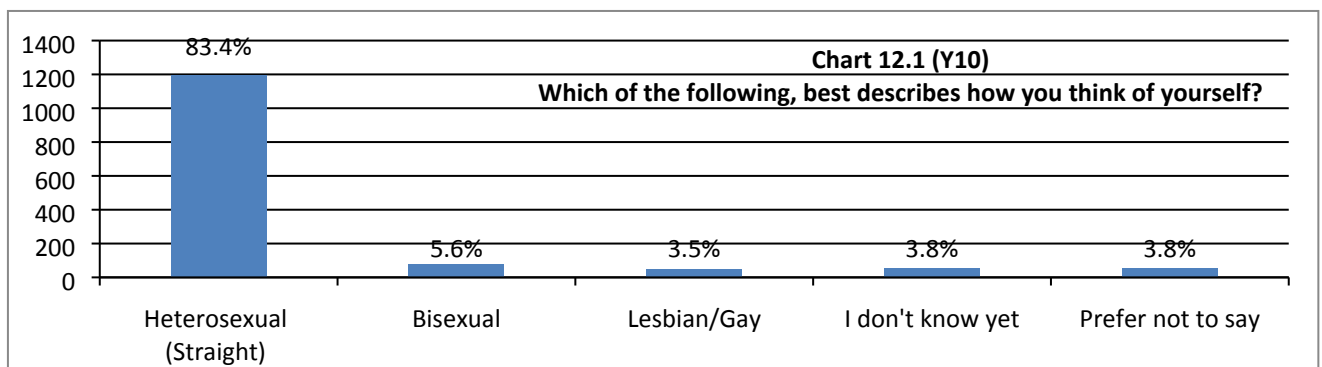
In 2017 for Rotherham there was 84 admissions to hospital for episodes related to specific drug or substance misuse for Under 18's – this is below the regional average.

## 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

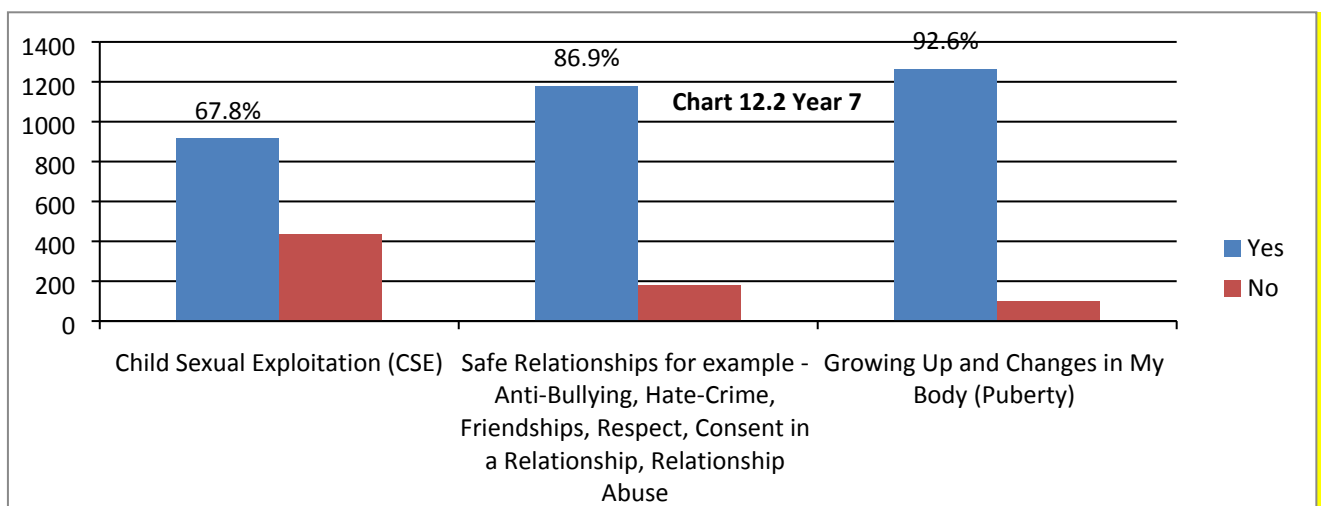
Y10 pupils are asked to say how they describe their sexuality. Chart 12.1 shows the responses by %.



The results show that out of the 83.4% of Y10 pupils who described themselves as straight, 49% of girls described themselves as straight, compared to 51% of boys. More girls described themselves as bisexual, lesbian/gay or preferred not to say. More boys said they don't know yet.

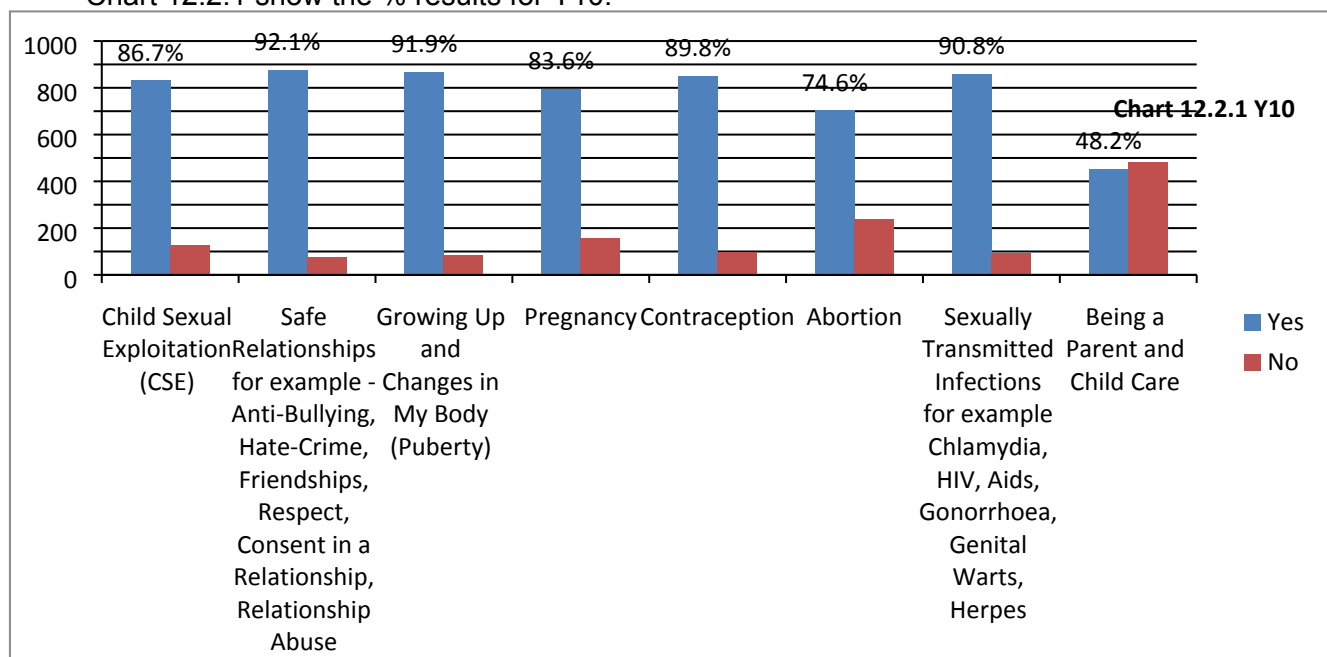
### 12.2 Sexual Health and Relationships Education

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 a decrease in the % of pupils in Y7 that said they have been taught about sexual exploitation 67.8%, compared to 72.5% in 2017\*. There has also been a decrease in the % of Y7 pupils who said they have been taught about safe relationships 86.9% down from 90% in 2017 and growing up and puberty 92.6% down from 94.3% in 2017.

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, 86.7%, down from 89.8% in 2017.

There has also been a decrease in the % of pupils in Y10 who have been taught about safe relationships 92.1% down from 94.4% in 2017\*. There has been an increase in the % of pupils who have been taught about all other subjects in the relationships and sexual health curriculum since 2017.

\*Please note that the results in the lifestyle survey are the perceptions of young people, there is no specific evidence that there has been a reduction in the delivery of education to pupils on the subject of CSE. Barnardos Reachout and Barnardos Real Love Rocks Programme have delivered training to schools and supported train the trainer programme to enable schools to deliver their own training on the subject.

### 12.3 Sexual Relationships Y10

Pupils in Y10 were asked if they have had sexual intercourse

32.8% (472) of Y10 pupils did not answer the sexual relationship questions.

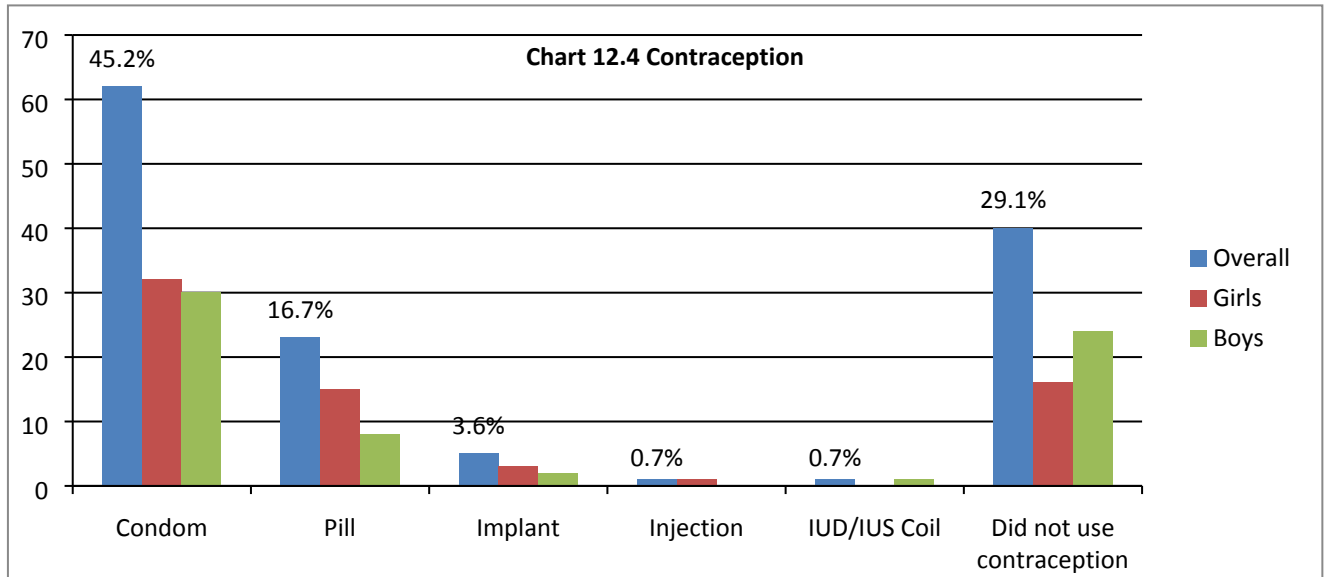
14.2% (137) of pupils in Y10 said yes they have had sex; this had reduced slightly from 14.3% in 2017.

In 2018 13.5% said they preferred not to answer this question, this is higher than 10.3% in 2017. It is almost identical split between boys and girl who answered yes to this question. 69 girls compared to 68 boys said yes they have had sexual intercourse.

The results show that 36.4% (50) Y10 pupils said they have had sexual intercourse after drinking alcohol and/or taking drugs, this has increased from 15.3% (30 Y10 pupils) in 2017. This result has increased by 20 young people, the increase has been highlighted to each school and they have been requested to review their own individual school result. It is recommended that if any individual school can see a significant increase in their particular school result on this subject, it maybe something they need to address in their PSHE curriculum.

## 12.4 Contraception

Out of the 14.2% (137) pupils who said they have had sexual intercourse, they all answered the follow on question on what type of contraception they have used. Chart 12.4 details the responses by male/female.



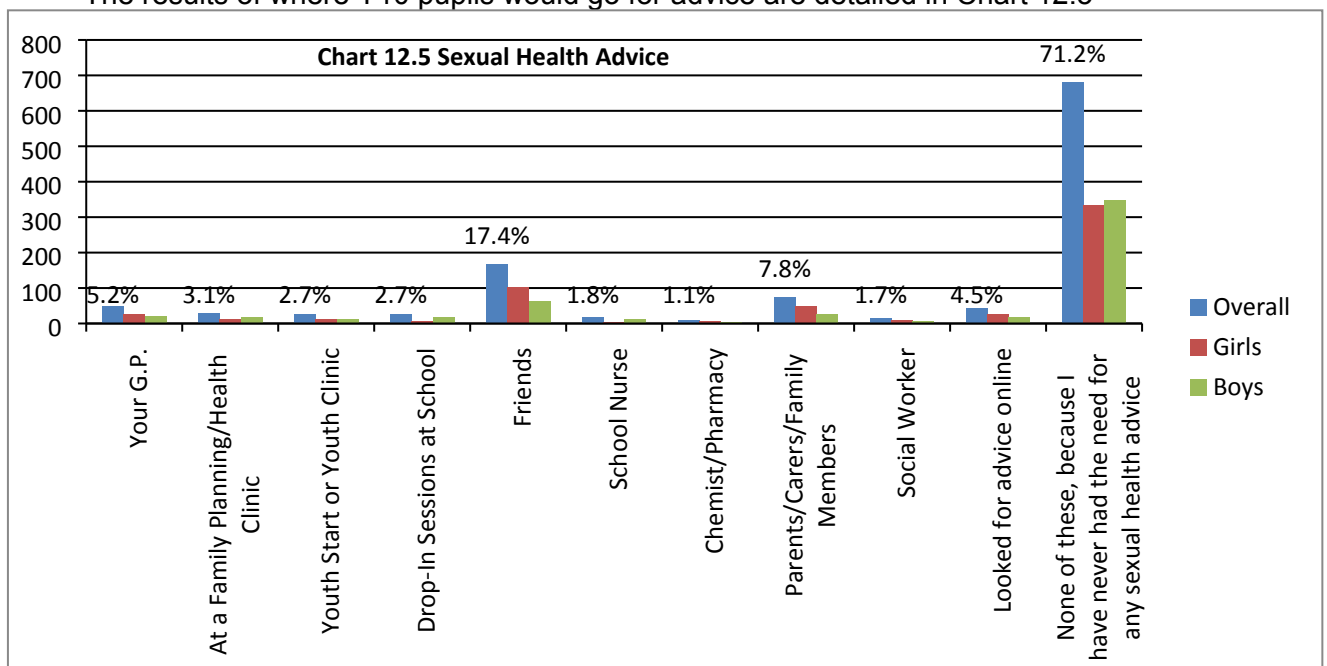
The results show that the % of pupils who said they did not use any form of contraception has increased, 29.1% (40) pupils gave this response, compared to 27.5% in 2017. More boys said they did not use any form of contraception compared to girls.

## 12.5 Sexual Health Advice

Pupils in Y10 were asked to say where they would go for sexual health and relationship advice.

71.2% of Y10 said they have not sought any advice, they have never had the need for this type of advice, and this has increased from 62% in 2017. Boys are more likely to say they do not need this type of advice.

The results of where Y10 pupils would go for advice are detailed in Chart 12.5



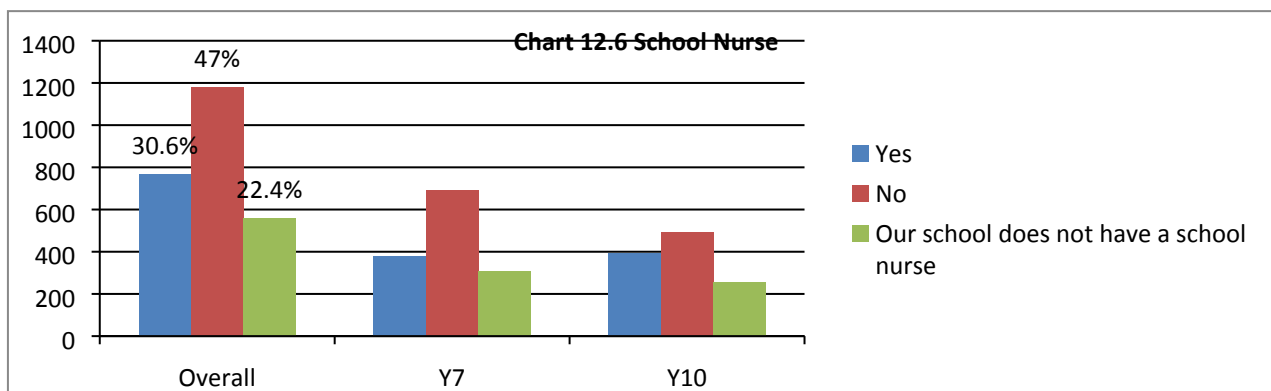


The results follow a similar trend to the 2017 results, the most popular choice for someone to talk to about sexual health would be friend, and in particular more girls would talk to a friend than boys. Parents, carers or a family member is the 2<sup>nd</sup> most popular choice. Other choices are very similar results to 2017.

## 12.6 School Nurse

28.3% (991) pupils did not answer the question about their school nurse.

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



The results show overall that 30.6% (769) said yes they knew who their school nurse was, this has decreased from 39.7% in 2017. This trend has continued since 2016, when 43% said they were aware of their school nurse. Overall 22.4% (558) pupils said their school did not have a school nurse.

The service has changed and is called the 0-19 Integrated Public Health Nursing Service. All schools and colleges have access to a professional who can support their health needs, but none are based on school sites any more. This could reflect why some pupils have said their school does not have a school nurse. They are no longer called 'school nurses' because their role is much wider than just schools. The 2019 questions will reflect this change.

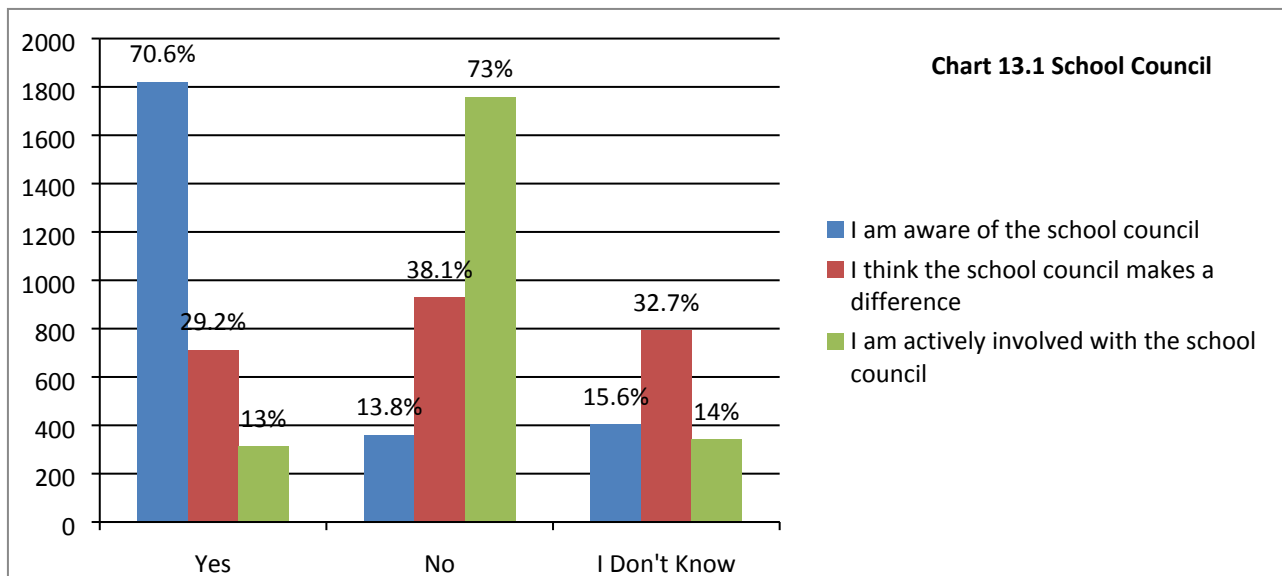
## 13. Child's Voice

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 if they have their voice heard in school.

26.2% (919) of pupils did not answer the questions about a child's voice.

### 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 in the 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.

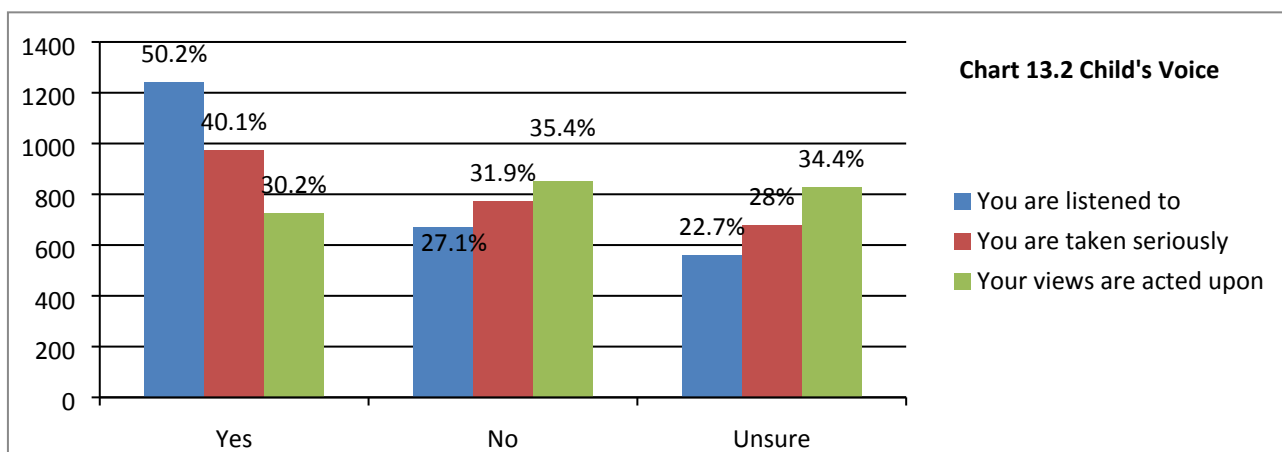


The results show overall that 70.6% (1820) of pupils are aware of their school council. This has increased from 60% in 2017. 29.2% of pupils overall said yes they feel their school council makes a difference, this has improved from 25% in 2017 and 15.6% of pupils said they are actively involved with their school council, this has improved from 10% in 2017.

These results may indicate that more pupils are aware that they can have their voice heard and aim to make a difference in school, by being aware of the work of their school council and becoming 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, 50.2% (1241) of pupils said they felt their voice was listened to, this has increased from 48% in 2017. 40.1% (975) said they felt their views were taken seriously, this has increased from 39.5% in 2017. 30.2% (727) said they feel their views are acted upon, this has increased from 28.2% in 2016. These results indicate that pupils are beginning to feel their voice is listened to, and they see their views are acted upon. These are positive results in 2018 that the voice of the child is being listened to in Rotherham.

## 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 2017
- Barnardo's Young Carers Plan
- Public Health England – Child & Maternal Health Data
- NHS Digital – What About Youth Survey 2014/2015
- RMBC Trading Standards Action Plan

## 15. Appendices

### Appendix 1

What results show what's working well?

- 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.
- Pupils aspiring to go to university has increased.

44% of Y10 pupils aspire to go to university, from 42.5% in 2017

42.2% of Y7 pupils aspire to go to university, from 41.6% in 2017

- Although the volume of pupils using a youth centre has declined, overall those who have used a youth centre, 92% of these rated their experience good or better, this has improved from 75% in 2017.
- Although the volume of pupils using a Rotherham library has declined, overall those who have used a library in Rotherham, 82.1% of these rated their experience good or better, this has improved from 60% in 2017.
- Although the volume of pupils using a leisure centre has declines, overall those who have used a leisure centre, 85% of these rated their experience good or better, this has improved from 79% in 2017.
- Overall the pupils who said they have visited Clifton Park Museum, 92.6% of these rated their experience good or better, this has improved from 86% in 2017.
- Overall the pupils who said they have visited Civic Theatre, 95.7% of these rated their experience good or better, this has improved from 76% in 2017.
- Overall 85.6% of pupils said they have visited one of the Rotherham parks
- The fear of protests and marches is not now a significant risk to young people, overall this was rated the lowest risk from the choices, when 2 years ago this was the 3<sup>rd</sup> highest rated risk.
- There appears to be improvement with the perception of community cohesion, overall 35.5% of pupils say everyone mixes well with very few problems, this has improved from 33% 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 ae 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.
- Overall 70.6% of pupils said they are aware of their school council, this has improved from 60% in 2017. 29.2% said they feel their school council makes a difference, compared to 25% in 2017. 15.6% of pupils said they are actively involved with their school council, compared to 10% in 2017.
- Overall 50.2% of pupils said they felt their voice was listened to, compared to 48% in 2017.
- Overall 30.2% said they feel their voice is acted upon, compared to 28.2% in 2017.

## Appendix 2

What results show what we are worried about?

- 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.
- Perception of Rotherham has declined overall. 23.7% of pupils said they would not recommend Rotherham has a place to live, this has increased from 20.5% in 2017. Overall 22.4% of pupils said they would definitely recommend Rotherham has a place to live, this has declined from 26.1% in 2017.
- Overall 32.4% of pupils said they would not like to be living in Rotherham in 10 years' time, this has increased from 27.2% in 2017.

- Overall pupils using Rotherham Youth Centres, Leisure Centres, Libraries and Clifton Park Museum has declined.
  - Youth centres declined to 25% from 27.6% in 2017
  - Libraries declined to 42% from 51% in 2017
  - Leisure Centres declined to 73.4% from 78% in 2017
  - Clifton Park Museum declined to 53.5% from 61.4% in 2017
 There has also been a decline in the % of pupils who said they regularly visit Rotherham town centre, this has declined to 28.5% from 33% in 2017.
- Safety in and around school has declined. Overall 57.6% of pupils said they always feel safe at school, this has declined from 59.4% in 2017. 53.8% said they always feel safe on the way to and from school, this have declined from 61.2% 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.