

**Rotherham
Voice of the Child
Lifestyle Survey
2018
Health & Wellbeing Board**

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Rotherham Lifestyle Survey

What is Lifestyle Survey?

- An annual survey which captures the voice of children and young people on subjects important to them.
- The questions in this survey have been shaped by our young people.
- A unique opportunity for a large group of young people in Rotherham to share their views on matters that impact on their lives.

Why do we do it?

- To provide young people with the opportunity to voice their opinion which is used by partners, schools and services to help shape future services.
- Provides a rich source of data which we are able to compare with neighbouring local authorities and national surveys to identify trends and key areas for development.

What do we aim to achieve?

- Services shaped, and improvements made which take into account, or are a direct result of the views expressed by our young people.
- Results that evidence a positive impact on the lives of children and young people living and educated in Rotherham.

Participation 2018

- 16 mainstream schools offered the opportunity to participate in the survey. 12 participated (4 schools choosing not to participate provided an explanation).
- 3 special schools chose to participate.
- 3 pupil referral units participated.

**In total 3499 pupils participated in the survey in 2018
(52% of relevant population)**

What is Working Well?

Young people's voice about their Health & Wellbeing

- Fewer pupils with diagnosed medical condition
- Y10 Pupils are drinking more water
- More pupils avoiding drinking fizzy sugar drinks
- More pupils avoiding high energy drinks
- Y10 pupils improved mental
- Fewer Y10 Pupils taking up smoking
- Fewer Y10 Pupils trying

These are the areas where there has been a noticeable % improvement from 2017 results

What Areas Are We Worried About?

Young people's voice about their Health & Wellbeing

- Increase in the diagnosis of Autism and Asthma
- Fewer pupils eating recommended fruit/vegetables
- Decline of Y7 pupils and excellent mental health
- Increase in concerns around weight
- Decline of Y7 pupils and them feeling good about they way they look
- Increase in inappropriate sexual behaviour as a form of bullying
- Increase in the use of cocaine
- Frequency of drug use on the increase
- Decline of education around the subject of Child Sexual Exploitation
- Increase of Y10 pupils having sexual intercourse after participating in either alcohol or drugs
- Decline in the use of contraception

These are the areas where there has been a noticeable % decline from 2017 results

Actions

What actions take place to share the results and highlight the impact of the survey?

- Each school receives their own individual data with comparison to the previous year's results, highlighting:
 - What's working well
 - What are we worried about
- Partners receive highlight reports and there is an expectation they will provide feedback on the actions taken and the impact of these, and planned actions for the future.
- Results are shared with young people to help them identify and develop new ideas and to communicate positive messages to them.
- Stakeholders are supported to review the results and develop action plans to address these.
- Work undertaken with schools to highlight to young people opportunities and forums where they can get involved and have their voice heard – i.e. School Council, Youth Cabinet, Young Inspector

Young People's Voice

- The Rotherham Lifestyle Survey has run for 12 years and in the time over 30,000 young people have had their voice heard.
- In the past 5 years, 17,410 have participated. Schools welcome and value the survey with 12 schools already signed up to participate again in 2019.
- This high volume of young people's voices needs to be recognised and become integral to shaping and developing the services we offer.

We need to act upon what they say to show they are listened to and taken seriously.

Thank you for Listening

Any Questions?