

Rotherham  
Voice of the Child  
Lifestyle Survey  
2019

Health & Wellbeing Report  
Inc. Trend Data

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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 from 2014 to 2019.

In 2019, 12 out of 16 secondary schools in Rotherham participated in the survey along with 3 pupil referral units. In 2019 the survey was also offered to students at all Special Schools using their new survey which has been designed with support from the pupils and staff. Schools participating in the survey gave their commitment to enabling pupils 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 4,260 young people who participated and shared their views by taking part in the 2019 survey. Out of the 4,260 young people, there are 4,091 young people in years 7 and 10. (It is these results that are the basis of this report). The additional 169 pupils are either in Y9 at Maltby who requested that a dedicated Y9 survey or pupils from special schools. Each of these will receive a report detailing these results.

### **1. Background Information**

This report presents the findings from the 2019 Lifestyle Survey from the year 7 and year 10 results. Also included in the Health & Wellbeing report will be trend information that could go back as far as 2014 or the year a particular question was introduced. The report will highlight the changes from previous years, compared with 2019.

It will be highlighted in the body of the report, the services or partners that the results relate to. This will enable services to see the views of young people about the services they support or provide.

Each year the survey is open to all pupils in Y7 and Y10 at secondary schools and pupil referral units. Since 2017 the survey has been offered to those who are elective home educated and special schools. Pupils are 11/12 and 14/15 years of age. In 2019 the survey was open from Tuesday 7<sup>th</sup> May 2019 and closed on Wednesday 17<sup>th</sup> July 2019. Overall in this cohort for 2019 there were 6696 young people attending a secondary school, a pupil referral unit or electively home educated.

This survey is open annually for young people in Rotherham and is the only opportunity regularly given for so many young people to have their say about their health, well-being and their future. The sample of 4091 young people, who chose to participate in the 2019 survey from Y7 and Y10, is 61% of the relevant population. A further 142 pupils from Maltby Y9 participated in the survey, following a request from the Personal, Social & Health Education (PSHE) Lead staff member at Maltby. These results have not been included in the 2019 borough wide report, but they have been shared confidentially with Maltby. There were a further 27 pupils from special schools who participated in their newly designed survey, again these results will be shared confidentially with the schools but were not included in the 2019 borough wide report.

The lifestyle survey provides an opportunity for young people to have their views and voices heard; this gives the council and their partners an insight into the experiences of children and young people living in the borough. This contributes to measures that partners have in place to monitor progress against their aims and objectives.

The questions in the survey are not mandatory, following a request from young people; they wanted to choose to opt out of questions if they felt it was not relevant to them.

Schools are able to use their own individual school reports to assist them in gauging 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. “*

Information about the lifestyle survey and the content of the survey are shared with parents/carers and they are given the opportunity to ask school any questions about the survey. Schools are encouraged to share their results with pupils, parents and carers.

## **2. Executive Summary**

In total 4091 pupils from Y7 and Y10 participated in the 2019 lifestyle survey out of a potential 6696 young people who attend either secondary school, elective home educated or pupil referral unit in this age range. This is an overall 61% participation rate.

Overall since 2014, 21,440 young people have shared their views with us through the Lifestyle Survey, on average this being 3,573 per year.

Four schools did not offer the survey to pupils in 2019, two of which have historically not participated. One school made us aware they would not be in a position to offer the survey and one school did not communicate their reason for not participating. Two schools, who have previously not offered the survey to their pupils, did participate in 2019.

## **2.1 Results**

The results of the 2019 Lifestyle survey will be compared to the results from previous years which may go back as far as 2014 or a year when a particular subject was introduced. The results show where there has been an improvement or where there appears to be an issue and this will be highlighted in the trend information. Each of these will be highlighted to the service or partner organisation the data is relevant to, so that they can take any necessary action. All areas that show what is working well and what we may be worried about will be highlighted to schools to enable them to benchmark against their own individual school results.

The results from the 2019 survey, which show a comparison to one previous year for all questions included in the lifestyle survey can be found in the full borough wide report for 2019.

## **2.2 What is Working Well? – Trends from previous years included**

- There has been a 3.6% increase since 2015 of the % of children and young people who are eating the recommended amount of fruit and vegetables each day. Change for Life resources have been promoted in primary schools and they deliver free fruit and vegetables to encourage and promote health eating.
- There has been a 5.7% increase in the % of children and young people who said they do not drink high sugar drinks and also a 2.7% increase in the % of children and young people who said they do not drink high energy drinks since 2015. Schools making the decision to ban the sale of high energy drinks, appears to be having a positive impact. Also schools have reported that they have been promoting information about the sugar content in drinks appears to be supporting pupils to make healthier choices.
- Young people have said they feel much safer when they are out. There has been a continued increase in the % of pupils who have said they always feel safe at Rotherham bus and train station since 2017. This could be attributed to the new layout of both the bus and train stations. Since 2017 there has been a 6.1% increase in the % of young people saying they always feel safe at the bus stations and 8.6% increase in those saying they always feel safe at the train station. The Youth Cabinet as part of their drive to improve safety and transport for young people have continued to work with South Yorkshire Passenger Transport and Rotherham Young Inspectors have also made recommendations to improve safety following an inspection. These results will be shared with South Yorkshire Passenger Transport.
- There has been a significant decrease in the % of young people who identified themselves as a young carer since 2014. There has been a 13.8% decrease in this period of time. The figure of 15.2% of young people identifying themselves as a young carer is more consistent with the 2011 census figure.
- More young carers feel they would be able to continue with their education and go onto college or university. This has increased by 1.2% since 2018 when this question was added to the survey. Young carers from Rotherham were given the opportunity to go to young carers residential in April 2019. This gave young carers a feel for university life and was offered free of charge by University of Hull and supported by Barnardos.

- There has been a decrease since 2015 of the % of young people who said they smoke regular cigarettes. In 2019 88.2% of pupils said they have never smoked, compared to 79% in 2015. There is a national ambition in the government's tobacco control plan to reduce the number of 15 year olds who regularly smoke down to 3% or less by 2022.
- There has been an increase in the % of young people who have said they have never tried alcohol. For year 7 pupils this has increased by 14.1% since 2014 and for year 10 pupils this has increased by 11% since 2014. In 2018 NHS England published a report saying that young people are turning their back on alcohol, therefore the lifestyle survey results are consistent with the information included in this report.
- There has been 20.6% increase in the % of year 7 pupils who have received education on the subject of child sexual exploitation since 2015. Barnardos Reachout and Barnardos Real Love Rocks programme offer training and train the trainer sessions at schools around sexual health and relationship subjects, this appears to be having a positive impact for young people in year 7. Although there has been a slight decrease since 2015 of the % of Y10 pupils who said they have received education around this subject.
- There has been a 9% decrease in the % of year 10 pupils who said they have had sexual intercourse since 2014.

### **2.3 What are we worried about? Trends from previous years included**

- Information from the Child & Adolescent Mental Health Service (CAMHS) is consistent with the results in the lifestyle survey. CAMHS has confirmed that they are seeing an increase in referrals to support young people with their mental health. The lifestyle survey results show that there has been a 5.6% increase in the % of pupils who said they have a diagnosed mental health medical condition since 2015. This information is consistent with the results from pupils about their feelings, since 2017 there has been a 3.3% increase from Y7 pupils who rate their mental health as poor and a 5.5% increase from Y10 pupils. There has also been an increase in the % of young people who have said they did not have anyone they could talk to, if they had a problem, which could be an indicator of loneliness; in 2019 the results show that 145 young people gave this response. This information has been highlighted to schools and has been shared with CAMHS service.
- There has been a 2.5% decrease in the % of pupils who said they visit their dentist on a 6 monthly basis since this question was introduced in 2017. This information will be shared with Oral Health Improvement Group. Members of this group are working in partnership to promote access to dental care for children.
- There has been a 6.4% decrease since 2015 of the % of pupils who said they are drinking the recommended amount of water each day. This information has been highlighted to schools.
- Young carers have said that their caring role is having an increased impact on their lives, since 2018, when these questions were introduced. There has been a 3.7% increase in young carers saying they feel they cannot cope and a 1.1% increase in the % of young carers saying they lose sleep worrying about the person they care for. This information has been highlighted to schools and to Barnardos, who are commissioned to provide Young Carer Service.

- Young people who have said their homes are smoke free has decreased by 9.5% since 2014. This decrease could be attributed to the inclusion of e-cigarettes in this question. National data shows that 7.1% of the overall population are vaping. The most popular age range for those vaping is 35 to 54 year old. This information has been highlighted to schools.
- There has been an increase in the % of pupils who have said they are regularly using an electronic cigarette. In 2014 this was as low as 3%, this has increased to 4.9% in 2019.
- The overall results show there were 209 young people who said they have tried some form of drug in 2019. This is a slight decrease in the % of young people who said they have tried some form of drug since 2015. The concerning factor is that the 3 most popular drugs in 2019 are cannabis, ecstasy and cocaine. Since 2015 there has been a 12.2% increase in the % of pupils who said they have tried cannabis, a 5.7% increase in those trying ecstasy, a 4.7% increase in those trying cocaine and a 4.6% increase in those trying heroin. Also young people have said they are using drugs more often, since 2016 there has been a 9.1% increase in the % of pupils who have said they have tried drugs more than 10 times. This information has been highlighted to schools.
- Although there has been a % decrease from year 10 pupils who said they have had sexual intercourse, there has been an increase in those who said they have had sexual intercourse after drinking alcohol or using drugs. This has increased by 27.5% since 2014. Also pupils who said they have not used any form of contraception has increased by 10.3% since 2014. This information has been highlighted to schools.

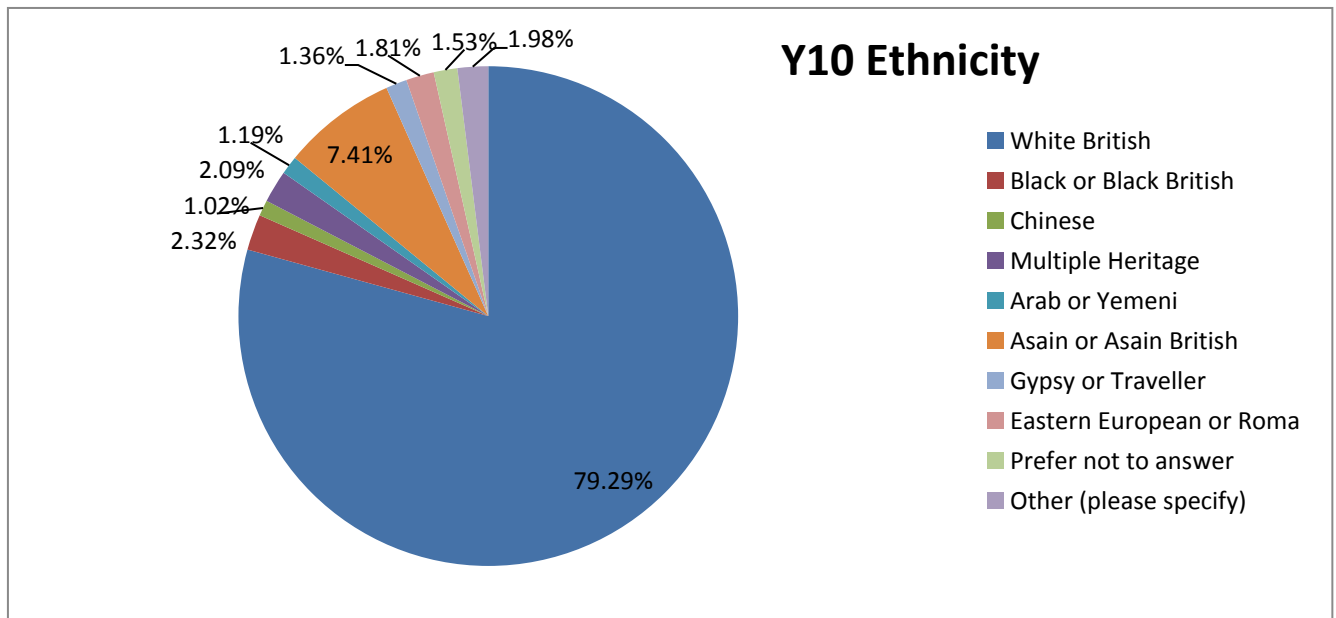
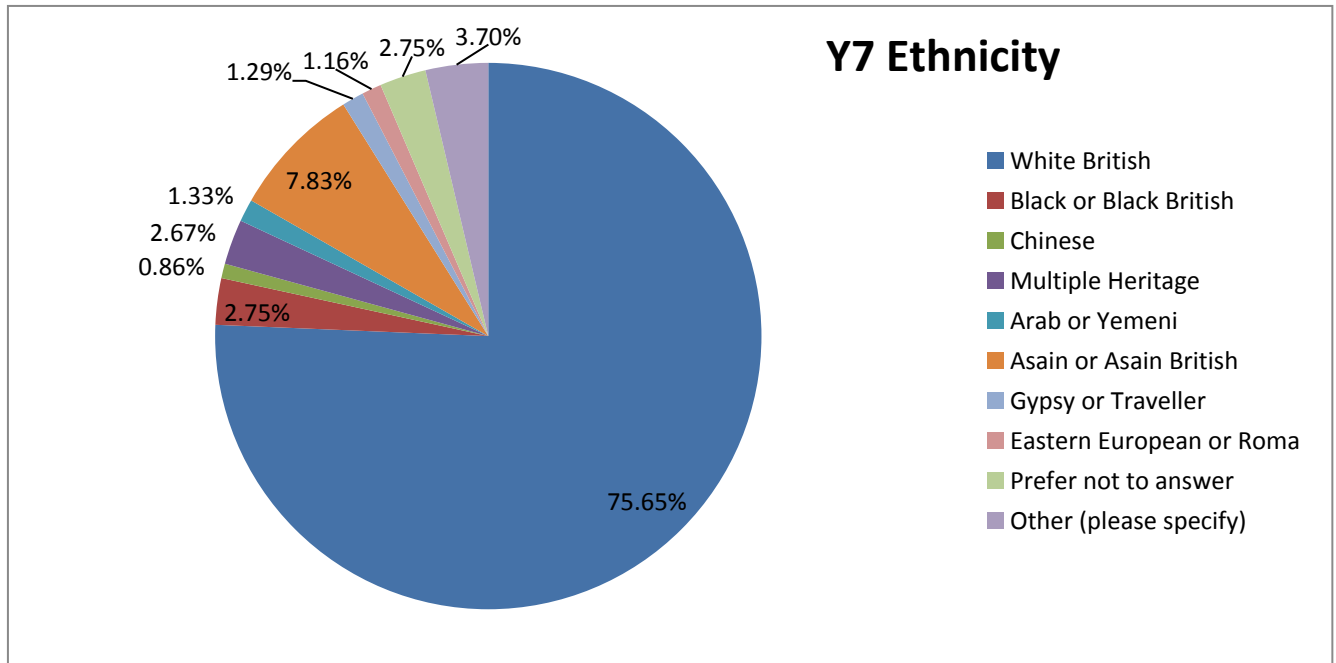
### **3. A little bit about me**

Of the pupils that completed the 2019 survey, 2041 (49.8%) were female and 2050 (50.2%) were male. 2324 (56.8%) were in year 7 and 1767 (43.2%) were in year 10.

Pupils are asked to say where in the borough they live, this information has enabled some of the results from 2018 (and this will be replicated in 2019) to be localised and shared with the Neighbourhoods and Safer Rotherham Partnership. Neighbourhoods have used this information to help identify their priorities and priority geographical areas. Safer Rotherham Partnership (in particular around the safeguarding questions), have used this information to identify areas where things appear to be working well and areas where there is cause for concern. Information is shared by ward data and not by each school. School data is confidential to each individual school and has not been shared wider as part of this ward breakdown.

#### **3.1 Ethnic Origin 2019**

The two charts below, show the breakdown of ethnicity of Y7 and Y10 pupils.



The overall 2019 results show that when asked about their ethnicity, 77.2% (3159) of pupils described themselves as White British (compared to 84% in 2014).

17.6% (720) described themselves as from Black or Minority Ethnic group (BME) (this compared to 13% in 2014). 2.2% (91) pupils preferred not to disclose information about their ethnicity and 2.9% (121) described themselves from 'other' ethnicity group. This is in line with the school census.

### 3.2 Looked After Children

Pupils were asked to say if they are a looked after child, with an option not to say if they so wished. CYPS data shows that during the period of time that the lifestyle survey was open, there were 95 young people in the age range for Y7 and Y10 who were looked after. 72 pupils in this age range completed the survey and identified themselves as a looked after child. This indicates that 75% of looked after children in this age range completed the 2019 lifestyle survey.

Out of these 72 pupils, 32 were in Y7 and 40 in Y10.

- 45.8% (33) pupils indicated they were in a foster care placement
- 43.1% (31) pupils indicated they were in other residential placement
- 11.1% (8) pupils indicated they were in a children’s residential placement

The information from the looked after children results will be shared with Looked after Children’s teams. This will enable the teams to compare the results about health and wellbeing of looked after children with borough wide results, helping identify best practice and where action needs to be taken.

The questions to capture feedback from children and young people who told us they are looked after, was introduced in 2017, the results show:

- 2017 – 30 looked after children completed the survey out of a cohort of 55
- 2018 – 59 looked after children completed the survey out of a cohort of 69
- 2019 – 72 looked after children completed the survey out of a cohort of 95

The results of the surveys completed by children and young people who identified themselves as looked after, will be shared with the Looked after Children Teams.

### 3.3 Health – Disabilities

Pupils were asked if they had a diagnosed long term illness, health problem, disability or medical condition. In 2019, 22% (902) of pupils said they had a diagnosed condition. This is a 6% increase from 2015 when overall 16% (496) of pupils said they had a diagnosed medical condition.

In 2019 with a comparison to 2015, the 3 main medical conditions that young people said they had been diagnosed with are:

Medical Condition	2019 (out of 902)	2015 (out of 496)
Asthma, Breathing & Fatigue	24.7%	23%
Autism	12.1%	11%
Mental Health	10.6%	5%

Asthma related conditions and autism have remained relatively similar in past 5 years. Mental health has increased by 5.6%. CAMHS have confirmed this information is consistent with their data, they have seen an increase in referrals to support young people with their mental health. This information is also consistent with the results of the questions relating to feelings. 5.1. The data relating to health and disability questions will be shared with Public Health and the results relating to young people and mental health will be shared with CAMHS.

### 3.4 Oral Health

The data around oral health will be shared with the Public Health Specialist lead for tobacco control and Oral Health Improvement Group. The questions around oral health were introduced to the survey in 2017.

Frequency	2019	2017
Visit Dentist 6 Monthly	76.5%	79%
Visit Dentist Yearly	15.2%	13.9%
Visit the Dentist less than once per year	3.7%	3.6%
Do not visit the Dentist	4.6%	3.5%

The results show that there has been a slight decrease since 2017 of the % of pupils who said they go to the dentist at least once per year. This has decreased from 92.9% in 2017 to 91.7%



in 2019. There has also been an increase of 1.1% of pupils who said they do not visit the dentist at all.

**What's working well?**

In 2019 NHS England has increased the number of available appointments at some dental practices in Rotherham.

It has been identified that the potential barriers for families not attending dentists are: Adults cannot afford treatment and may not take children to the dentist (even though NHS treatment is free for children); another common barrier is dental anxiety

**What is happening?**

The data from the Rotherham Lifestyle survey will be shared to be discussed at Oral Health Improvement Group and members will work in partnership to promote access to dental care, especially for children

**4. Healthy Eating & Exercise**

The data around healthy eating & exercise will be shared with the Public Health Specialist lead for weight management and will be highlighted to all schools.

**4.1 Fruit & Vegetables**

It is recommended that young people should aim to have 5 or more portions of fruit and vegetables each day.

There has been an increase since 2015 in the % of young people who said they are eating the 5 recommended pieces of fruit or vegetables each day. There has also been a decrease in the % of young people who said they are not eating any fruit or vegetables.

<b>Fruit &amp; Vegetable Consumption</b>	<b>2019</b>	<b>2015</b>
Eating the recommended 5 or more pieces of fruit or vegetables	16.6%	13%
Not eating any fruit or vegetables at all	6.4%	8%

**What's working well?**

'Change for Life' resources have been promoted in Primary Schools and are 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.

In 2019 over 20% of Y7 said they are eating the recommended 5 portions compared to 12% of Y10.

**4.2 Water**

It is recommended that young people should aim to have 6 or more glasses of water each day.

There has been a 6.4% decrease in the % of young people who said they are drinking the recommended amount of water each day since 2015, but there has been a very slight improvement of the pupils saying they drink no water at all since 2014. The results show:

<b>Drinking Water</b>	<b>2019</b>	<b>2015</b>
Drinking recommended 6 or more glasses of water per day	17.6%	24%
Drinking no water at all	7.6%	8%

The % of pupils drinking the recommended 6 glasses has consistently declined since 2015.

**What are we worried about? (2019)**

There has been a decline in the % of pupils who are consuming the recommended water per day and also an increase in the % of pupils who said they do not drink water at all from 2018 to 2019.

**What is happening?**

This result will be highlighted to Public Health and all schools.

### 4.3 High Sugar Drinks

It is recommended that high sugar drinks should be avoided.

There has been an increase in the % of young people who said they do not drink any high sugar drinks. Although there has also been a % increase in those young people who said they drink 3 or more high sugar drinks each day.

<b>Drinking High Sugar Drinks</b>	<b>2019</b>	<b>2015</b>
Drinking no high sugar drinks at all	40.9%	35.2%
Drinking 3 or more high sugar drinks each day	10.3%	7.6%

**What's working well?**

The promotion of the content of sugar in drinks that schools have adopted appears to be having a positive impact, with the increase of the % of pupils not drinking any high sugar drinks.

### 4.4 High Energy Drinks

Schools have made the decision to ban the sale of high energy drinks and highlight the negative impact excessive consumption can have.

The promotion of the issues around drinking high energy drinks that schools have adopted, appears to be having a positive impact. More young people are not consuming these types of drinks and less young people are consuming these in high quantities.

<b>Drinking High Energy Drinks</b>	<b>2019</b>	<b>2015</b>
Drinking no high energy drinks at all	65.7%	63%
Drinking 10 or more high energy drinks each week	1.3%	2.6%

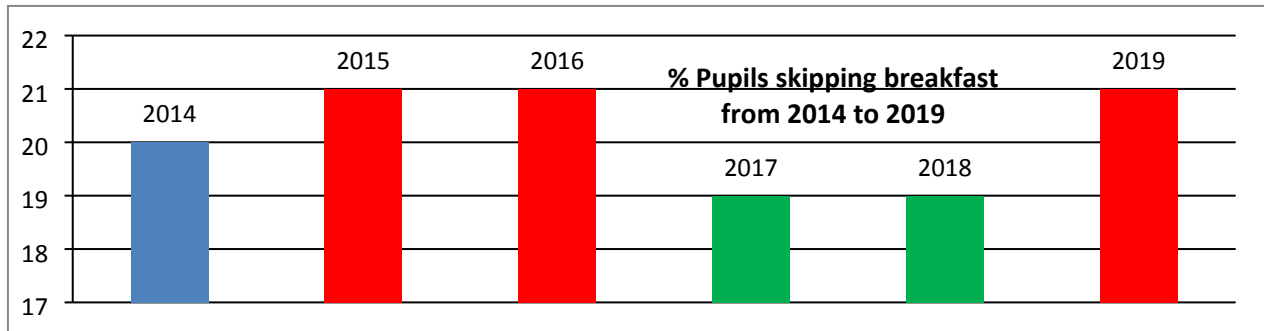
**What's working well?**

The decision made by 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 types of drinks.

### 4.5 Breakfast

A number of national studies have shown that between 25% to 32% of children of school age go to school without breakfast. The national picture from studies carried out show that girls are more likely to skip breakfast with the main reason given, it will help them lose weight. Boys gave the main reason, they didn't have enough time.

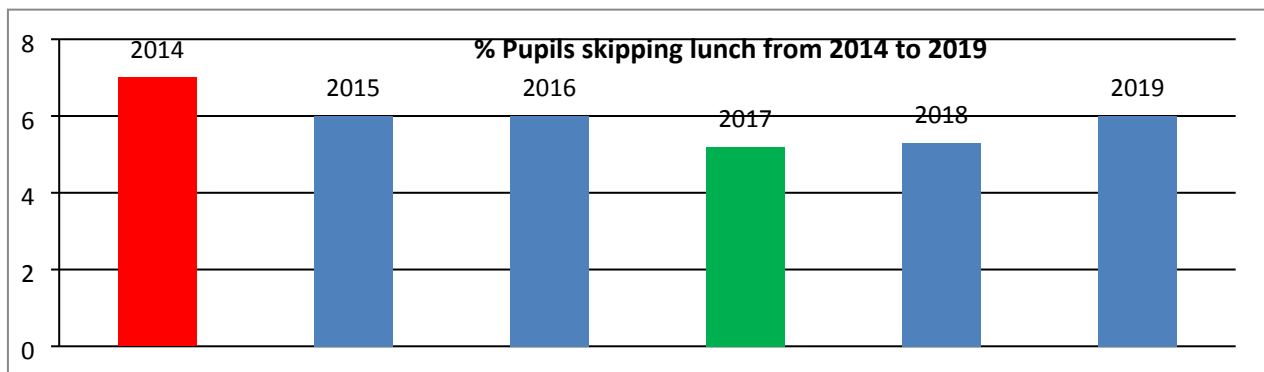
The Rotherham Lifestyle survey results have consistently shown between 2014 and 2019 that around 19% to 21% of pupils in Y7 and Y10 said they skip breakfast.



The trend has increased in 2019, back up to 21% after falling to 19% in 2017 and 2018.

#### 4.6 Lunch

Pupils are asked in the survey to say where they have their lunch during school time.



#### What are we worried about?

A trend has continued with a % increase of pupils saying they do not have any lunch.  
 In 2017 – 5.2% of pupils said they missed lunch  
 In 2018 – 5.3% of pupils said they missed lunch  
 In 2019 6% of pupils said they missed lunch

#### What is happening?

This data will be highlighted to all schools

#### 4.7 Exercise, Health & Weight.

It is recommended that young people should aim to get at least one hour moderate physical activity most days of the week. The minimum recommended is 30 minutes, 3 times per week.

The lifestyle survey results show:

There has been an improvement in the % of young people who said they regularly take part in sport or exercise

- In 2019, 82.6% (3097) said they regularly take part in sport or exercise
- In 2014 77% said they regularly take part in sport or exercise

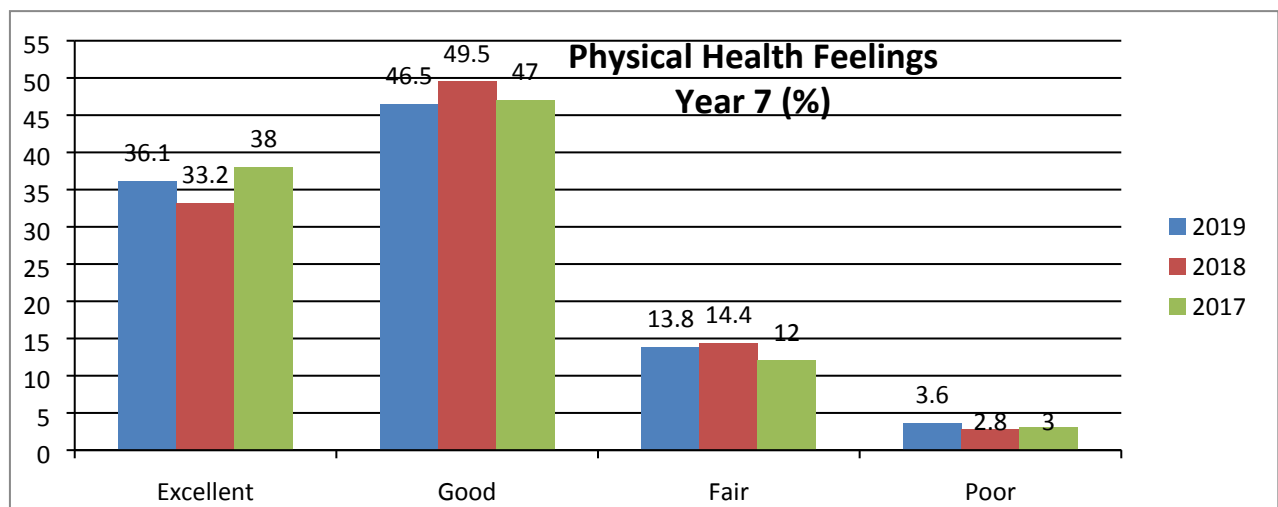
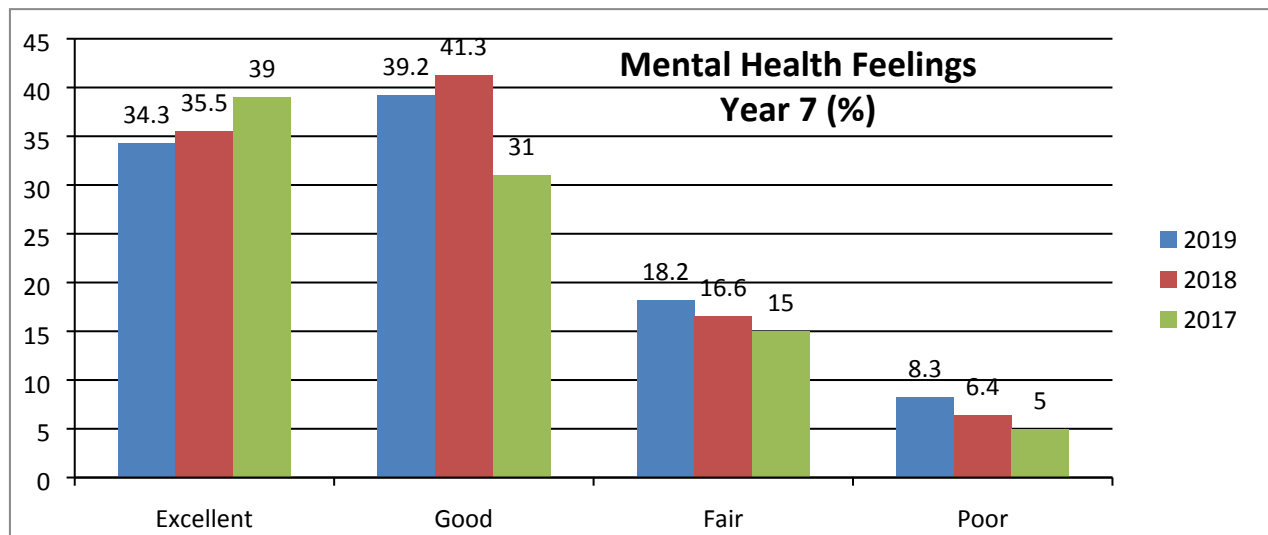
This indicates that young people have become more active since 2014, with a % increase of 5.6% saying that they regularly take part in sport or exercise.

## 5. Feelings

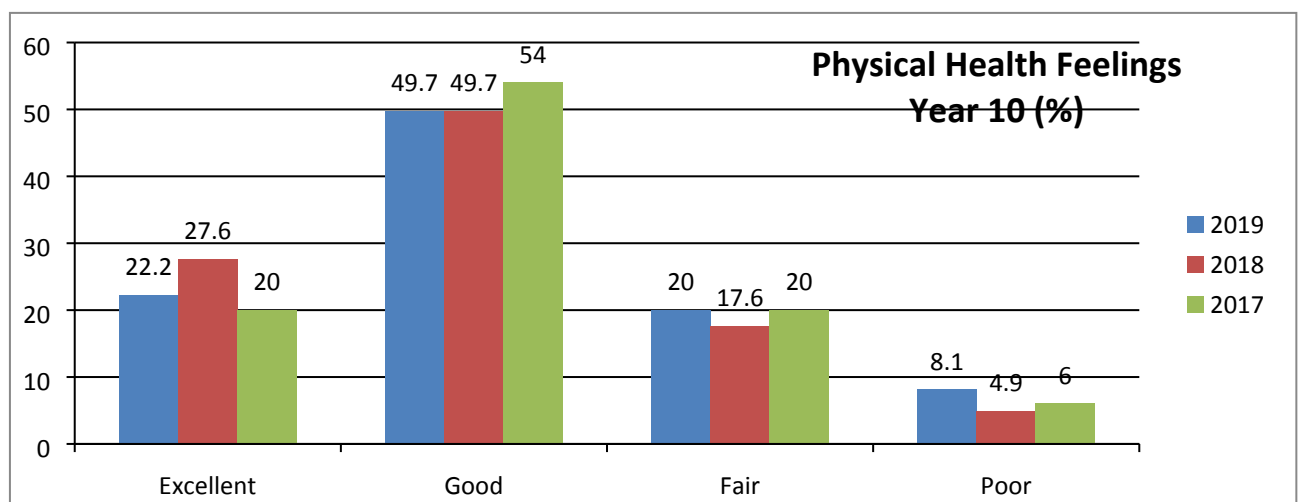
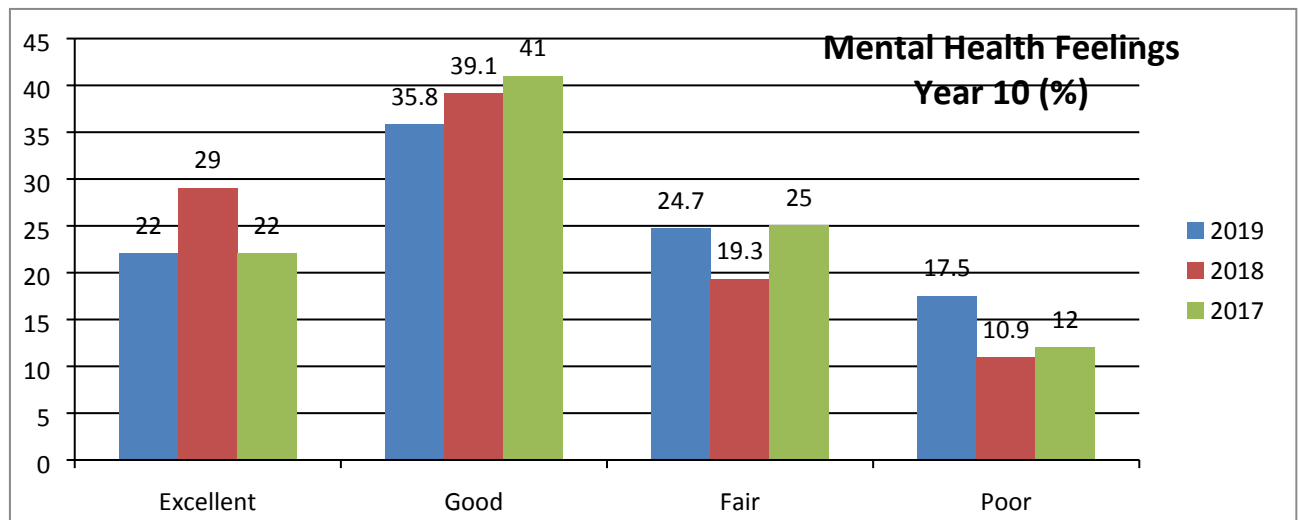
### 5.1 Feelings Physical & Mental Health

The questions asking young people about their feelings around physical health and mental health were introduced in 2017.

The responses are detailed in the charts below for Y7 and Y10 with a 2017, 2018 and 2019 trend information for comparison on young people's feelings about their physical health and mental health.



The Year 7 results show that there has been a trend of a decrease in % of pupils who expressed they felt excellent about their mental health, this has decreased by 4.7% since 2017. There is also a trend of an increase in % of pupils who expressed they felt poor about their mental health this has increased by 3.3% since 2017.



The Year 10 results show that there has been a decrease in 2019 in the % of pupils who felt their mental health was excellent, it has decreased to 22% the same as in 2017. There has been an increase in the % of pupils who felt their mental health was poor, this has increased by 5.5% since 2017.

This information is consistent with the diagnosed medical conditions question 3.3, which has highlighted that more young people have said they have a diagnosed medical condition relating to mental health.

**What are we worried about?**

The trend information shows that less young people feel good about their mental health and more young people feel their mental health is poor.

This information in conjunction with the data from 3.3 (Disabilities) that told us more young people informed us they have a diagnosed medical condition, relating to mental health, highlighting mental health is a priority for young people.

**What is happening?**

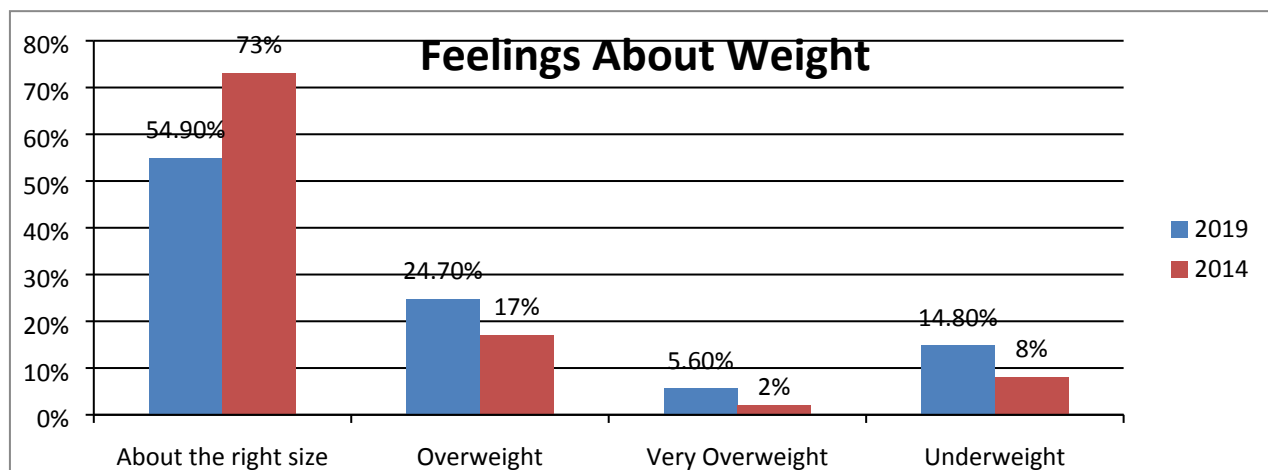
This information will be highlighted to Health & Wellbeing Board; CAMHS; Public Health Specialist for Mental Health & all schools.

The Health & Wellbeing Board have objectives to reduce the occurrence of common mental health problems among young people

This data is consistent with the experience of CAMHS, who have seen an increase in the volume of referrals for young people to support with their mental health.

## 5.2 Feelings about Weight

Young people have been asked to share their feelings about their weight and there have been changes to how pupils feel since 2014. It is clear there has been a change in how young people are feeling about their weight and body image. Young people saying they feel they are about the right size has decreased by 18% since 2014.



### Benchmarking

Public Health England  
Child & Maternal Health Data

Obesity Data for 10-11 Years

Rotherham 22.2%

Regional Yorkshire & Humberside 20.4%

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 2019 Lifestyle survey results highlight that there has been an increase overall of pupils who feel they are overweight/very overweight

### What is happening?

The newly commissioned child weight management service WHAM – (Weight, Health and Attitude Management) is now part of the 0-19 service (delivered by The Rotherham Foundation Trust (TRFT)) which has been in place since 2019. This provides support for children, young people (age 4-19 years) and families who have been identified with a BMI that suggests a child is overweight (from National Child Measurement Programme (NCMP), or other health professionals). One to one sessions give advice and guidance and a 6 week healthy lifestyle programme.

WHAM service is developing a training package to be rolled out to NHS and CYPS staff in October 2019 to support this programme.

For the first wave of families who have completed the 6 week programme the early indications show positive results

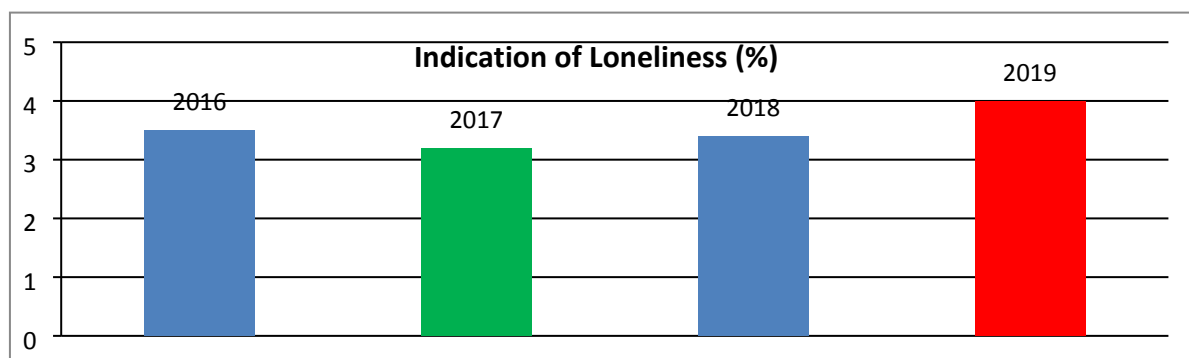
### 5.3 How Pupils Feel

There has been a consistent picture since 2014 about young people mostly feeling good about home life. This has always come out the highest % of what young people feel good about in both Y7 and Y10, each year since 2014. The least rated of what young people feel good about has also remained consistent since 2014, this has always been the way they look, this is consistent with the data around young people and their feelings about their weight and how they feel about their mental health.

### 5.4 Feelings and Talking About Problems

Young people are asked to say who they would most likely talk to about their problems, it has been consistent since 2014 that the people they are more likely to talk to if they had a problem would be a family member or an adult living at home.

In 2019, 145 (4%) of young people said they did not have anyone they could talk to, this option has increased from 2016, when this option was introduced. This information could be an indicator that a young person is lonely.



This information will be highlighted to schools, for them to review their own individual school results, compared to the borough wide results.

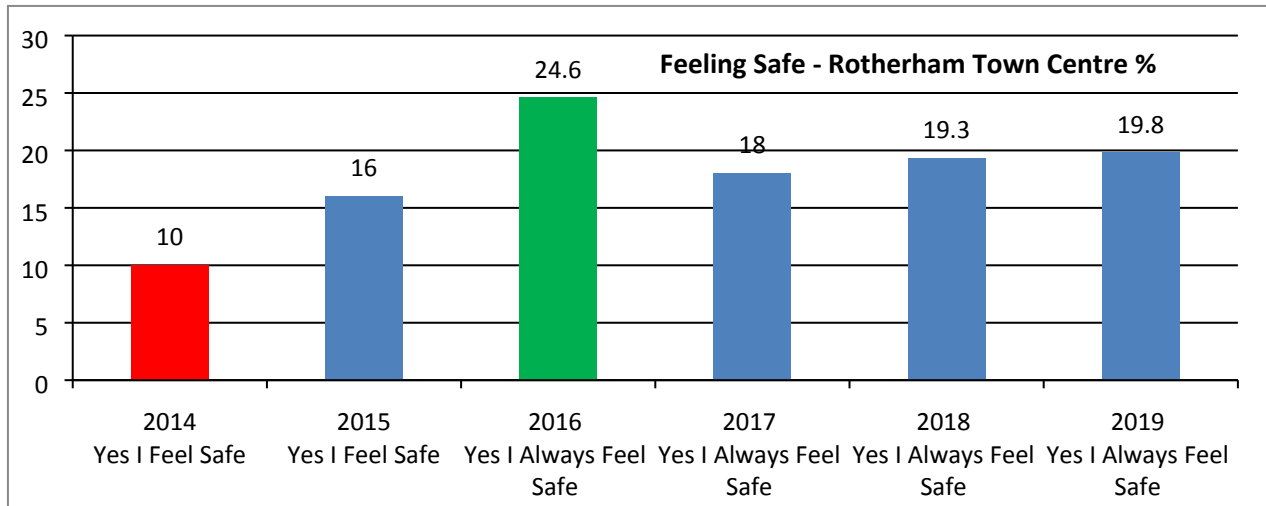
### 6.0 Safeguarding

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.

#### 6.1 Feeling Safe Rotherham Town Centre

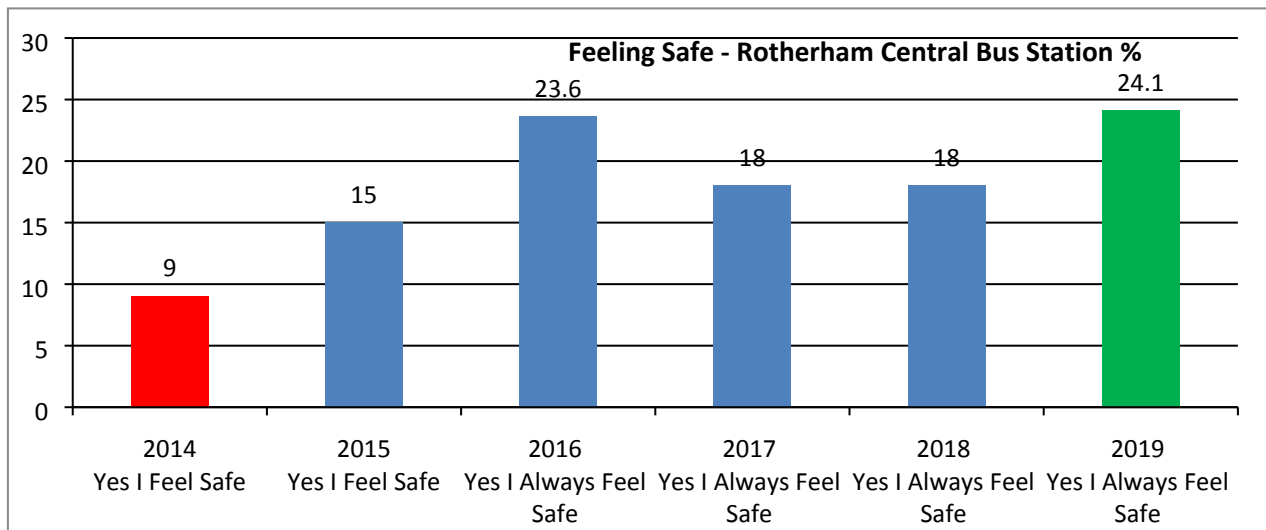
Pupils have been asked about feeling safe in and around the town centre since 2014, although the options were changed in 2016. Prior to 2016, young people were asked - Do you feel safe? (Yes/No). Post 2016, young people are asked – Do you feel safe? (Always/Sometimes/Never).

It is evident since 2014 there have been improvements and young people are feeling safer in Rotherham town centre than they did in 2014, this has improved from 10% up to 19.8%.



### 6.2 Feeling Safe Rotherham Town Centre Bus Station

The changes to the question are the same as Rotherham town centre, the options offered were changed in 2016. It is evident since 2014 there have been improvements and young people are feeling safer in Rotherham central bus station than they did in 2014. This has improved by 15.1%. In 2019 it was the highest % of children saying they feel safe since questions around safety were added to the Lifestyle survey in 2011. This could be attributed to the opening of the new layout of Rotherham bus station and the work of the Rotherham Youth Cabinet and Rotherham Young Inspectors.

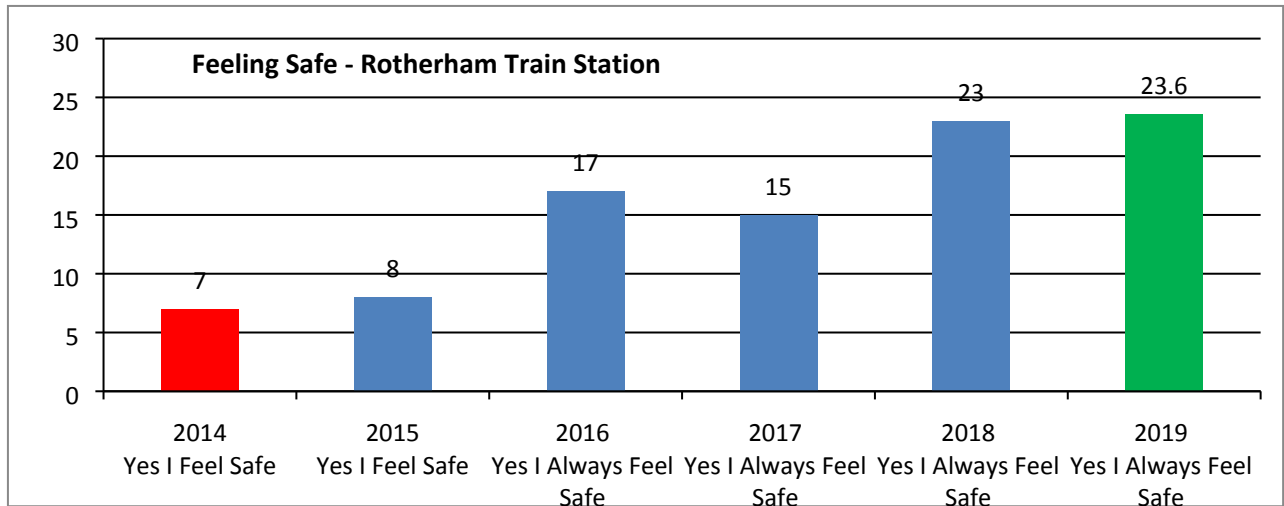


### 6.3 Feeling Safe Rotherham Train Station

The changes to the options were also introduced for the train station.

It is evident since 2014 there have been improvements and young people are feeling safer in Rotherham train station than they did in 2014. This has improved by 16.6%. In 2019 it was the highest % of children saying they feel safe since questions around safety were added to the Lifestyle survey in 2011. The improvements in 2018 and 2019 could be attributed to the opening of the new layout of Rotherham train station.

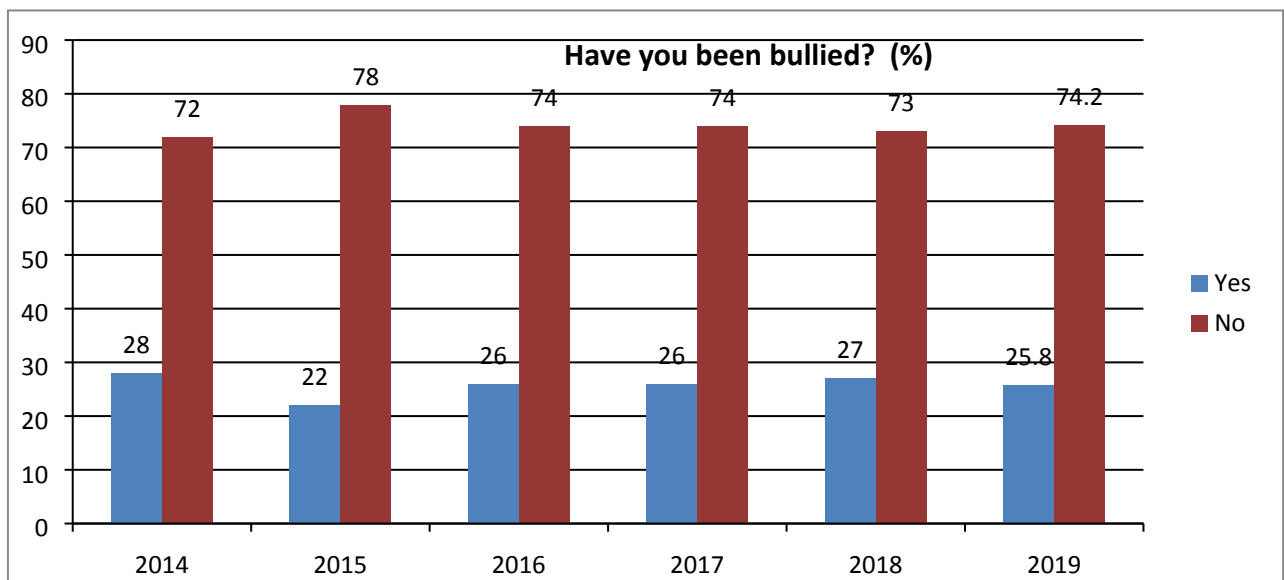




## 6.4 Bullying

Pupils are asked to say if they have been bullied in the past 6 months.

These results from the Lifestyle Survey will be shared to be included in the plans for the Children's Capital of Culture 2025, Safer Rotherham Partnership, and Rotherham Children's Safeguarding Board and highlighted to schools.



The trend shows that since 2014, the % of pupils saying they have been bullied has decreased by 2.2%, although the rates in 2019 are 3.8% higher than in 2015, when they were as low as 22%.

### 6.4.1 Bullying Reasons

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

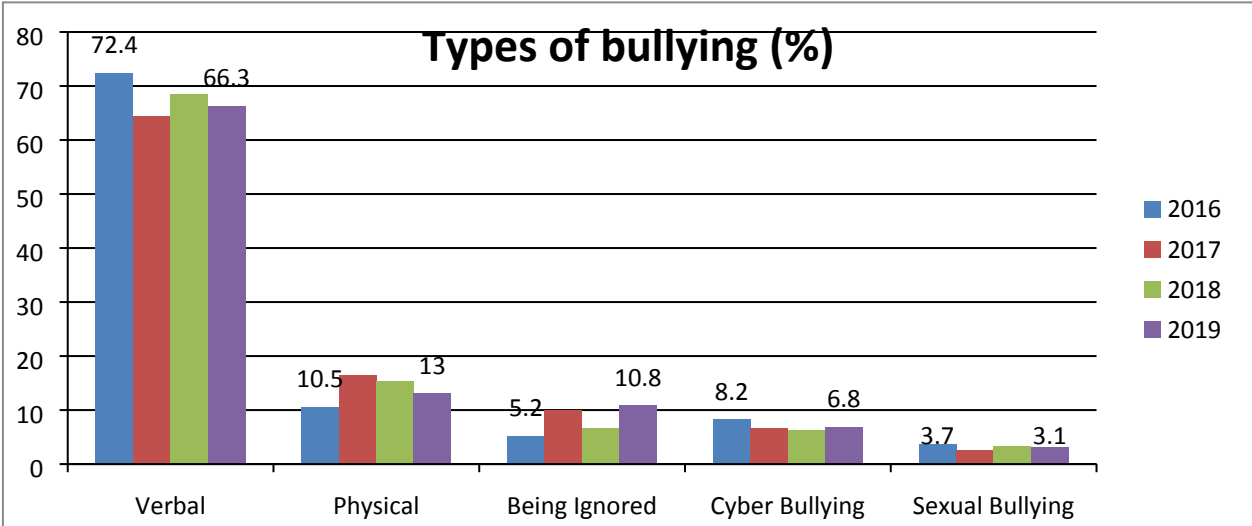
The main consistent reasons that young people have said they have been bullied since 2015 are:

Reason	2019	2018	2017	2016	2015
No specific reason	26.6%	25.6%	26%	30.2%	51%
Your weight	13.2%	14.6%	15.3%	11.9%	16%
The way you look and/or dress	13.1%	14.6%	12%	17.2%	16%

These have been the 3 highest % that young people have said they have been bullied since 2015. The options were changed for the survey in 2015, following consultation with young people who requested a change to the options. The main change was to add the option; no specific reason that the young person could think of.

**6.4.2 Forms of Bullying**

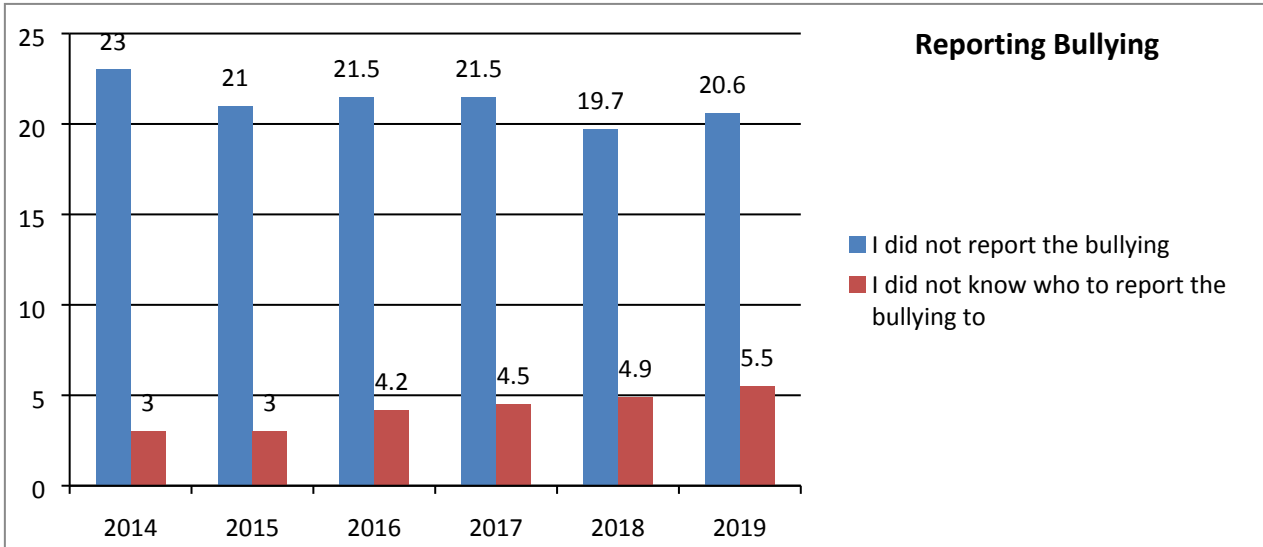
Pupils are asked to say what form of bullying they have been subject to. This question was introduced to the survey in 2016, since 2016 the results show that pupils said they have been bullied by:



The trend information show that the forms of bullying that have increased since 2016 are, physical bullying and being ignored and the biggest decrease is pupils being verbally bullied.

**6.4.3 Reporting Bullying**

Pupils are asked to say who they reported the bullying to, if they did report it. The results since 2014 show that consistently pupils are most likely to report the bullying to parents/carers or a staff member at school. The results show that since 2014 there has been a 2.4% decrease in the % of pupils who said they did not report the bullying, although there has also been an 2.5% increase in the % of pupils who said they did not know who to report the bullying to.



#### 6.4.4 Bullying Benchmarking

**Ditch The Label National Bullying Charity**  
**Between 1<sup>st</sup> November 2017 and 28<sup>th</sup> February 2018 there was a national survey about bullying**

**This survey was offered to 12 to 20 year old young people**  
**The survey was fully completed by 9,150 young people**  
**1% of these were from Yorkshire & Humberside region**

**The results from 9,150 young people showed that 22% said they had been subject to a form of bullying**  
**35% of these young people did not report the bullying**

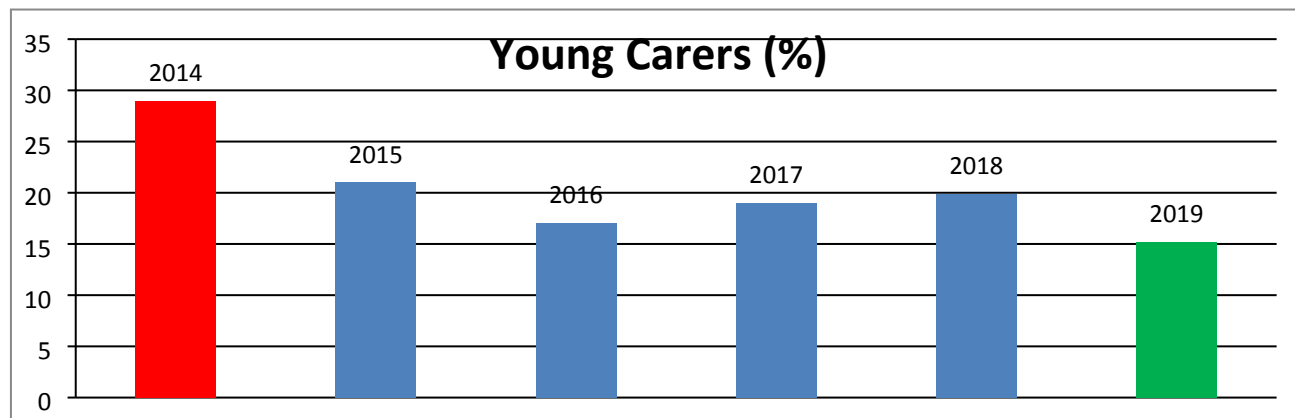
#### **Comparison – Rotherham Lifestyle Survey 2019 Results**

**The results for 2019 show that 25.8% (835) said they have been bullied**  
**Out of these**

**26.1% did not report the bullying or did not know who to report bullying to**

#### 7. Young Carers

Pupils are asked to share information about themselves and if they are a young carer. The young carer questions were developed with the support of Barnardos young carers council. The trend shows that since 2014 there has been a significant decrease in the % of young people who identify themselves as young carers, this has decreased from 29% in 2014 to 15.2% in 2019.



These results from the Lifestyle Survey will be shared to be included in the plans for the Children's Capital of Culture 2025, Barnardos Young Carers Service and CYPS Commissioning.

The overall figure from the 2011 Census for Rotherham identifies that 12% of young people in Rotherham are young carers. The lifestyle figure for 2019 is 3.2% higher than this figure, but this could be attributed to a number of factors. The survey is open to year 7 and year 10 pupils not all children of school age in Rotherham. The survey was not completed by all schools, 75% of secondary schools participated in the lifestyle survey in 2019. Pupils may have also identified themselves as a young carer if they are taking a young sibling to school or babysitting. A further reasons why there was a significant drop after 2014, there was a definition added to the question and an explanation in more detail of what a young carer is, provided by Barnardos Young Carers Service.

### 7.1 Caring Tasks

Pupils were asked about what tasks they help out with, they could choose more than one, if they are needed to do multiple tasks to help support and care.

Young carers have consistently told us since 2014 that the main tasks they carry out when they are caring are:

- Helping around the house
- Keeping someone company and not wanting to leave them on their own
- Helping look after and care for a brother or sister

### 7.2 Young Carers – Number of Hours Caring

Young carers are asked to say on average how many hours they provide care each day. There has not been much change in the % of young people saying they are caring for 8 or more hours per day.

- 2014 – 11% of young people said they were caring 8 hours or more
- 2019 – 11.7% of young people said they were caring 8 hours or more

### 7.3 Impact of Caring

The Barnados Young Carers Council, requested in 2018 to add some further questions to the survey, around the impact of their caring role.

The significant changes since 2018 show that

- The % of young carers feeling they cannot cope, has increased to 12.3% in 2019 from 8.6% in 2018
- The % of young carers saying that caring makes them feel they are doing something good has decreased to 43.2% in 2019 from 44.3% in 2018.
- The % of young carers saying they lose sleep worrying about the person they care for has increased to 6.5% in 2019 from 5.7% in 2018.
- The % of young carers saying they feel stressed has decreased to 23.6% in 2019 from 25.4% in 2018
- The % of young carers saying they do not get to see their friends as often as they would like has decreased to 7% in 2019 from 13.1% in 2018
- The % of young carers saying they feel that they will be able to go to college or university has increased to 81.2% in 2019 from 80% in 2018.

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

**Barnardos supported Young Carers from Rotherham to have the opportunity to go on a Young Carers Residential in April 2019**

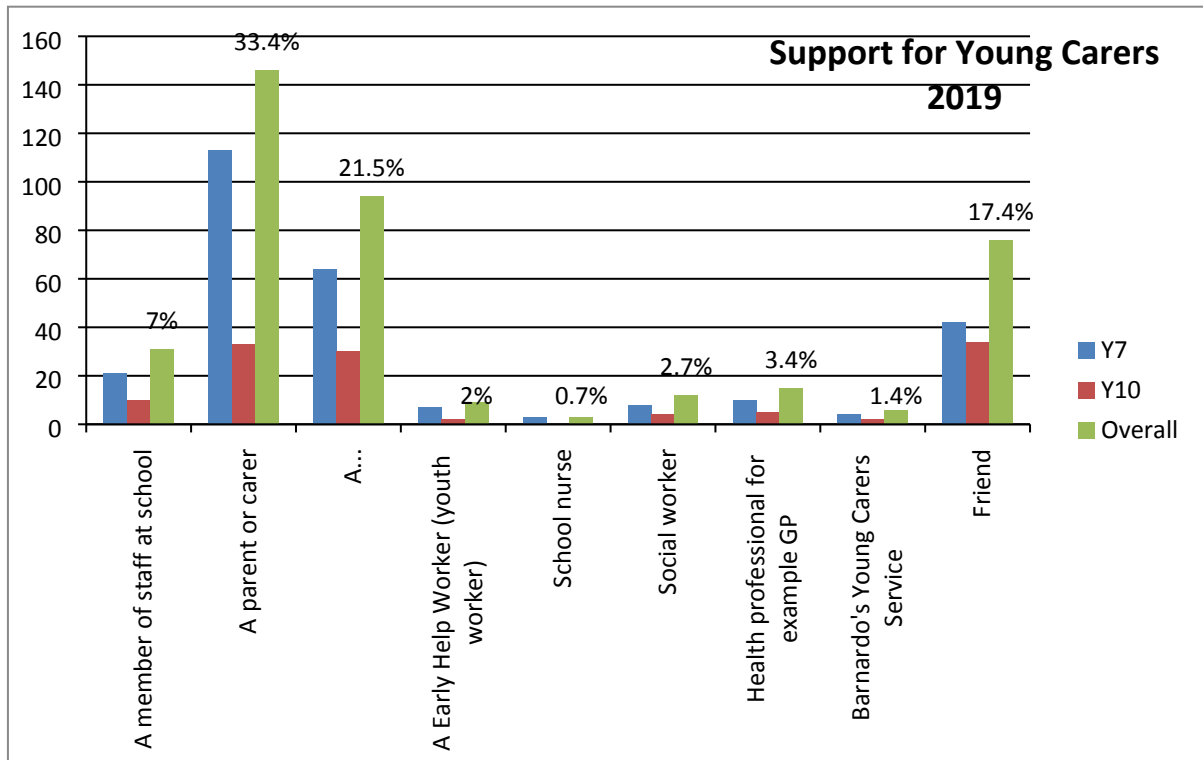
**This gave young carers the opportunity to have an introduction to university life and all it can offer**

**This residential was offered free of charge to young carers by the University of Hull**

**This was an opportunity for young carers to have a break from caring and experience university life**

### 7.4 Supporting for Young Carers

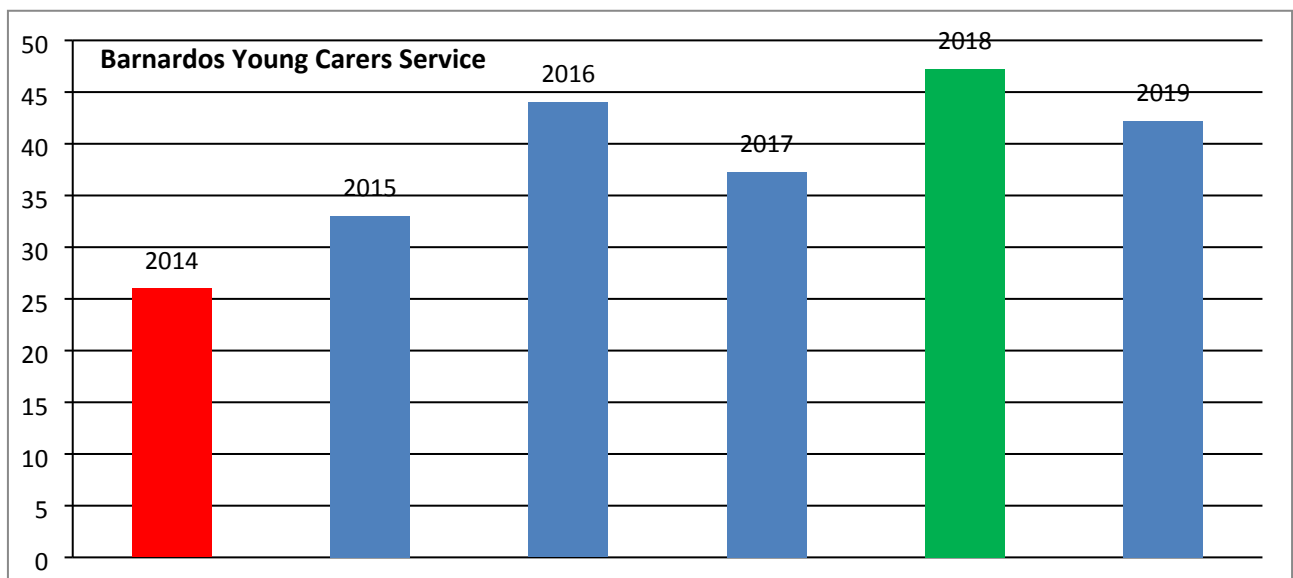
Young carers are asked to say if they were struggling with the pressure of being a young carer who would they choose to speak to. It has been consistent since 2014 that the majority of young carers would speak with a parent/carer, a family member or a friend. These have been the highest % choices consistently between 2014 and 2019. The results from 2019 are:



It has been a consistent % since 2014 around the young carers who would choose to speak with the Barnardos Young Carers Service. Each year 1.4% have said they would speak with this service.

#### 7.4.1 Barnardos

Pupils who had identified themselves as a young carer are asked if they have heard of the support available from Barnardos young carers services, the trend from 2014 shows:



Since 2014 there has been a 16.2% increase in the % of pupils identifying themselves as young carers that have heard of the Barnardos Young Carers Service. In 2014 26% of young carers had heard of this service and in 2019, 42.2% said they were aware of this service.

The results around the young carers questions will be highlighted to schools, shared with Barnardos Young Carers service and RMBC Commissioning Team.

### 8. Smoking, Alcohol and Drugs

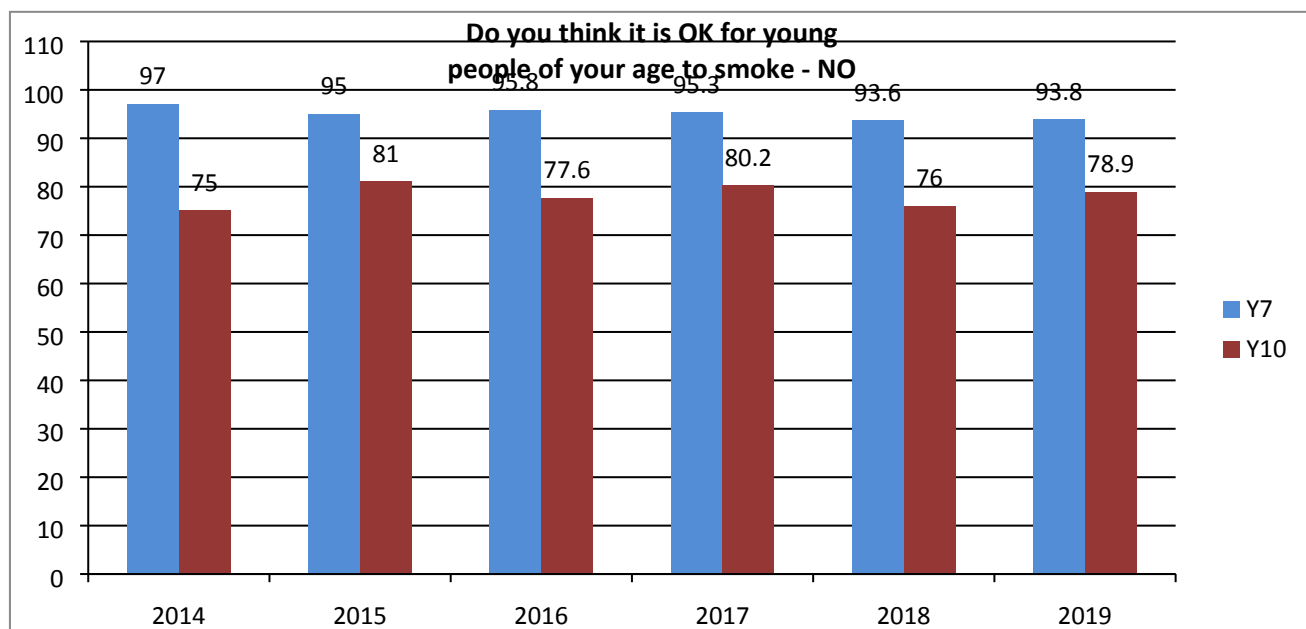
Pupils are asked to respond honestly to a series of questions asked about smoking, drinking alcohol and drug use. Information is shared throughout the survey where young people can go for advice and support. This is particularly highlighted in the smoking, alcohol and drugs questions. Schools are provided with an information pack prior to the commencement of the survey which also details where support and advice can be obtained for young people on these subjects.

#### 8.1 Smoking

Pupils can opt out in answering questions around smoking if they think it is not relevant to them. These results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for smoking in Public Health, Commissioning and Licensing Enforcement.

#### 8.2 The views of young people and smoking

Pupils are asked to say if they feel it is OK for young people of their age to smoke cigarettes, the trend data show:



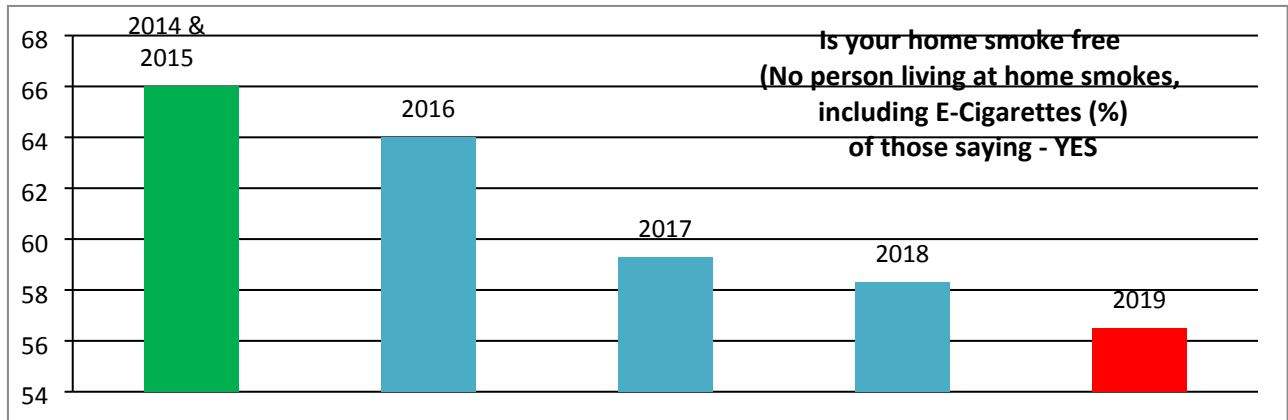
Year 7 pupils are more likely to say it is OK to smoke in 2019 since 2014. In 2014, 97% of pupils in Y7 thought it was not OK to smoke, this has decreased by 3.2% to 2019.

Year 10 pupils are more likely to say no, it is not OK to smoke in 2019 since 2014. In 2014, 75% of pupils in Y10 thought it was not OK to smoke, this has increased by 3.9% to 2019.

#### 8.3 Smoking and Home Environment

Pupils are asked to say whether they live in a smoke-free home.

This would mean that no person who lives in the home smokes any type of cigarette, including an E-Cigarette. The trend data show:



The data shows that since 2014:

- 9.5% decrease of those saying their home is smoke free
- Since 2015 electronic cigarettes were included in this question, this is likely to have contributed to this decline.

**National Data (September 2019)**

3.6 million people in the UK are vaping, a rise of 12.5% in one year.

Those using electronic cigarettes make up 7.1% of Britain's population, meaning more people are using e-cigarettes.

The products are most popular with 35 to 44 year olds, followed by 45 to 54 year olds

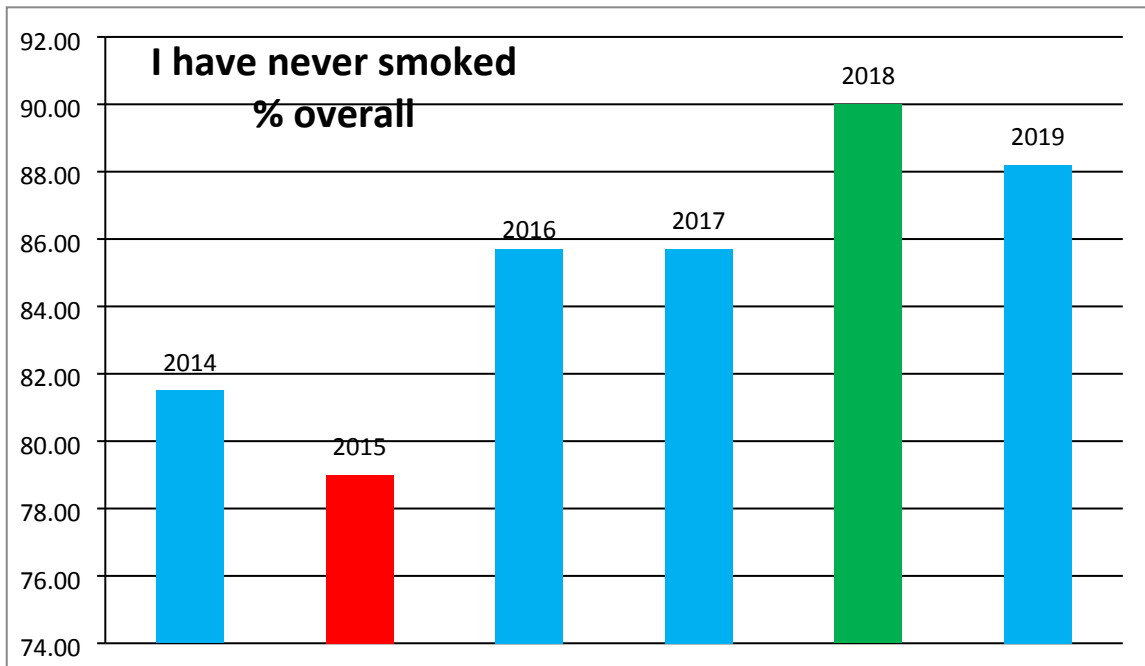
What Happens Next

Highlight this data with each school and smoking lead for Public Health

**8.4 Smoking Regular Cigarettes**

Pupils are asked to share their information around smoking habits.

The trend data from 2014 show the % of pupils who are saying they do not smoke.



The data shows that since 2014, there has been a 6.7% improvement in the % of pupils who have said they have never smoked. In 2015 the % of pupils saying they have never smoked

was the lowest over past 6 years at 79% and in 2018 this peaked at 90% of pupils saying they have never smoked.

**Benchmarking Information (Published 20.8.2019)**

**NHS Digital: Statistics on Smoking**

The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019.

84% of 11-15 year olds have never smoked this has improved from 81% in 2016

**Rotherham Lifestyle Survey 2019**

88.2% of all pupils have never smoked

94.1% (1563) of Year 7 (ages 11/12)

79.6% (912) of Year 10 (ages 14/15)

8.2% (256) said they currently smoke

117 smoking not as many as one a week

51 smoking between one to six cigarettes each week

88 smoking more than six per week

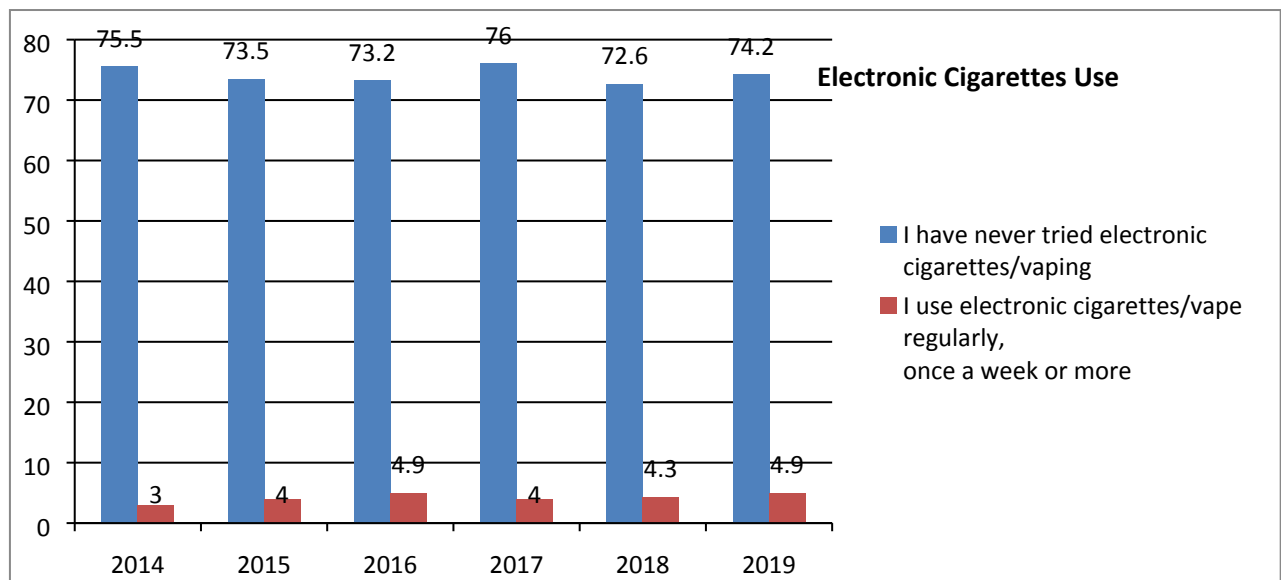
**National Target**

A national ambition in the Government’s new tobacco control plan published in 2017

Reduced the number of 15 year old who regularly smoke to 3% or less by 2022

**8.5 Electronic Cigarettes**

Pupils are asked to share information, whether they are using or have tried electronic cigarettes. The trend data around those who have never tried an electronic cigarette and those who are using them regularly since 2014 is:



There has been a 1.3% decrease in the % of young people who have said they have never used an electronic cigarette since 2014. There has been a 1.9% increase in the % of young people who have said they are using them regularly since 2014.

These results from the Lifestyle Survey will be shared with Health & Wellbeing Board and lead officer for smoking in Public Health.



### Benchmarking Information

Action on Smoking & Health Information from Ash.org.uk

Their key findings show that 76.9% of 11-18 year olds have never tried an electronic cigarette. The Rotherham Lifestyle survey figures are lower than this for Y7 and Y10 pupils at 74.2%.

Their conclusion around e-cigarettes is:

The data from the 2019 ASH YouGov Smokefree youth GB survey suggest that while some young people, particularly those who have tried smoking, experiment with e-cigarettes, regular use remains low, the data from Rotherham Lifestyle survey shows that from those who said they smoke e-cigarettes, 4.9% (150) said they use them regularly

Source of Information

<http://ash.org.uk/wp-content/uploads/2019/06/ASH-Factsheet-Youth-E-cigarette-Use-2019.pdf>

NHS Digital: Statistics on Electronic Cigarettes (Published 20.8.2019)

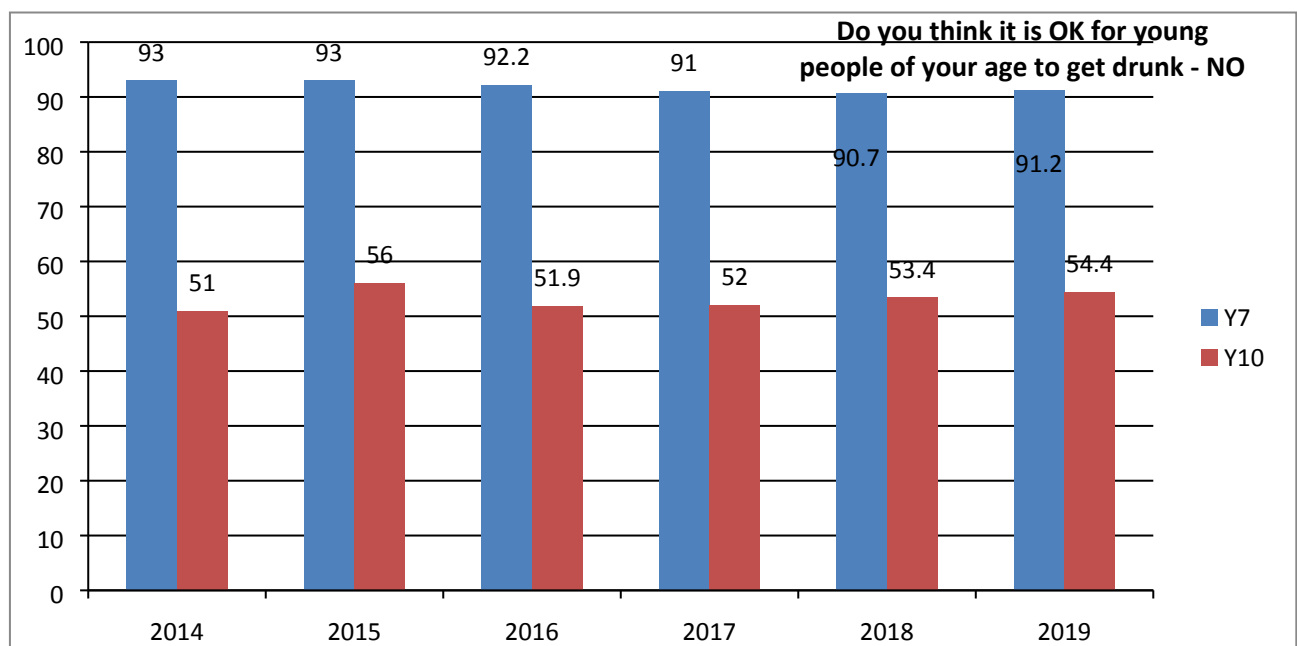
The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019. 75% said they have never tried an electronic cigarette; this is consistent with Rotherham Lifestyle Survey data.

### 8.6 Alcohol

The results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for alcohol/drug support in Public Health, Commissioning and Licensing Enforcement.

### 8.7 The views of young people and drinking alcohol

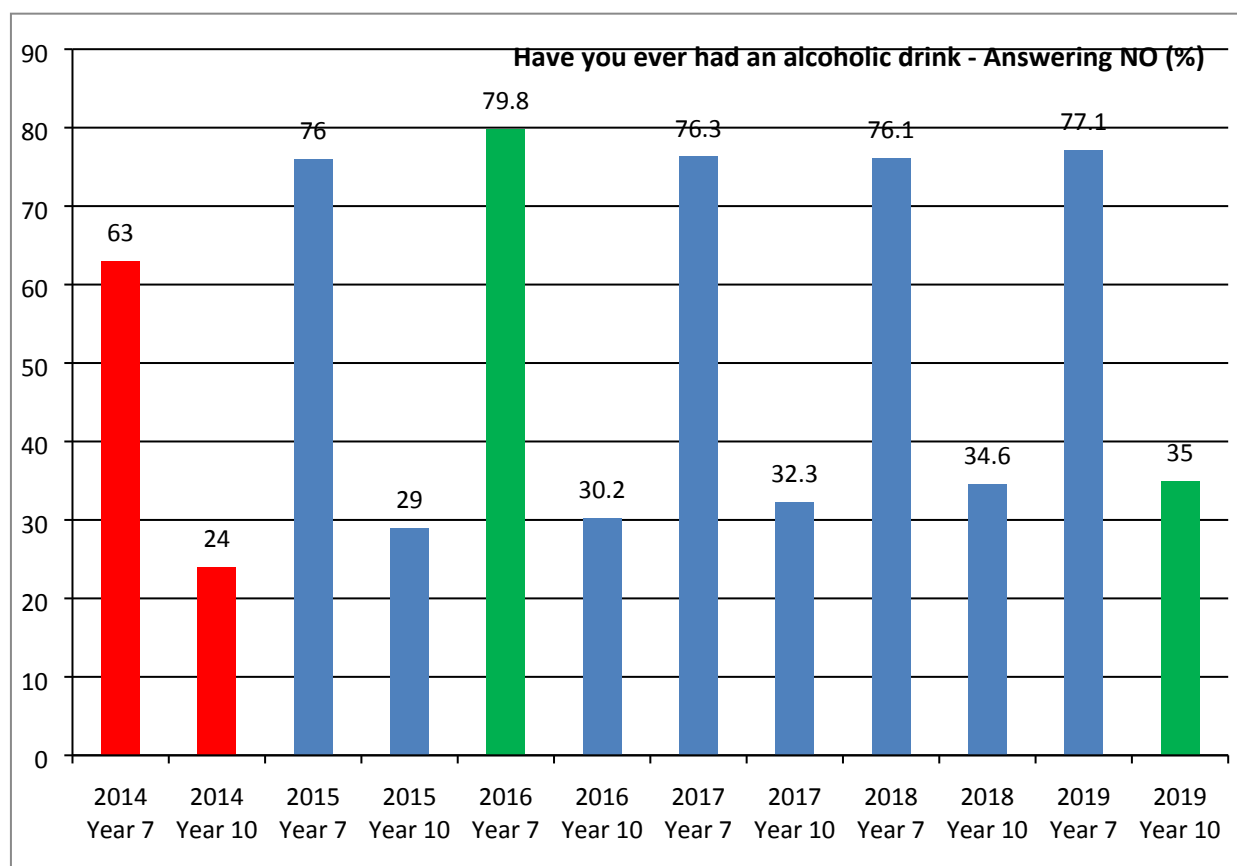
Pupils are asked to say if they feel it is OK for young people of their age to get drunk, the trend data from 2014 show:



Since 2014 there are fewer Y7 pupils who feel it is wrong for young people of their age to get drunk, this has reduced by 1.8%, although there are 3.4% more young people in Y10 who feel it is wrong for young people their age to get drunk.

## 8.8 Drinking Alcohol

Pupils are asked to say if they have ever had an alcoholic drink, even if this was just a small sip of alcohol, the trend data from 2014 show:

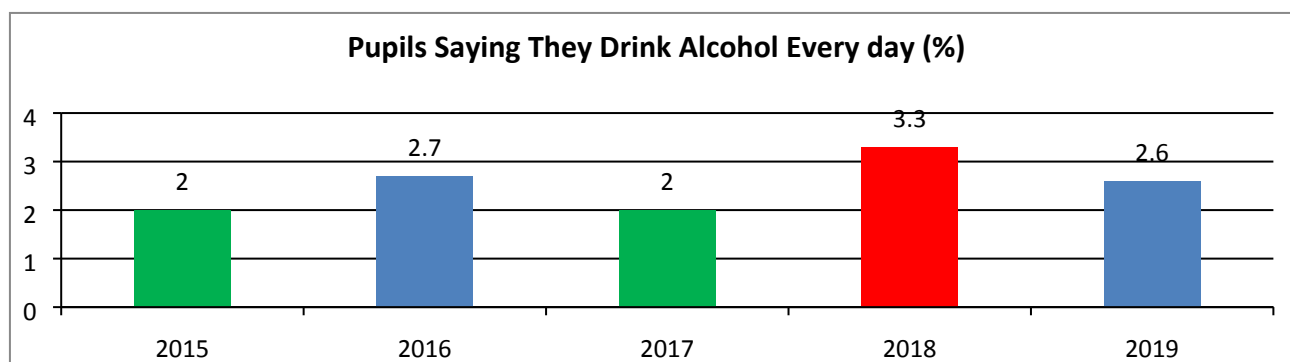


There has been an 11% increase in the % of Y10 pupils who said they have never had an alcoholic drink. In 2014 24% of Y10 pupils said they have never had a drink and this has increased to 35% in 2019.

There has been a 14.1% increase in the % of Y7 pupils who said they have never had an alcoholic drink. In 2014 63% of Y7 pupils said they have never had a drink and this has increased to 77.1% in 2019. This option did peak in 2016, when almost 80% of Y7 pupils said they have never had an alcoholic drink.

### 8.8.1 Frequency of Drinking Alcohol

Pupils who said they have had an alcoholic drink, are asked to say how often they drink. The trend data since 2015 that shows the % of pupils who say they are drinking alcohol every day. The data shows:



The % of young people who have said they have a drink of alcohol each day has slightly increased since 2015, although the results in 2019 are not as high a % as in 2018.

#### **Benchmarking Information**

The What About Youth (WAY) survey was carried out in 2014 and results published in 2015. This survey was designed to collect robust local authority level data about a range of health behaviours of 15 year old young people.

Rotherham's eligible sample size was 2,126

841 children from Rotherham answered the question, Have you ever had an alcoholic drink? -  
74.3% said yes

England overall figure – 62.4% said yes

Overall the Lifestyle survey results from 2019 show that 58.7% said they have tried an alcoholic drink, this could be due to the Lifestyle Survey is more recent data.

NHS Digital: Statistics on Alcohol (Published 20.8.2019)

The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019.  
56% said they have never tried alcohol.

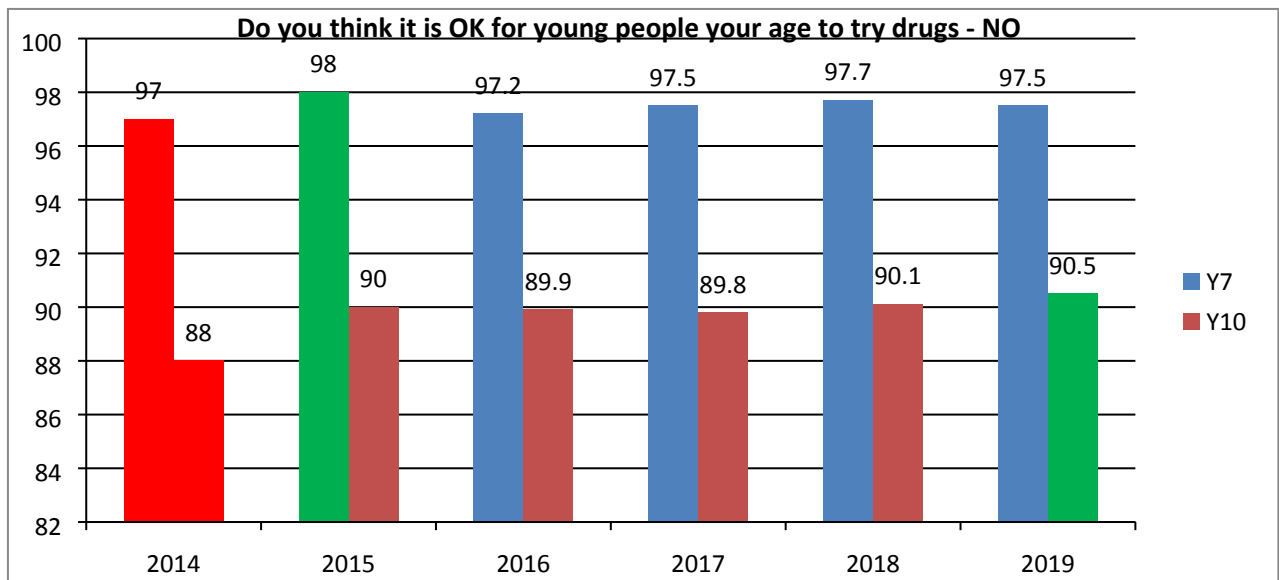
Over a 3 year period 2015/2018 there were 38 admissions to hospital of Rotherham under 18 year olds for alcohol specific conditions

### **8.9 Drugs**

Pupils can opt out of answering questions around drugs if they think it is not relevant to them. . The results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for alcohol/drug support in Public Health, Commissioning and the new commissioned service to support young people with drug and alcohol support.

### **8.10 The views of young people and the use of drugs**

Pupils are asked to say if they feel it is OK for young people of their age to use drugs, the trend data from 2014 shows:

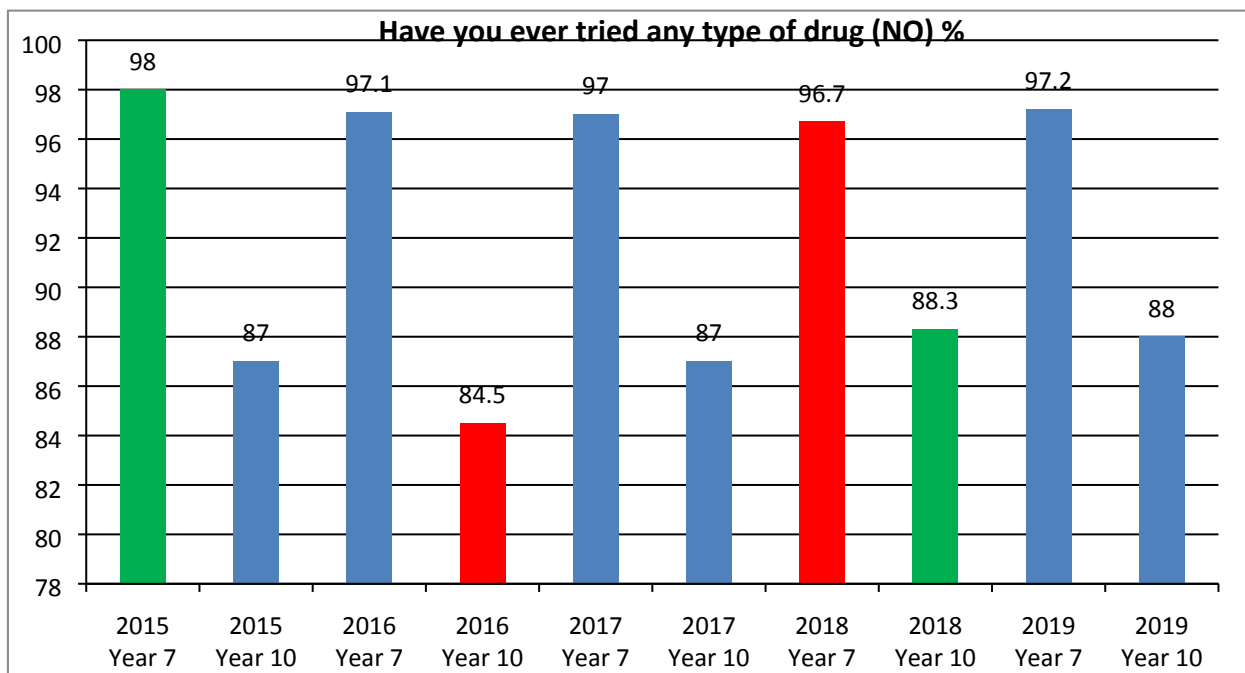


The results show that there is consistency for Y7 pupils between 2014 and 2019 ranging between 97% and 98% saying they feel it is wrong for young people of their age to try drugs.

For Y10 there has been a 2.5% increase in the % of young people in this age group who feel it is wrong to try drugs. This has increased in 2019 to 90.5%.

### 8.11 Using Drugs

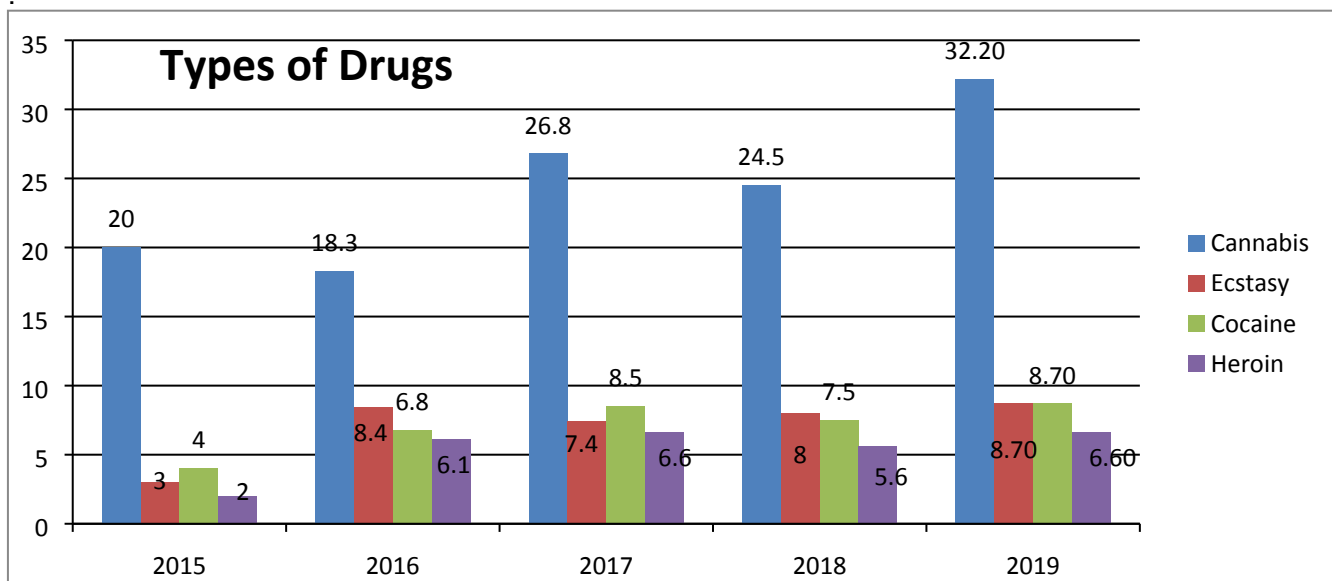
Pupils are asked to say if they have ever tried any drugs, the trend data from 2014 show:



The trend data shows that since 2014 to 2019 both Y7 and Y10 results are within 1% of each other of the pupils who have said they have tried drugs.

#### 8.11.1 Types of Drugs

The trend data shows that there has been an increase in the % of young people who have said they have tried the harder type of drugs. The trend data shows from 2015, when a question was added to the survey to ascertain the types of drugs young people were trying, the information shows:

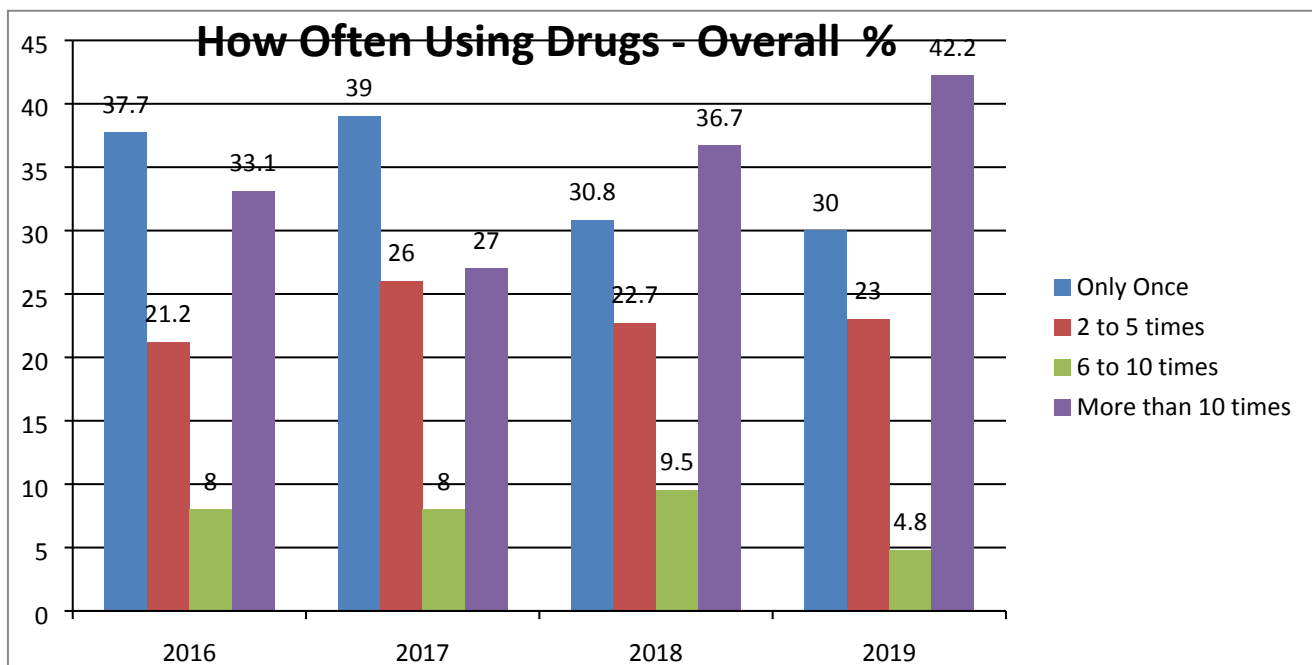


The results show overall for there has been increases of:

- 12.2% increase in the % of those who have said they have tried drugs, saying they have tried cannabis since 2015.
- 6.7% increase of those who have tried ecstasy
- 4.7% increase of those who have tried cocaine
- 4.6% increase of those who have tried heroin.

#### 8.11.2 Use of Drugs – How Often

Pupils are asked to say how many times they have tried a form of drug, the results show the responses since 2016 when this questions was added to the lifestyle survey.



The results since 2016 show that there has been an increase in the % of young people who have said they are using drugs more frequently. Young people saying they have used drugs more than 10 times has increased by 9.1% in 4 years. Those saying they have only tried them once has decreased by 4.6% in the same period.

### **What Are We Worried About?**

The 2019 Lifestyle survey results give an indication that more young people are trying drugs, and how frequent and how many times they are trying them appears to be on the increase.

The types of drugs that are being tried appear to be the stronger type of drug  
The most popular drugs now being cannabis, cocaine and ecstasy.

### **Benchmarking Information**

The What About Youth (WAY) survey was carried out in 2014 and results published in 2015. This survey was designed to collect robust local authority level data about a range of health behaviours of 15 year old young people.  
Rotherham's eligible sample size was 2,126

842 children from Rotherham answered the question, Have you ever tried cannabis?  
8.9% said yes  
England overall figure – 10.7% said yes

Overall the Lifestyle survey results from 2019 show that 6.9% (209) said they have tried a form of drug. Out of these 209, 32.2% (141) said they have tried cannabis.

Over a 3 year period 2015/2018 there were 68 admissions to hospital of Rotherham for 15-24 year olds due to substance misuse.

### **BBC News**

A recent BBC news article reported on the worry that children as young as 12 are being targeted by county line drug gangs expanding their markets into dealing.

Social media apps are increasingly likely to be used by young people to buy illegal drugs  
It is reported that young people think cannabis is safer than alcohol.

### **Action**

Rotherham Young Inspectors will be carrying out an inspection of the commissioned service to support young people with drug and alcohol problems in Rotherham. This inspection will take place February 2020

## **9. Sexual Health & Relationships**

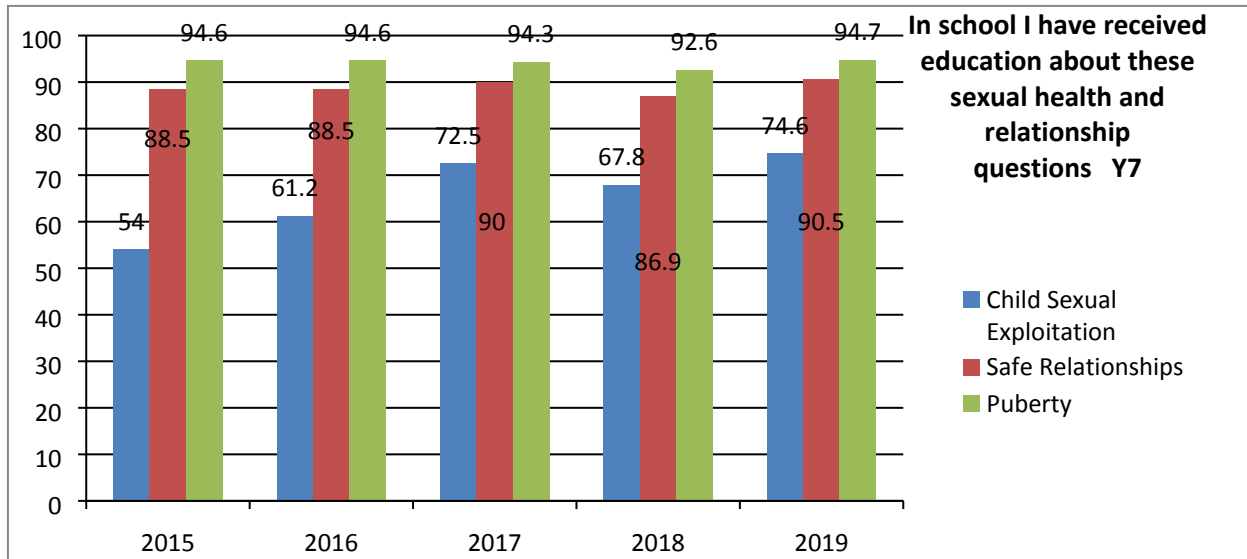
Pupils are asked a series of questions about sexual health and relationships. A number of these questions are age appropriate questions and are for year 10 pupils only. The report will indicate if the questions have been answered by year 10 only.  
The results will be highlighted to schools and shared with lead for sexual health in Public Health.

### **9.1 Sexual Health and Relationships Education**

Pupils are asked to share information about the sexual health and relationship education they have received at school. There are different options for year 7 and year 10 pupils, to make the options age appropriate.

#### **9.1.1 Year 7 Results**

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.

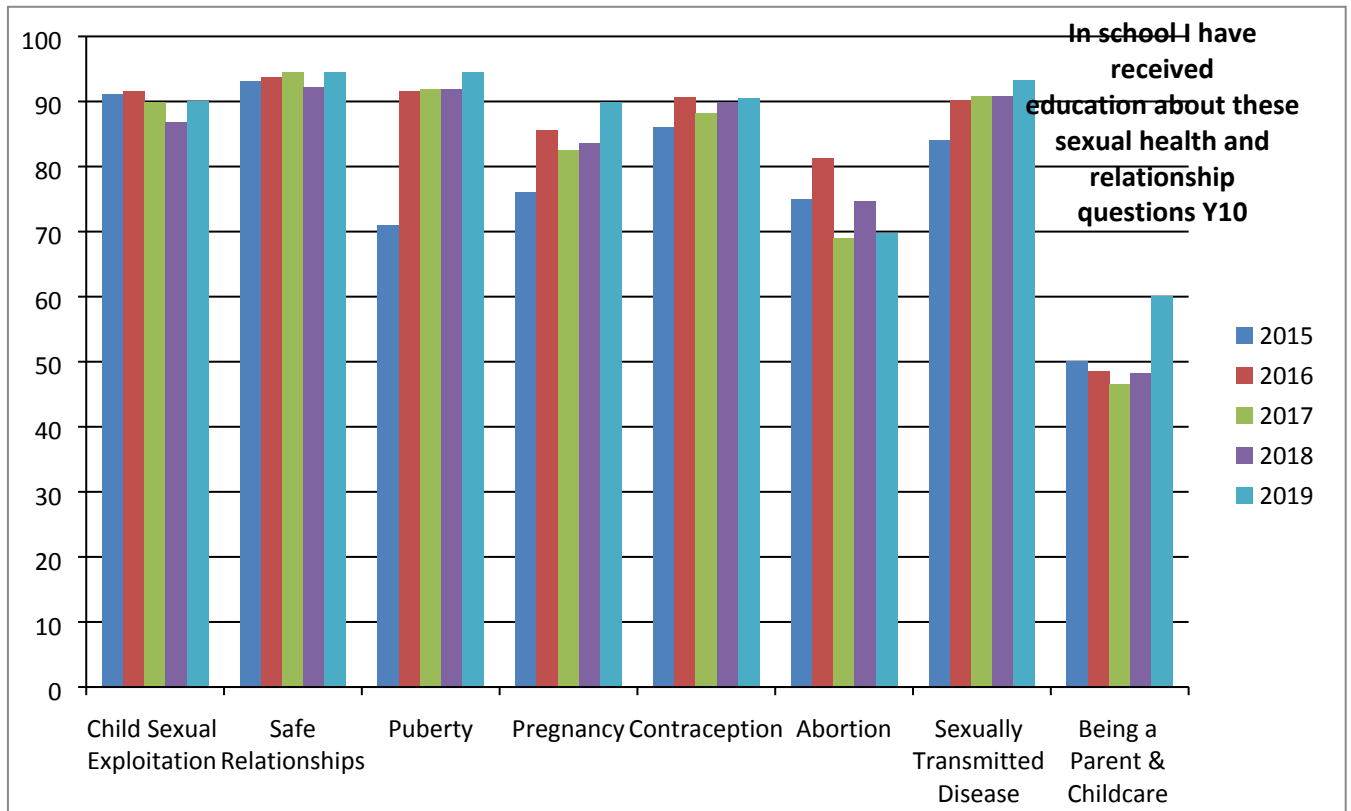


The results show that there has been an increase in the % of pupils in year 7 that have been taught about these subjects since 2015:

- CSE education has increased by 20.6%
- Safe Relationships education, including healthy relationships has increased by 2%
- Growing up and body changes education is relatively the same, with an increase of 0.1%

**9.1.2 Year 10 Results**

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.



The results show that there have been changes in the % of pupils in year 10 that have been taught about these subjects since 2015:

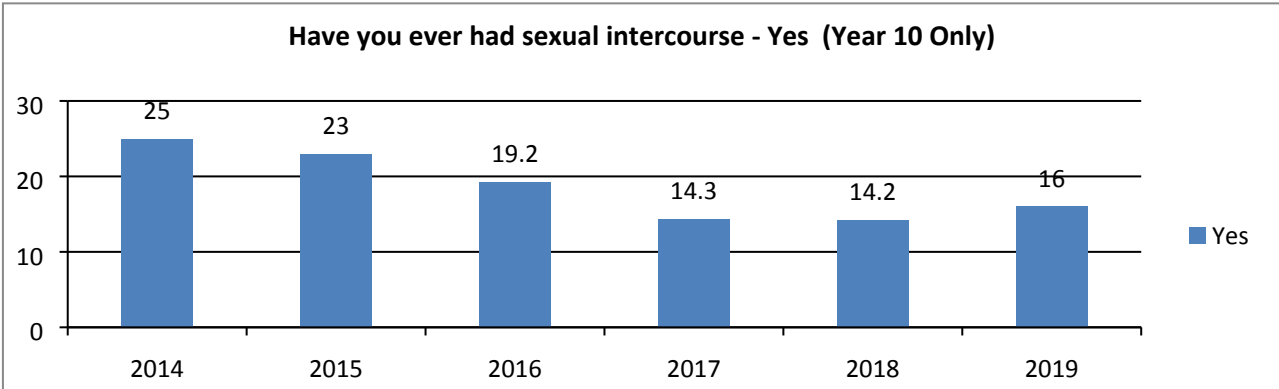
- CSE education has decreased by 1% since 2015
- Safe Relationships education, including healthy relationships has increased by 1.4%
- Growing up and body changes education has increased by 23.5%
- Pregnancy education has increased by 13.9%
- Contraception education has increased by 4.5%
- Abortion education has decreased by 5.3%
- Sexually Transmitted Infections education has increased by 9.3%
- Being a Parent education has increased by 10%

It is worth noting that the results in the survey are the perception of young people. There is no specific evidence that shows information around % of young people and the subjects they have been taught. Barnardos Reachout and Barnardos Real Love Rocks Programme deliver training to schools and they support train the trainer programmes, (training staff at schools to deliver their own training in particular around CSE).

**9.2 Sexual Relationships Y10 Only questions.**

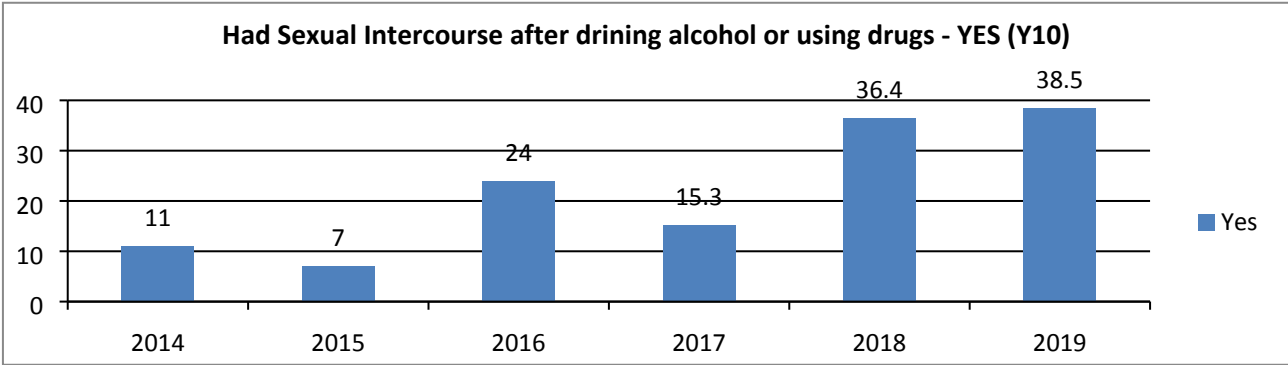
Pupils in Y10 were asked if they have had sexual intercourse. It is not compulsory for pupils to answer sexual health and relationship questions

There has been a 9% decrease since 2014 from the Y10 pupils who have said they have had sexual intercourse.



Pupils who answered yes, to the question have you ever had sexual intercourse, are asked follow on questions. They are asked to say if they have had sexual intercourse after they have drunk alcohol or taken drugs.

**9.2.1 Have you had sexual intercourse after drinking alcohol or using drugs?**

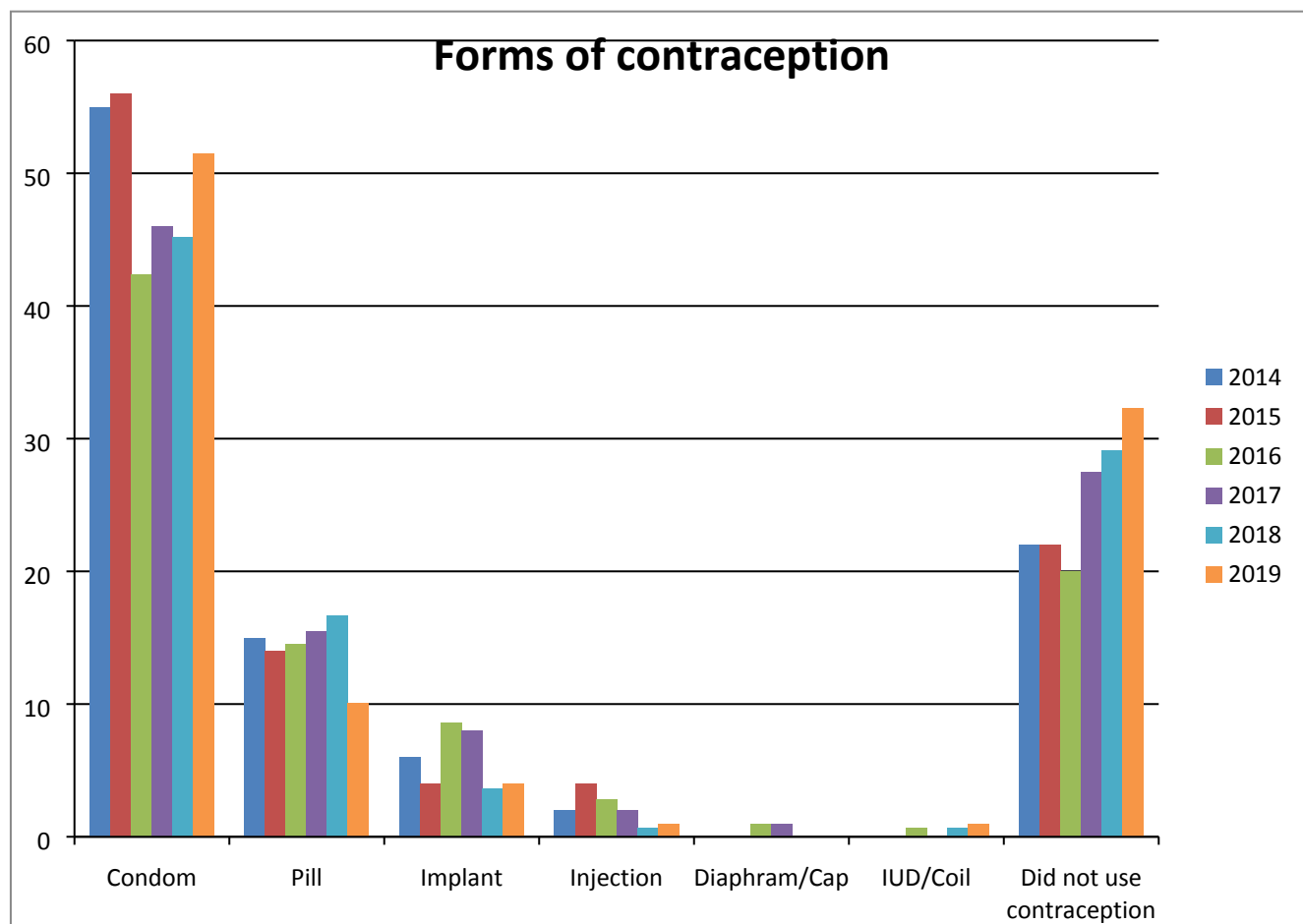




Although the % of Y10 pupils who said they have had sexual intercourse has decreased since 2014, there has been an increase of 27.5% of those pupils who have said they have had sexual intercourse after drinking alcohol or using drugs.

### 9.2.2 Contraception

Pupils who have said they have had sexual intercourse, are asked to share what type of contraception they used. The results since 2014 show:



The main changes from Y10 pupils sharing information about the form of contraception that they used are:

- Pupils saying they have used a condom as a form of contraception has decreased since 2014 by 3.5%
- Pupils saying they have used the pill as a form of contraception has decreased since 2014 by 4.9%
- Pupils saying they did not use contraception has increased by 10.3% since 2014

## **10. References**

Information other than the results of the 2019 lifestyle survey information has been sourced from:

- Rotherham Lifestyle Survey Reports 2014 to 2019
- Rotherham Health & Wellbeing Strategy
- Department for Education
- Barnardo's Young Carers Plan
- NHS Digital 2018
- What About Youth Survey 2014/2015
- [www.nutrition.org.uk](http://www.nutrition.org.uk)
- Public Health England
- Ditch The Label National Bullying Charity
- BBC News Article 4 March 2019
- BBC News Article 13 August 2019