

# Rotherham School Lifestyle Survey

2023

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## Acknowledgements

We would like to express our thanks to all the head teachers and staff at schools who coordinated the completion of the Lifestyle Survey for 2023.

In 2023, 15 out of 16 secondary schools in Rotherham participated in the survey along with 3 pupil referral units, and students who are elective home educated. Schools participating in the survey gave their commitment to enable students to participate in the survey to have their voice heard and to share their views on health, well-being, safety in Rotherham and their local areas.

We would like to thank the 4,919 students who participated and shared their views by taking part in this years' survey.

The school number on roll taken from the Summer census 2023 are below:

- Year 7 – 3,734
- Year 10 – 3,649

Therefore, for the Cohort of Y7 and Y10 students we have had a 66.6% participation.

## Background information

This report summarises the findings from the 2023 Rotherham School Lifestyle Survey for Year 7 and Year 10 pupils.

The survey was open to all Students in Year 7 (ages 11 to 12) and Year 10 (ages 14 to 15) at secondary schools and pupil referral units, those who are elective home educated and special schools.

Where possible, the survey analyses trend data from previous surveys (2017, 2018, 2019, and 2022 – please note the survey was not undertaken in 2020 and 2021) however, please note, as questions were made optional, response rates differ and as such, it is not possible to assess trends for all questions.

The Lifestyle Survey allows opportunity for young people in Rotherham to have their say about their health and wellbeing and the things that impact on their lives and it gives the council and their partners an insight into the experiences of children and young people living in the borough.

Responses to the survey provide important feedback to partners in relation to the services they provide to young people and are a rich source of information which they can use to measure and monitor performance against their targets and objectives.

Schools receive an individual school report from the survey to assist them in gauging how well they are meeting their own health and wellbeing objectives and to help shape their PSHE curriculum. This is considered outstanding practice and provides evidence in relation to Ofsted grade descriptors.

Following consultation with young people, several the questions have been made optional enabling young people to opt out if they feel the question is not relevant to them. Therefore, please note, it is possible that total number of responses for each question will not always equal the total number of participants. The use of cohort in the below text refers to the total number of question respondents.

Information about the completion of the Lifestyle Survey and the content of the survey are shared with parents and carers, and they are given the opportunity to ask their respective school any

questions about the survey. Schools are encouraged to share their results with students, parents, and carers.

## Rotherham context

Rotherham borough covers an area of 110 square miles and has a population of 265,807. Around half of the borough's population lives in the Rotherham urban, in the central part of the borough. Others live in many outlying small towns, villages and rural areas. Rotherham is a diverse borough with a mixture of people, cultures and communities. There are densely populated multi-ethnic inner urban areas, large council-built housing estates, leafy private residential suburbs, industrial areas, rural villages, and farms. The age profile for Rotherham is like that of England as a whole. However, Rotherham has a below average percentage of people aged 18 to 29 as a result of students leaving Rotherham to study elsewhere and young adults leaving the area for work, and a higher proportion of residents aged 50+. Rotherham is currently the 35th most deprived borough out of 151 local authorities in England according to the Index of Multiple Deprivation 2019.

### 0-19 Population

The 2021 Census showed there are 61,636 0-19-year-olds living in Rotherham of which 30,115 are female and 31,521 are male (table 1)<sup>1</sup>.

Age group	Female	Male	All persons	Total in the age group as a proportion of 0-19 population (%)
Aged 4 years and under	7,078	7,567	14,645	23.8%
Aged 5 to 9 years	7,976	8,005	15,981	25.9%
Aged 10 to 15 years	9,572	10,036	19,608	31.8%
Aged 16 to 19 years	5,489	5,913	11,402	18.5%
Total 0 to 19 years	30,115	31,521	61,636	23.2% (of total population)

**Table 1:** 2021 Census figures for those aged 0-19 in Rotherham, Office for National Statistics (ONS)

There are 14,150 single-family households with dependent children in Rotherham. The household composition of all families with dependent children are shown in table 2, below.

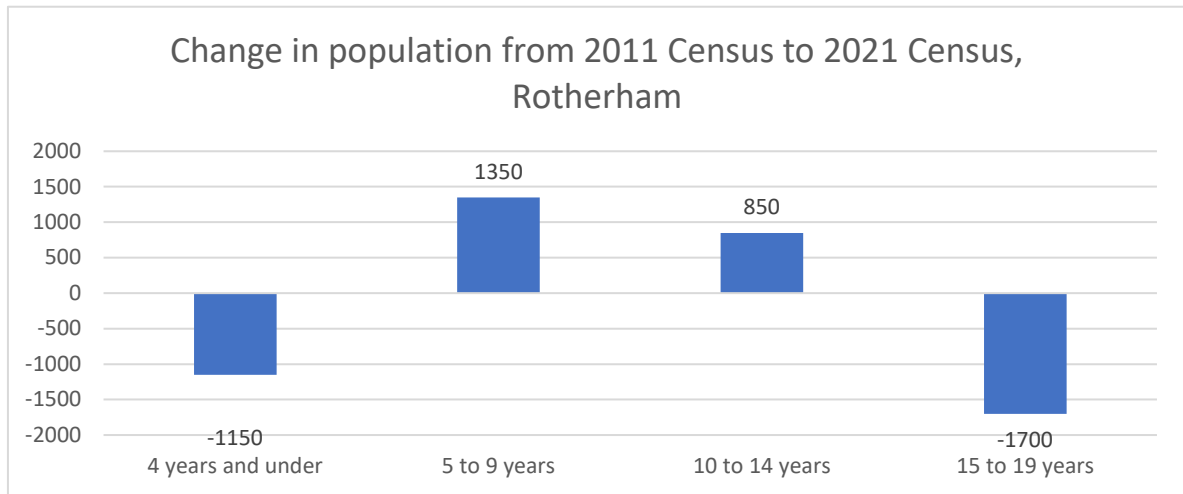
Household composition	Number of families
Single family household: Married or civil partnership couple: Dependent children	14150
Single family household: Cohabiting couple family: With dependent children	7151
Single family household: Lone parent family: With dependent children	8613
Multiple-family household: With dependent children	2401

**Table 2:** 2021 Census figures for household composition, Office for National Statistics (ONS)

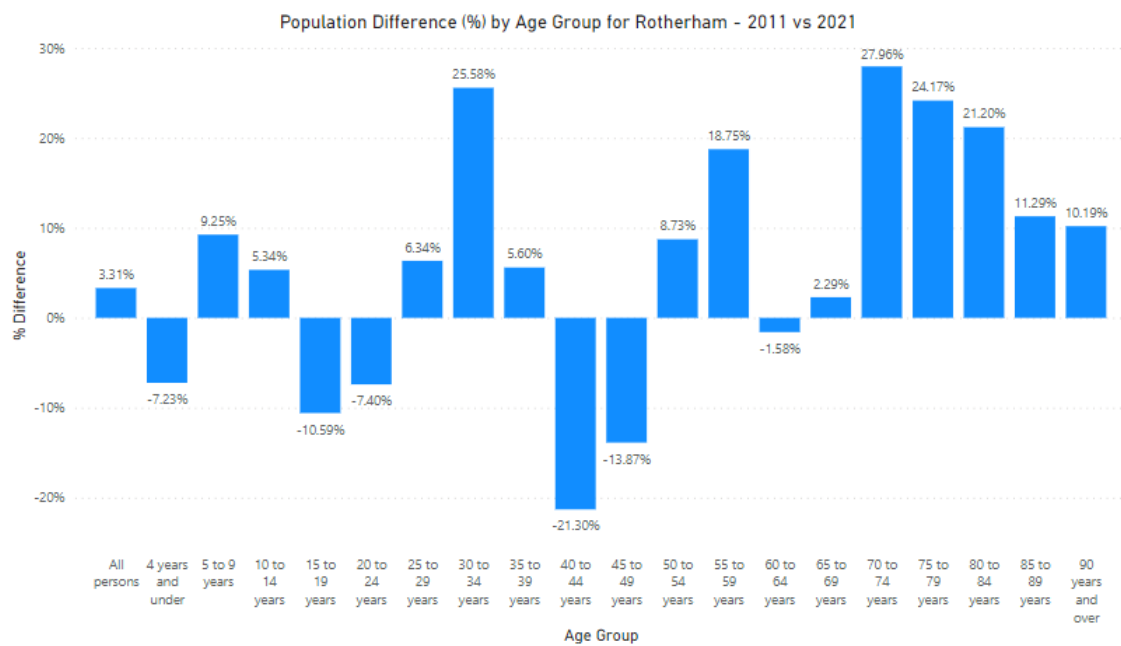
### Change in population

Overall, the size of the 0-19 Rotherham population has decreased from the 2011 Census to the 2021 Census by approximately 700, (61,600 in 2021 compared to 62,300 in 2011) however both the age groups aged 5 to 9 and 10 to 14 have seen an overall increase (figure 1). Figure 2 shows the population

difference across all age groups in Rotherham, 2011 and 2021 Census; overall the population has increased by 3.3% from 2011 to 2021.

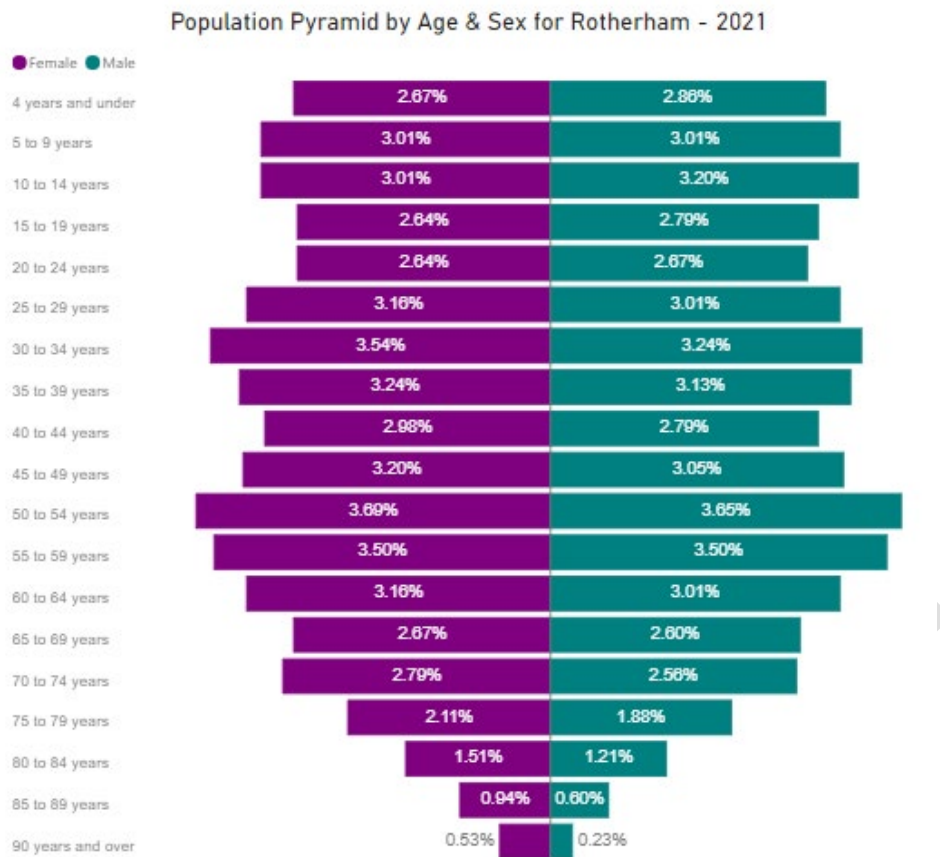


**Figure 1:** Change in population from 2011 Census to 2021 Census, Rotherham



**Figure 2:** Change in population from 2011 Census to 2021 Census (%), Rotherham

The split by age and sex, Rotherham 2021, is shown in figure 3 below.



**Figure 3:** Population Pyramid by Age & Sex for Rotherham (2021 Census)

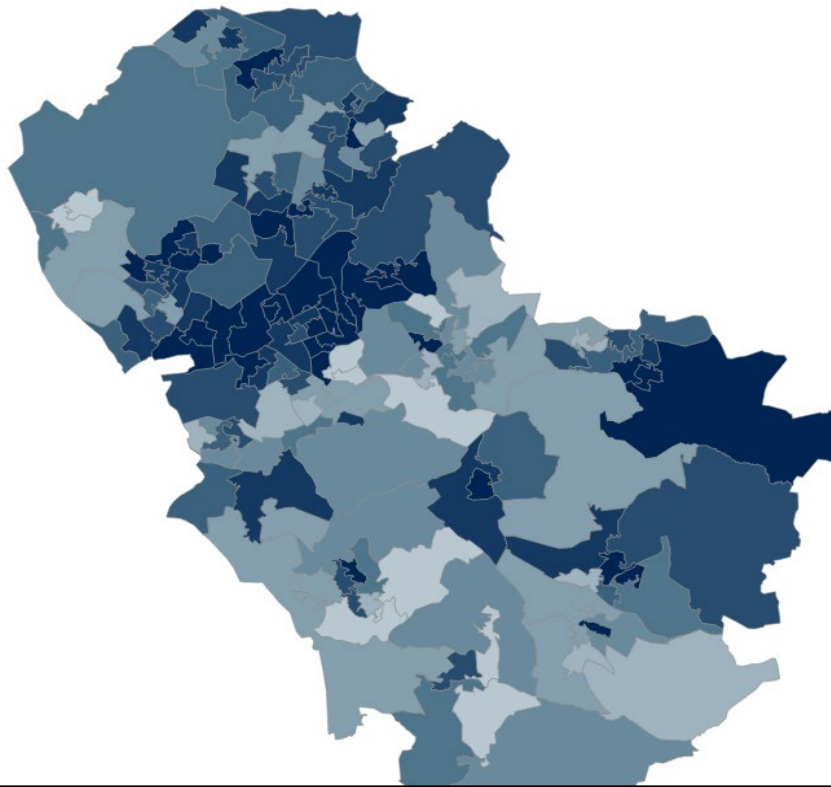
Population projections by ONS suggest the 0-19 population will increase to 63,673 in 2031. Over the same period, the overall population is estimated to increase to 278,360. The proportion of women aged 15-44 (considered the group of ‘child-bearing age’) is projected to increase to 101,533 in 2031 (2021 Census data show a population of 95,300 in this age range). It should be noted that all future projections are based on past trends, without factoring in any socio-economic changes, and thus they may not represent an accurate picture of the future population.

### Deprivation

Rotherham ranks as the 35th most deprived upper tier local authority in England out of a total of 151 upper-tier local authorities (UTLAs). 35% of Rotherham’s neighbourhoods (59 LSOAs) are in the 20% most deprived in England, 22% (36 LSOAs) are in the 10% most deprived and 13% are in the 5% (22 LSOAs) most deprived. No neighbourhoods in Rotherham are in the least deprived 10%. Figure 4 shows the 167 LSOAs in Rotherham by IMD score; darker represents a higher deprivation score.

The Marmot Review (2010) suggests that childhood poverty leads to premature mortality and poor health outcomes in adult life. Rotherham has an Income Deprivation Affecting Children Index (IDACI) score of 0.221. This is based on the proportion of children aged 0-15 living in families that are income

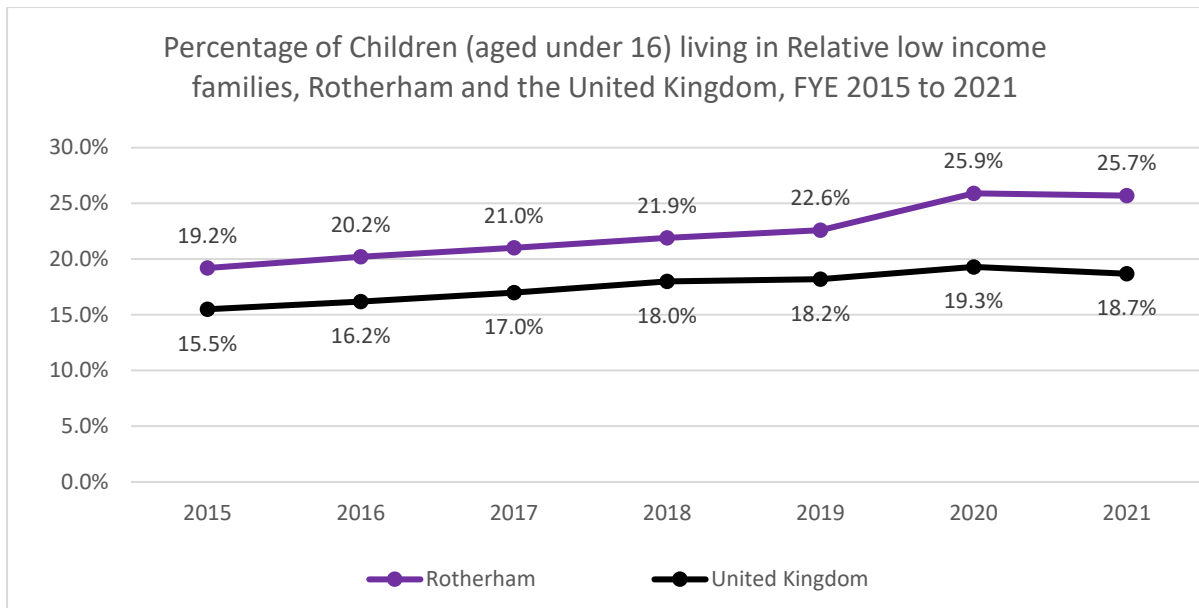
deprived - i.e., in receipt of Universal Credit, income based jobseeker's allowance or pension credit, or those not in receipt of these benefits but in receipt of Child Tax Credit with an equivalised income (excluding housing benefits) below 60% of the national median before housing costs. The average for All English single tier and county councils is 0.178. For Income Deprivation Affecting Children Index (IDACI), 32% of Rotherham's neighbourhoods (54 LSOAs) rank among the 20% most deprived in England with 17% (28 LSOAs) being in the top 10% most deprived<sup>2</sup>.



**Figure 4:** Index of multiple deprivation (IMD) 2019 by LSOA

Absolute and relative low income have a threshold of 60% of the UK average (median) income. This is in comparison with incomes before housing costs in 2010/11, the reference year. A family must have claimed one or more of Universal Credit, Tax Credits or Housing Benefit at any point in the year to be classed as low income. In Rotherham there are 21.9% of children aged 0-15 years in absolute low income families and 25.7% of children in relative low income families, figure 5, (range 3.3% in the City of London to 42.4% in Middlesbrough). For comparison, the percentage rate for England is 15.1% and 18.7% respectively. The number of Children aged under 16, living in relative low-income families, financial year ending 2021 was 13,193.





**Figure 5:** Percentage of Children (aged under 16) living in Relative low income families, Rotherham and the United Kingdom, FYE 2015 to 2021

## Rotherham School Lifestyle Survey Demographic

### Academic year

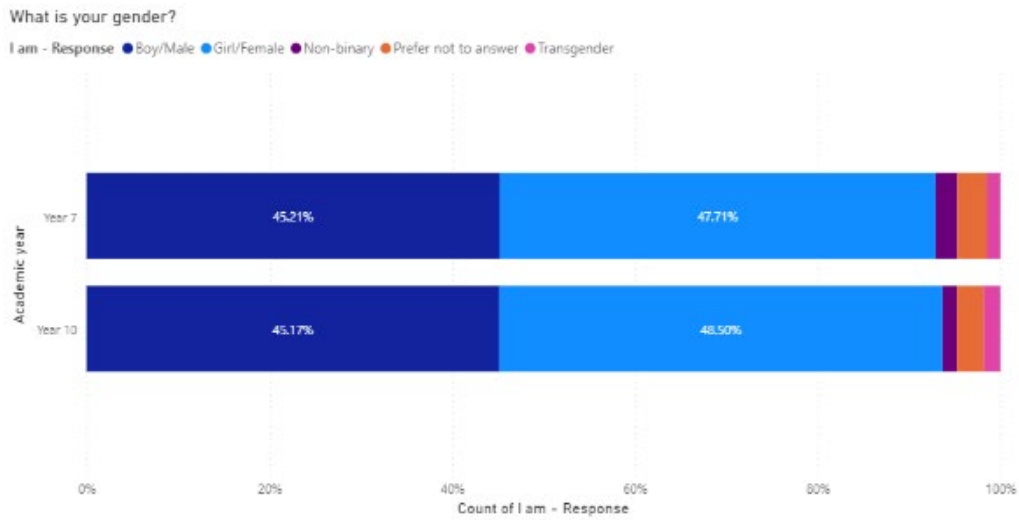
A total of 4,919 students completed the 2023 survey: 2,754 Year 7 students and 2,165 Year 10. This compared to a registered school population of 7,383.

### Gender

Overall 48.1% of respondents were female, 45.2% were male, 1.6% were transgender, 2.0% were non-binary, and 3.1% preferred not to answer (figure 6).

In the year 7 cohort, 1,314 (47.7%) participants stated they were female, 1,245 (45.2%) were male, 65 (2.4%) were non-binary, 40 (1.5%) were transgender, and 90 (3.3%) preferred not to answer.

In the year 10 cohort, 1,050 (48.5%) participants stated they were female, 978 (45.2%) were male, 34 (1.6%) were non-binary, 39 (1.8%) were transgender, and 64 (3.0%) preferred not to answer.



**Figure 6:** Gender split by academic year

### Ethnicity

Overall, 3,551 (72%) students were White British as were in both Year 7 and Year 10. Previously, 72% and 77% of students described themselves as White British (2019 and 2022 respectively).

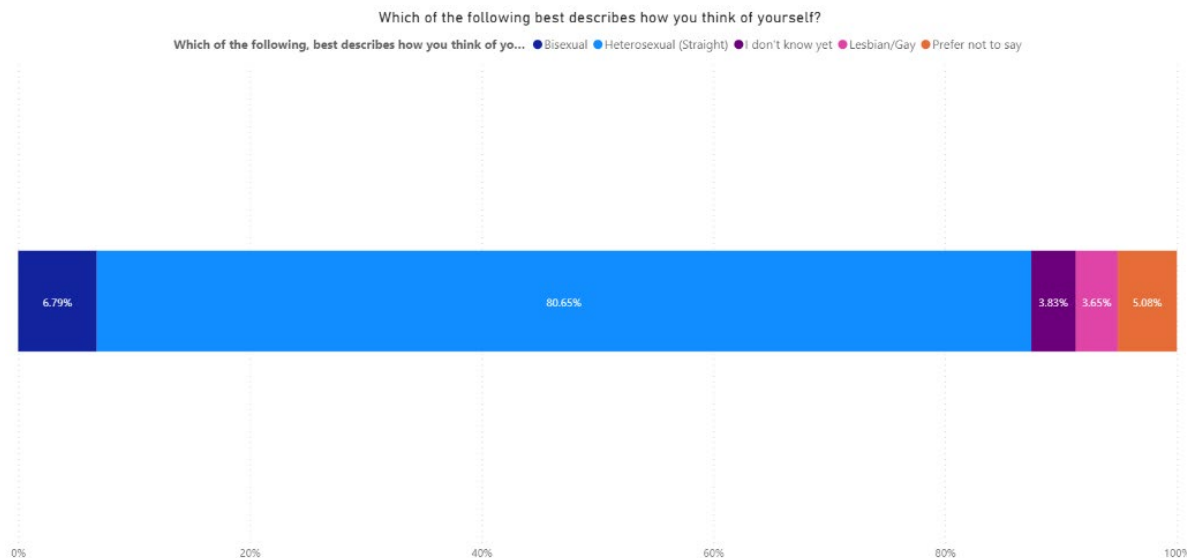
A total of 1,223 (25%) described themselves as ethnic minority, and 145 (3%) preferred not to answer. Ethnicity proportions of students who responded are detailed in table 3, below.

How would you describe your ethnicity? - Response	How would you describe your ethnicity (%)?
White British	72.19%
Pakistani	7.81%
Other White Background	3.42%
Prefer not to answer	2.95%
African	2.52%
Other Mixed Background	1.91%
Gypsy/Roma	1.59%
Other Asian Background	1.34%
White and Asian	1.30%
Arab	0.91%
Indian	0.79%
Traveller of Irish Heritage	0.75%
White and Black African	0.55%
White and Black Caribbean	0.53%
Chinese	0.47%
Other Black Background	0.39%
Caribbean	0.35%
Bangladeshi	0.24%

**Table 3:** Ethnicity of respondents

## Sexuality

Year 10 students were asked which sexuality best describes themselves. A total of 2,165 students responded and 80.7% of students described themselves as heterosexual, 6.8% as bisexual, 5.1% preferred not to answer, 3.8% did not yet know, and 3.7% described themselves as lesbian or gay (figure 7).

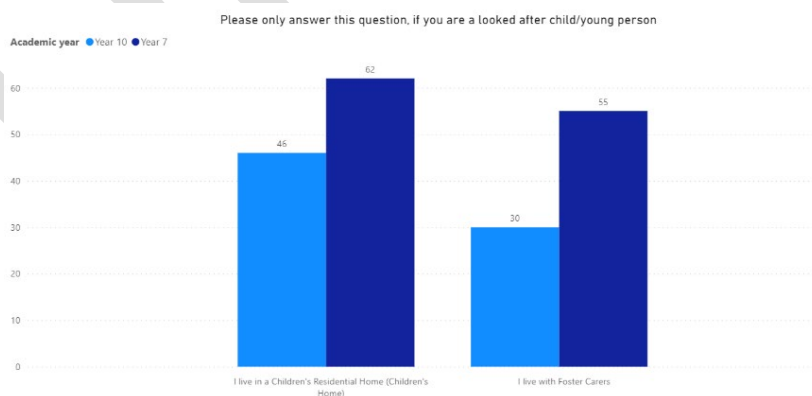


**Figure 7:** Year 10 responses to sexuality

## Looked after children

Overall, 193 children stated they live in a Children's Residential Home or with Foster Carers; 117 in Year 7 and 76 in Year 10. This equates to 3.9% of the total 4919 respondents (figure 8).

Comparatively, Looked After Children Data from Insight (internal RMBC system) shows 127 children registered as of June 2023 (table 4).



Looked After Children Data from Insight May/June 2023	
Y7 Ages 11/12	Y10 Ages 14/15
55 Children in Care	72 Children in Care

**Figure 8 and Table 4:** Looked After Children data from the lifestyle survey and Insight respectively.

## Health and wellbeing

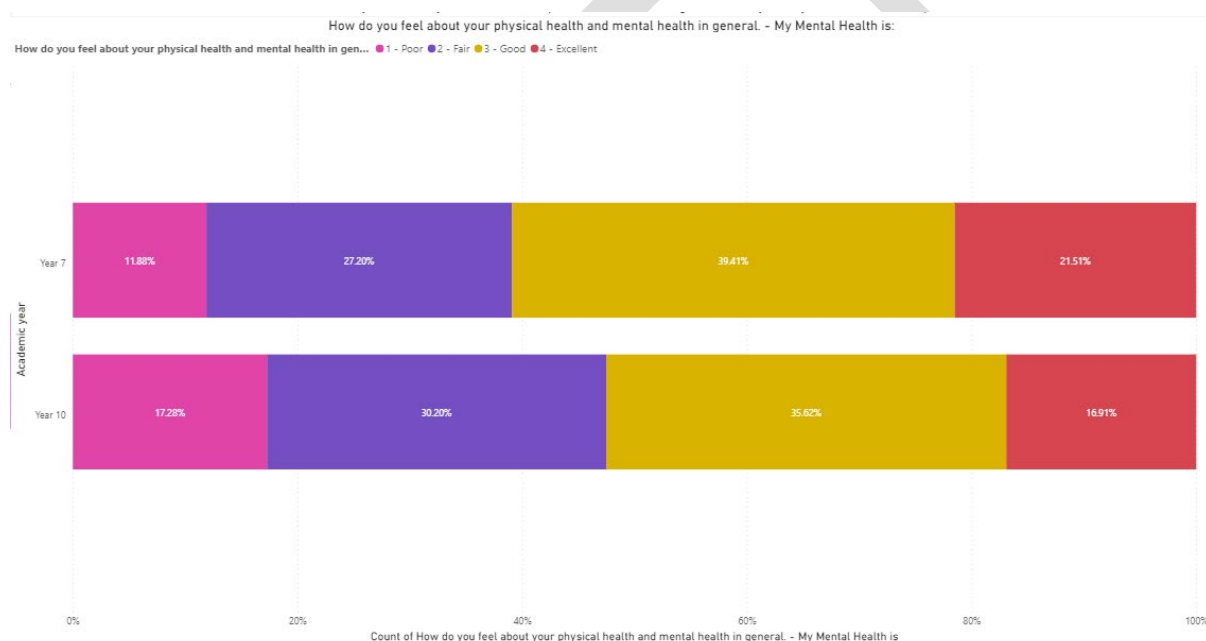
### Overall physical and mental health

Overall, 4,271 students responded to the question about mental health and 4,329 responded about physical health.

57.2% of respondents rated their mental health as good or excellent, 28.5% rated this as fair, and 14.3% rated this as poor. A higher proportion of Year 10 students rated their mental health as both poor and fair compared to Year 7 (figure 9).

There has been a positive trend from 2022 with a reduced proportion of respondents reporting their mental health as poor, however proportions rating poor mental health remain higher than in 2019.

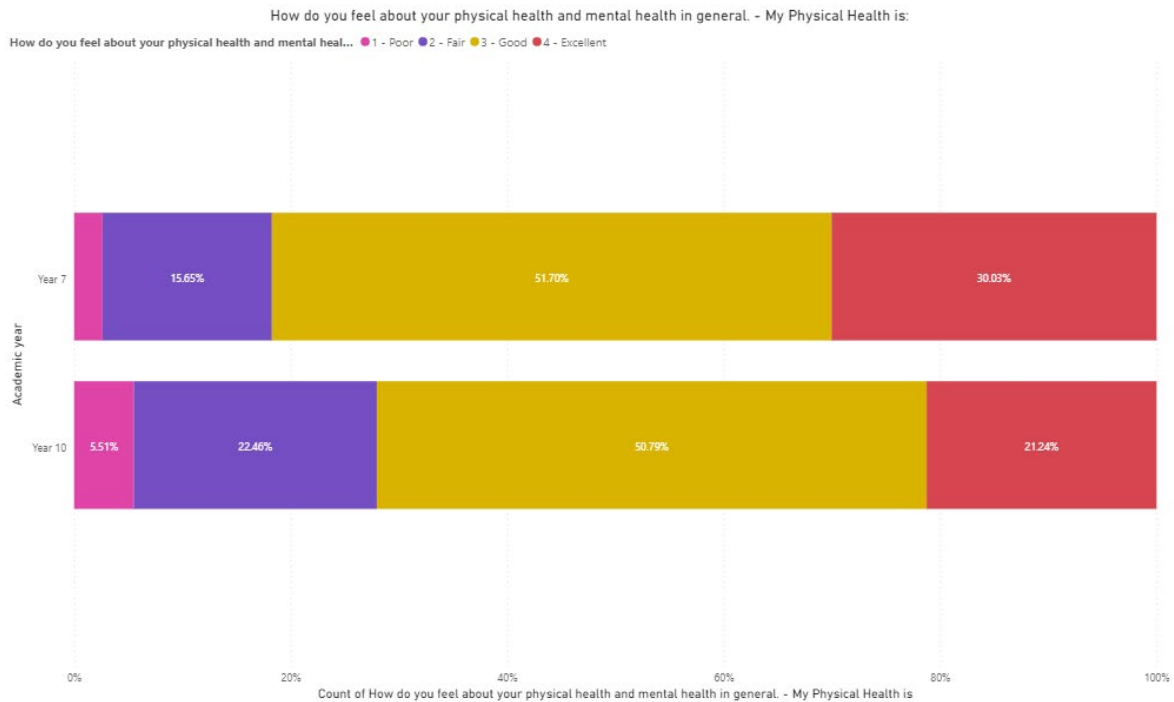
When asked about the change in their mental health over the last 2 years, 33.4% of respondents reported an improvement in mental health, 35.9% reported their mental health staying the same, and 30.7% reported it being worse or much worse since the pandemic.



**Figure 9:** Responses to, 'How do you feel about your mental health?' by academic year

In respect of their physical health, 26.2% of respondents rated this as excellent, 51.3% rated this as good, 18.6% rated this as fair, and 3.9% rated this as poor.

A higher proportion of year 10 students rated their physical health as fair, or poor compared to year 7 students (28.0% for year 10 and 18.3% for year 7, figure 10).



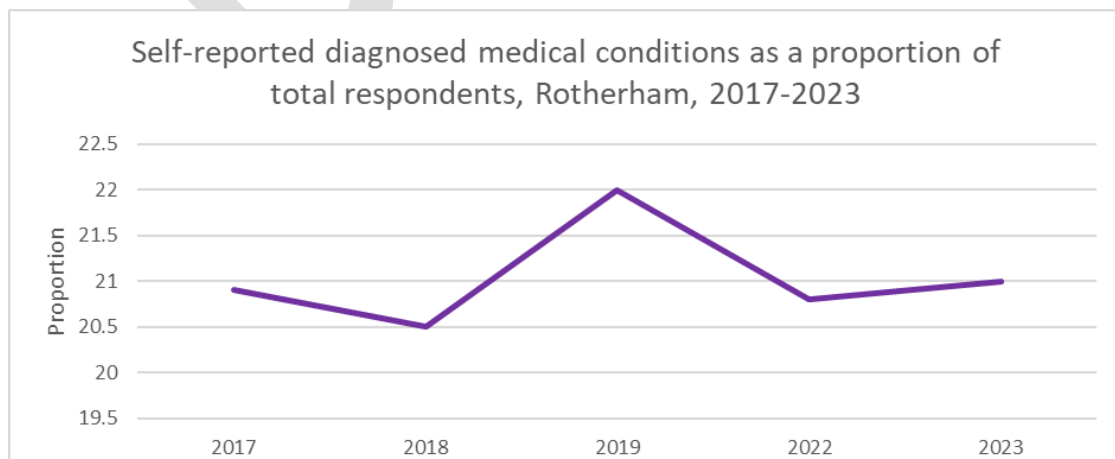
**Figure 10:** Responses to, 'How do you feel about your physical health?' by academic year

### Diagnosed medical conditions

The question asked was, 'Do you have a long-term illness, medical condition or disability, that has been diagnosed by a Doctor?'.

1,035 (21%) respondents, answered yes to having a long-term illness, medical condition or disability that has been diagnosed by a doctor. This equates to 21.3% of the cohort (586 pupils) for Year 7, and 20.7% of the cohort (449 pupils) for Year 10.

The proportion of students who reported having a diagnosed medical condition has shown no overall trend and has remained between 20.5% and 22% during the time period 2017-2019, and 2022-2023 (figure 11).



**Figure 11:** Self-reported, diagnosed medical conditions, 2017-2023

Respondents who answered 'yes' to having a diagnosed medical condition were asked to expand on their condition; 912 students provided an answer to this. 'Asthma' and 'Autism' were identified as the most common conditions given by the students (with the exception of 'other'); a total of 218 and 158 respectively (4.4% and 3.2% of the total respondent population respectively) (figure 12).

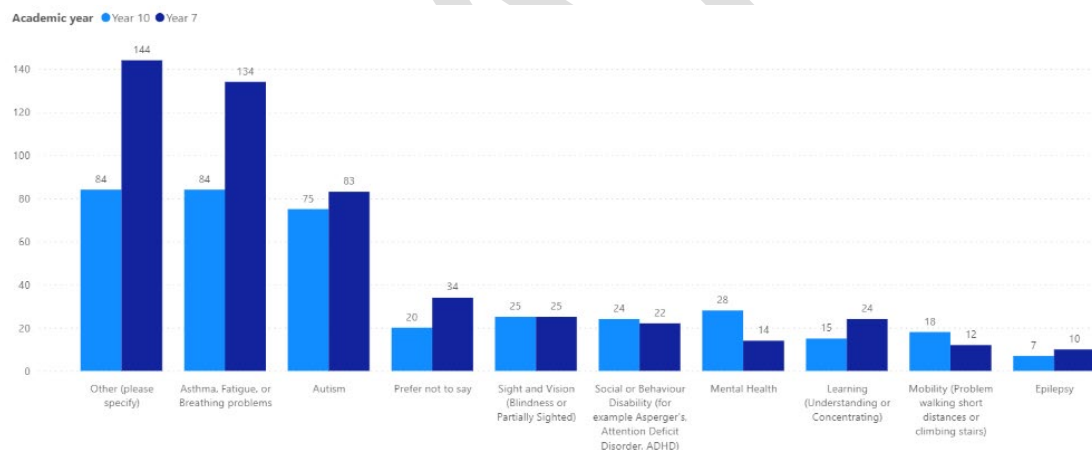
The third most prevalent condition for both years differed with mental health being the third highest for Year 10 students with a total of 28 students indicating diagnosis (1.3% of total respondents), and sight and vision for Year 7 students with a total of 25 students indicating diagnosis (0.9% of total respondents).

Trend analysis for Year 7 respondents show no clear trend for the top four diagnosed conditions from 2017 to 2023, however asthma has remained consistently the highest proportion.

For Year 10, asthma and autism reported prevalence decreased from 2018 to 2019 and remained similar to 2022, however both have since increased; 2.9% to 5.2% and 1.8% to 4.6% respectively in 2023.

Of the 912 Year 7 and Year 10 respondents who expanded on the diagnosed medical condition, the proportion attributable to asthma was 23.9%, for autism was 17.3%, for sight and vision was 5.5%, and for mental health was 4.6%.

Please only answer this question if you have been diagnosed medically that you have a long-term illness or a disability that impacts on your life and has been medically diagnosed



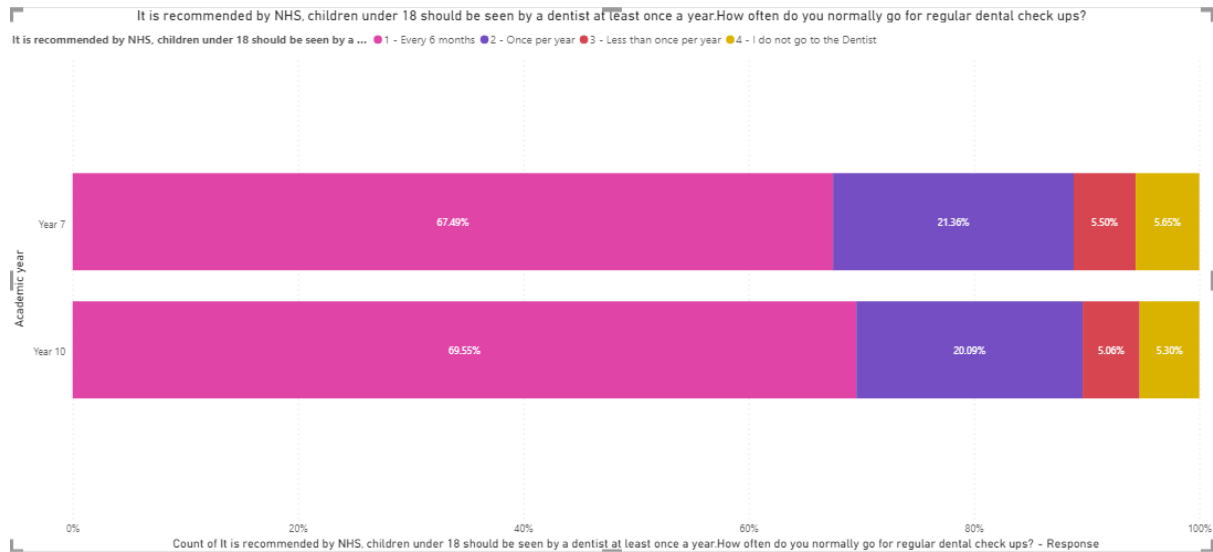
**Figure 12: Self-reported diagnosed medical conditions, by academic year**

### Dentistry

68.4% of respondents saw a regular dentist every 6 months (3,209 respondents), 20.8% saw a regular dentist once per year (976 respondents), 5.31% saw a dentist less than once per year (249 respondents), and 5.5% stated they do not go to the dentist (258 respondents).

Proportions across Year 7 and Year 10 are similar with 67.5% of Year 7 respondents visiting every 6 months and 69.6% of Year 10 students visiting every 6 months (figure 13).

From 2017 to 2022, a fewer proportion of respondents stated they visit the dentist regularly year-on-year, however from 2022 to 2023, this remained similar (89.2% of 2023 respondents stating they visit a dentist at least once per year compared to 89% in 2022).



**Figure 13:** Responses to, 'How often do you go for regular dental check ups?', by academic year

The responses to oral health questions demonstrated a good understanding across both academic years with:

- 91.6% of respondents being aware of the impact of sugar and decay it can cause to the teeth.
- 89.9% of respondents stating they brush their teeth twice a day.
- 97.8% of respondents understanding that it is important to keep teeth and gums healthy.

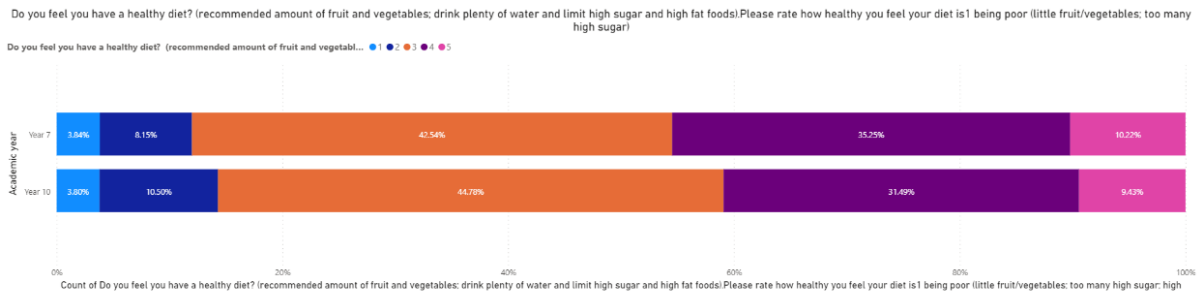
However, 37.7% of respondents had a treatment by the dentist in the previous year, and 31.1% of respondents had experienced toothache.

### Diet

Respondents were asked to rate their diet from 1 to 5 with 1 being a poor diet (little fruit/vegetables in their diet, not drinking water) and 5 being excellent (eating recommended fruit/vegetables and drinking recommended water).

The highest proportion of responses, 1,969 students, gave their diet a rating of 3; 42.5% of year 7 students and 44.8% of year 10 students (figure 14).

However, 588 students rated their diet as poor scoring 1 or 2 (13%), and only 447 rated their diet as excellent (9.9%).

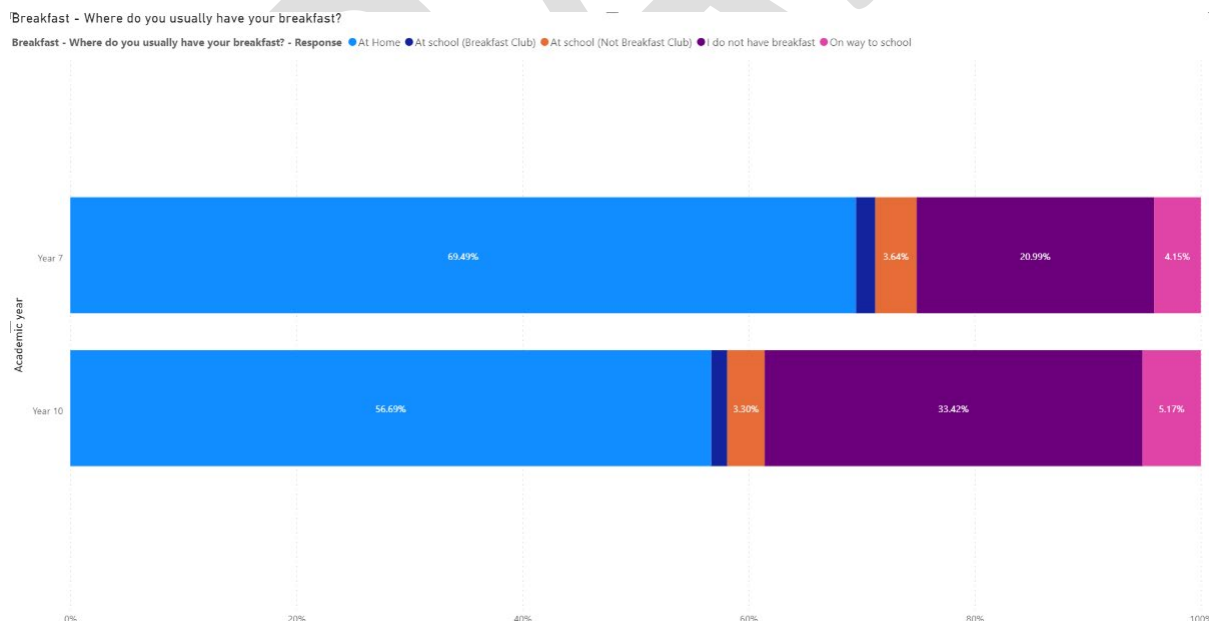


**Figure 14:** Responses to, 'Do you feel you have a healthy diet?', by academic year

Students were asked where they eat breakfast and responses are listed below and are shown in figure 15:

- 2,892 of respondents eat breakfast at home (63.9%),
- 208 eat breakfast on the way to school (4.6%),
- 158 eat breakfast at school but not at breakfast club (3.5%),
- 72 have breakfast at a school breakfast club (1.6%)
- 1,195 (26.4%) do not have breakfast.

Responses show that a higher proportion of year 7 students eat breakfast at home; 69.5% compared to 56.7% of year 10 respondents, whereas a higher proportion of year 10 students do not eat breakfast; 33.4% of year 10 students compared to 21.0% of year 7 students.



**Figure 15:** Responses to, 'Where do you usually have breakfast?', by academic year

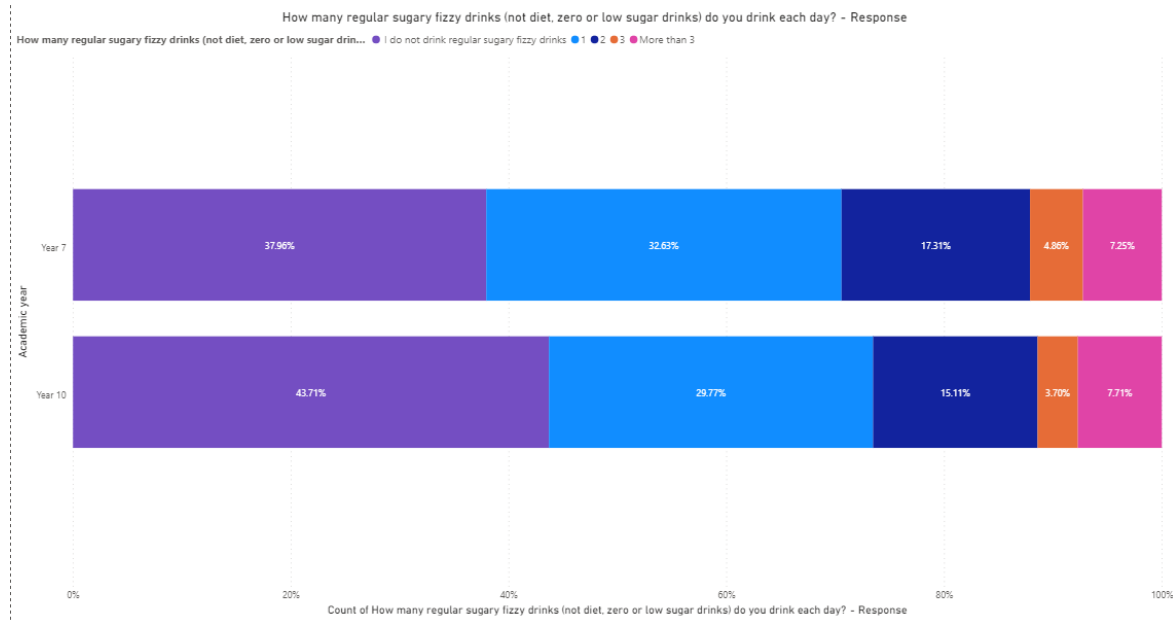
Students were asked about fizzy drink consumption and responses are listed below and are shown in figure 16:

- 1,831 (40.5%) respondents stated they do not drink regular sugary fizzy drinks,
- 1,420 (31.4%) drink one per day,



- 740 (16.4%) drink 2 per day,
- 197 (4.4%) drink 3 per day,
- 337 (7.5%) drink more than 3 per day.

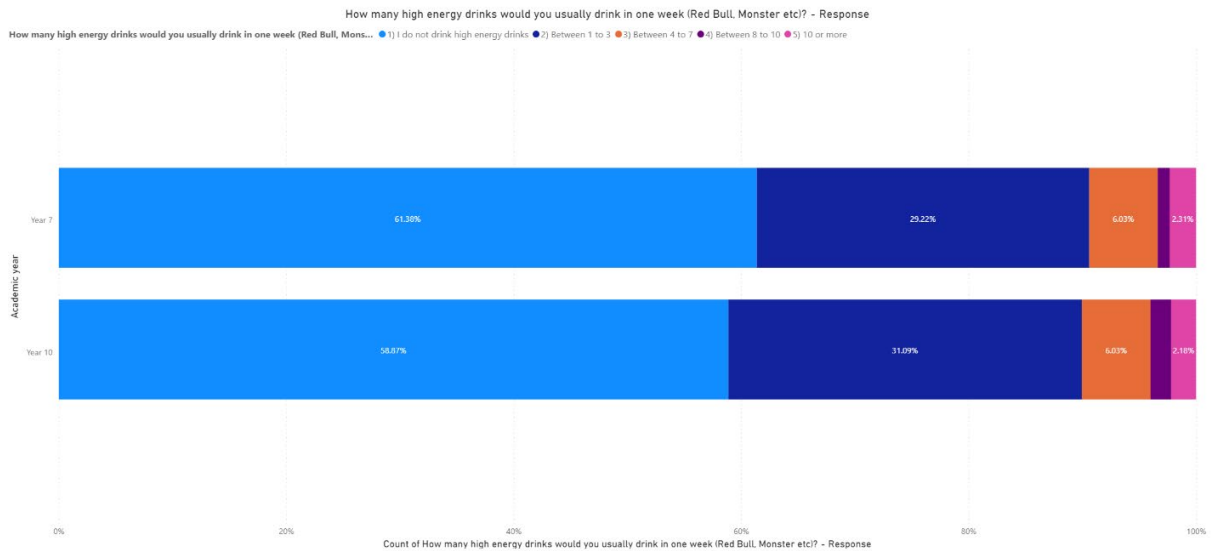
Responses show that a higher proportion of year 7 respondents consume 1, 2, or 3 sugary fizzy drinks per day in comparison to year 10.



**Figure 16:** Responses to, 'How many regular sugary fizzy drinks do you drink each day?', by academic year

Students were asked about high-energy drink consumption and results are shown below and in figure 17:

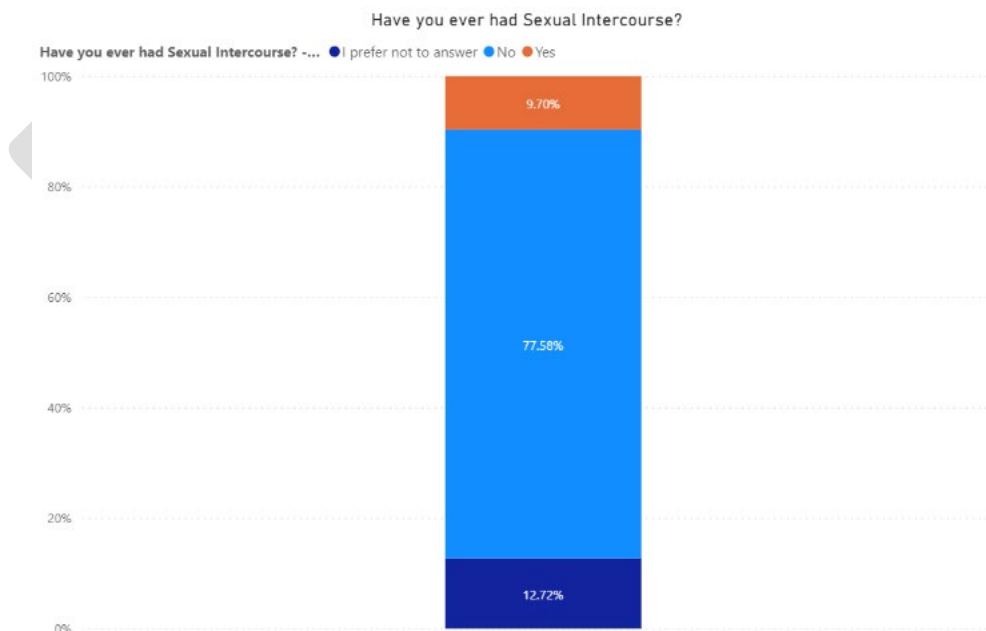
- 2,728 (60.3%) respondents stated they do not drink high energy drinks,
- 1,359 (30.0%) drink between 1 and 3 per week,
- 273 (6.0%) drink between 4 and 7 per week,
- 63 (1.4%) drink between 8 and 10 per week,
- 102 (2.3%) drink more than 10 per week.



**Figure 17:** Responses to, 'How many high energy drinks would you usually drink in one week?'

## Sexual health

Year 10 students were asked if they have ever had sexual intercourse. 1,423 students responded with 77.6% stating they had not, and 9.7% stating they had (figure 18).

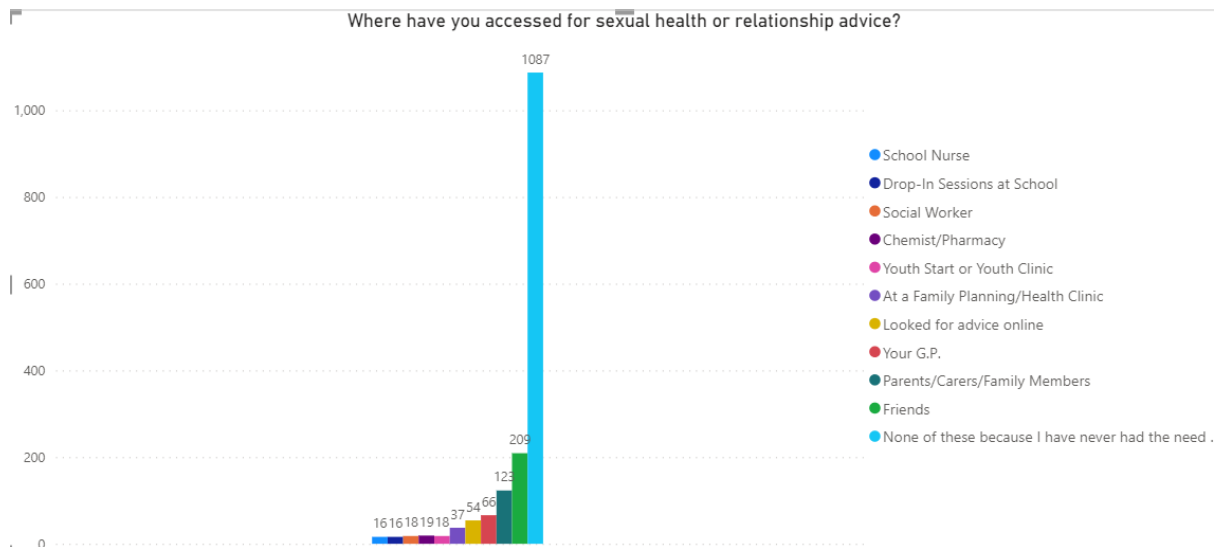


**Figure 18:** Responses to, 'Have you ever had sexual intercourse?', Year 10 respondents

As a follow up, students were asked if they had ever had sexual intercourse after drinking alcohol or using drugs: 145 students responded to this question with 52 (35.9%) stating they had, and 93 (64.1%) stating they had not.

135 students responded to the question about contraception use with 33.3% of students stating they did not use any contraception, 36.3% using a condom, 17.0% using the contraceptive pill, 10.4% using the method of the implant, and 2.9% using the method of IUD/IUS coil or injection.

Students were asked where they have accessed sexual health and relationship advice and are shown below in figure 19a.

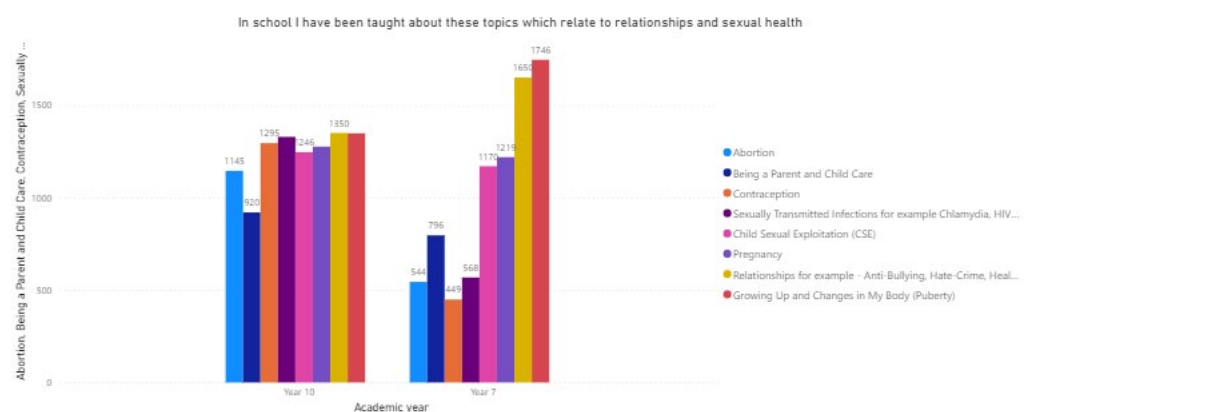


**Figure 19a:** Responses to, 'Where have you accessed for sexual health or relationship advice?'

### Learning and support in school

Students were asked what topics they have been taught about in school which relate to relationships and sexual health (figure 19b).

3,094 respondents had been taught about growing up and body changes, 3,000 respondents had been taught about relationships, 2,495 had been taught about pregnancy, and 2,416 had been taught about Child Sexual Exploitation.



**Figure 19b:** Responses to topics learned in school.

## Accessing support

1,459 participants (33.7%) accessed support or used strategies to support the end of pandemic restrictions. Year 7 respondents had a slightly higher proportion of students that accessed support compared to year 10, 36.5% and 30.1% respectively.

Respondents accessed support in different ways including those listed below:

- 14.8% set aside time to have discussion with family or friends
- 13.0% learned a new skill
- 12.5% started a new activity outdoors
- 11.0% talked with a member of staff at school
- 10.6% set a daily routine
- 9.2% read books
- 8.5% made contact with professional support
- 4.5% viewed information that was on offer on social media
- 4.3% searched for support information on a website
- 4.1% viewed information of apps

When students were asked what should be available, for both Year 7 and Year 10, more information available online was the preferred option followed by a request for a wellbeing guide and information sent out through schools or colleges (figure 20).

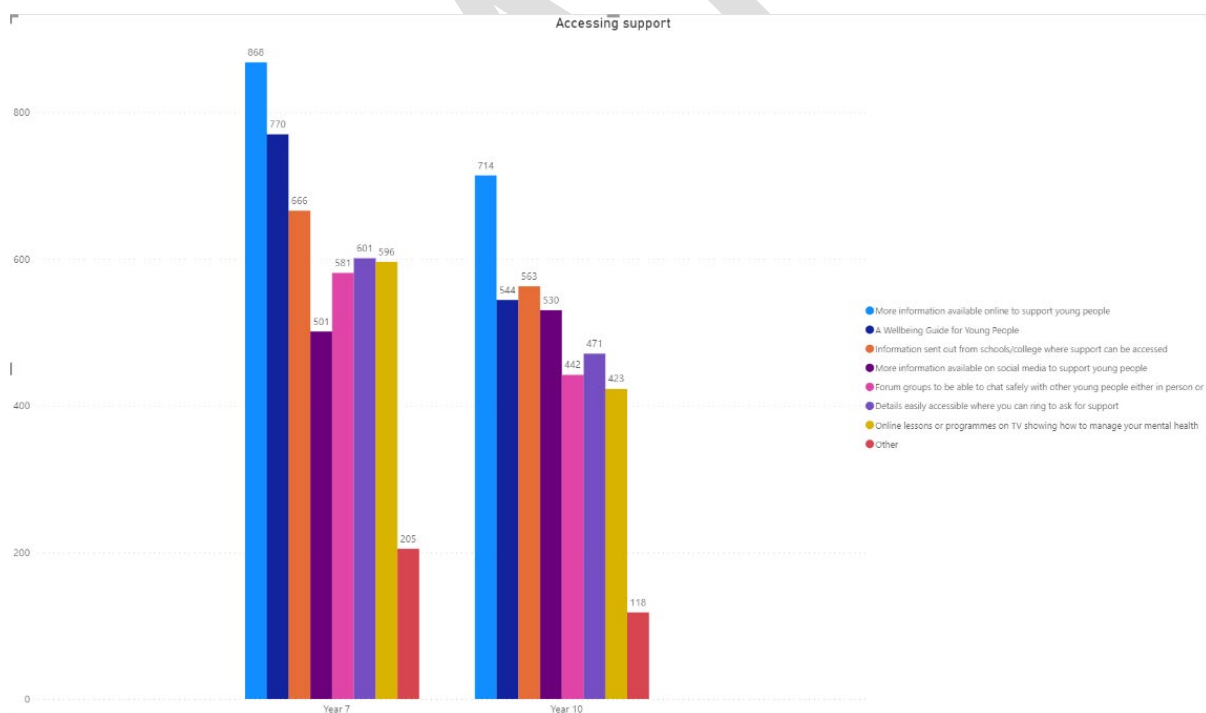


Figure 20: Responses to where people would access support

## Body image

Students were asked about their body image and the responses are below and shown in figure 21:

- Of 4,318 respondents, 45.9% stated they felt they were the right size for their age and height and 26.2% felt they were not the right size. Those that felt they were the right size

was similar across year 7 and year 10, however, in those who felt they were not the right size, year 10 had a higher proportion: 28.7% compared to 24.3%.

- Of 4,301 respondents, 45.8% felt there was a lot of pressure to have the perfect body image from social media and 37.2% felt there was not. However, there was greater pressure felt by Year 10 respondents with 52.2% of students agreeing, compared to 40.9% in Year 7.
- Of 4,286 respondents, 35.9% felt there was a lot of pressure to have the perfect body image from magazines and the media, and 43.0% did not. However, Year 10 respondents felt more pressure with 42.3% stating there was a lot of pressure, compared to 30.9% in Year 7.
- Of 4,297 respondents, 25.7% of respondents would use filters to change their appearance and body image, and 60.6% would not. However, this differed across academic years with 27.2% stating they would use filters in Year 7 compared to 23.7% in Year 10.

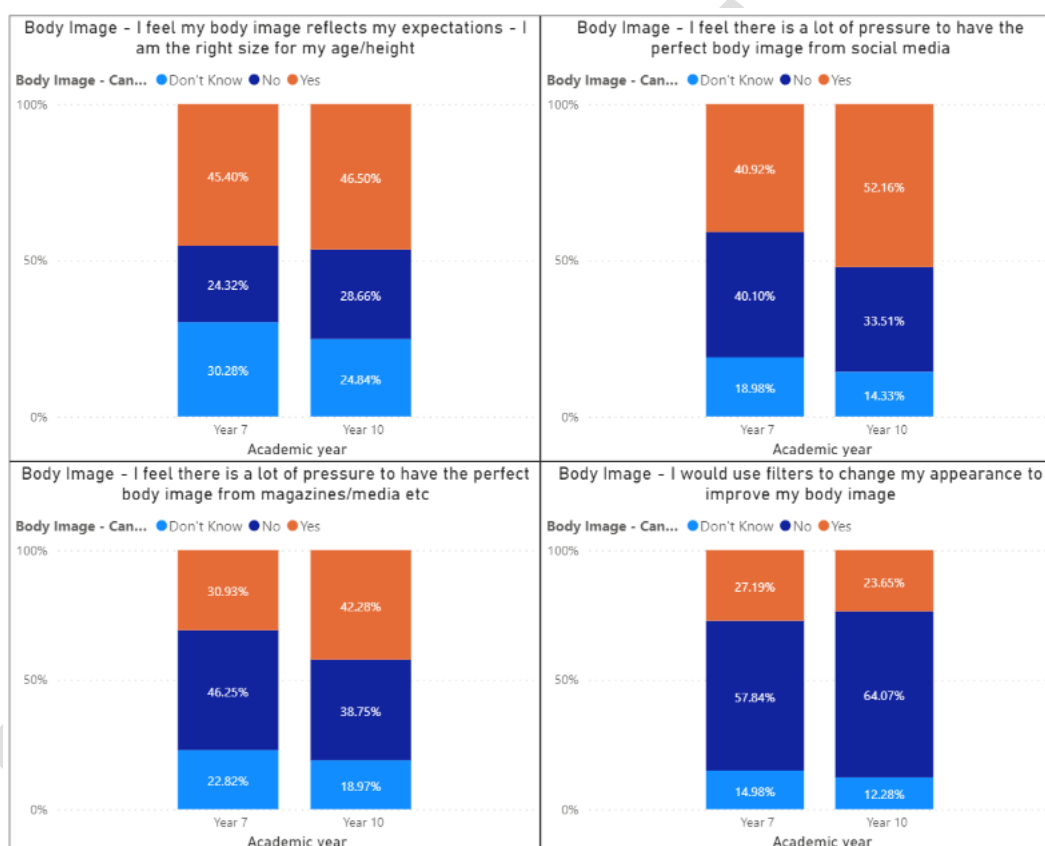


Figure 21: Responses to body image, by academic year

### Changes since the pandemic

Students were asked if there had been changes that had impacted on their health since the pandemic. These health indicators included physical activity, amount of sleep, outside activities, healthy eating, social media usage, and electronic game use.

Positive changes could be seen for physical activity where 1,827 respondents stated that this increased a lot, and a further 1,405 stated this increased slightly: 71.9% reporting an increase in physical activity with only 9.8% reporting a decrease.

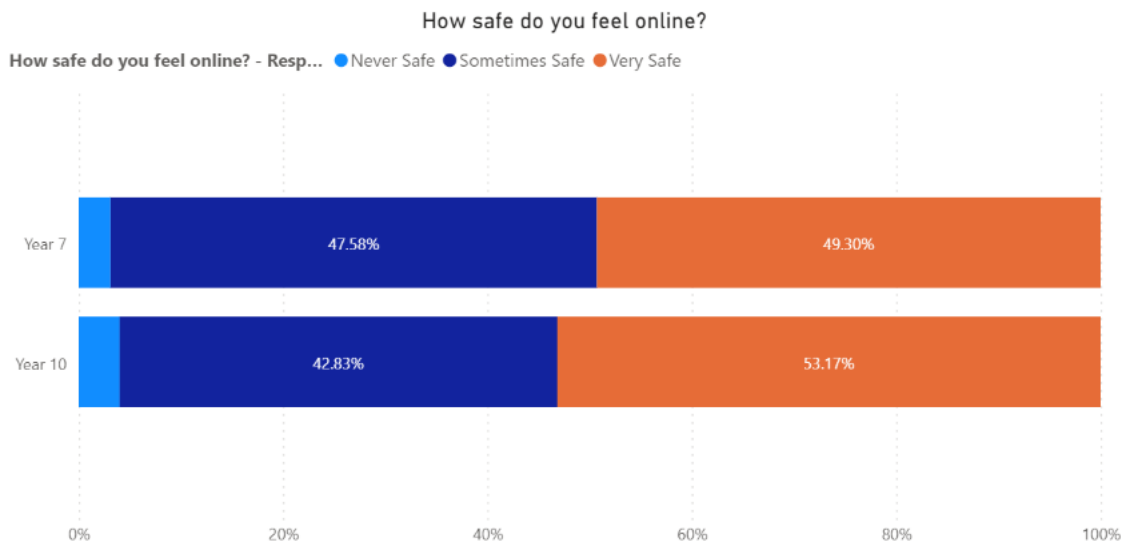
In addition, there was positive choices made around food and portion sizes with 2,638 respondents (58.5%) stating they were making healthier food choices, and for amount of time spent doing outdoor activities (walking, cycling, playing football etc) with 3,017 respondents reporting an increase (67.1%).

The amount of sleep respondents had has seen an increase for 34.6% of respondents, a decrease for 39.2% of respondents, and no change for 26.2%.

## Safety

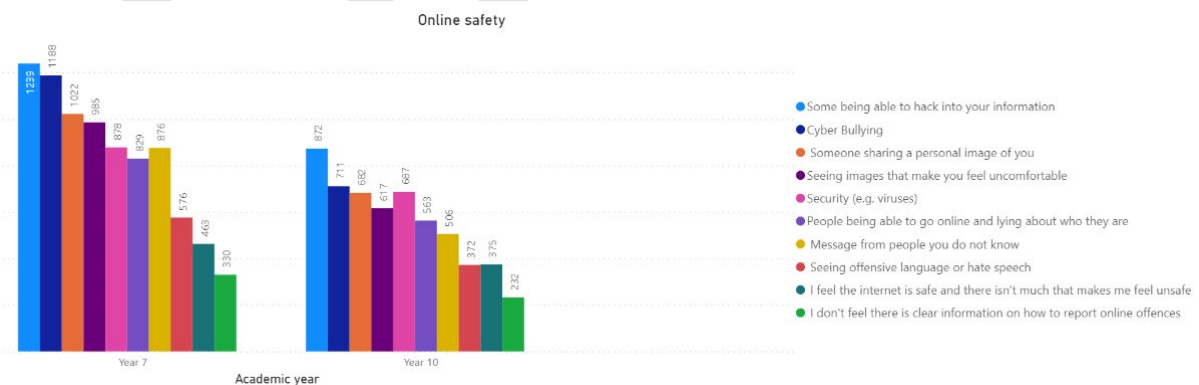
### Perceptions of safety online

Students were asked how safe they feel online (figure 22). Overall, 51% of respondents feel very safe online, 45.5% feel 'sometimes safe', and 3.5% feel 'never safe'. There has been no significant change in these proportions from previous surveys.



**Figure 22:** Responses to online safety, by academic year

The main reason for respondents feeling unsafe online was due to someone being able to hack information, followed by cyber bullying and risk of someone sharing a personal image. This was the same for both year 7 and year 10 respondents, and risk of hacking and cyber bullying remains the highest proportion as was in 2022 and 2019 (figure 23).



**Figure 23:** Responses to online safety, by academic year

### Perceptions of safety in the community

When asked about safety, 2,483 students (67.7%) feel very safe during the daytime, 1,089 (29.7%) feel safe sometimes, and 97 (2.6%) never feel safe during the daytime.

After dark, 1,986 (54.3%) feel safe sometimes, 949 (25.9%) feel very safe, and 724 (19.8%) never feel safe (figure 24a).

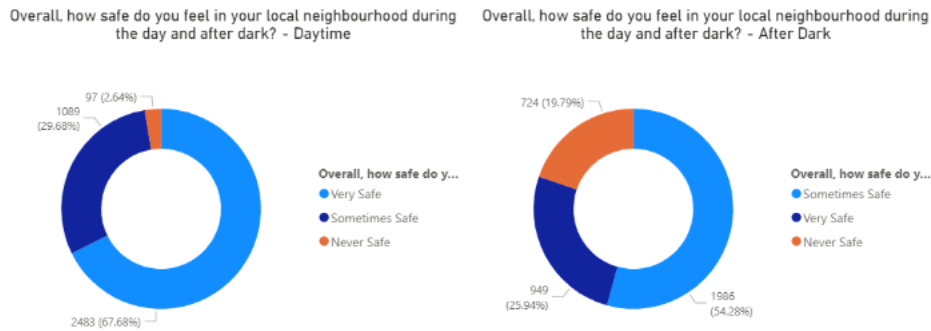


Figure 24a: Responses to feelings of safety

Students were asked how safe they feel in the town centre, local shops, parks and recreational areas, travelling on local buses/trains, and on the way to/from school.

3,653 students responded about safety in the town centre (figure 24b): 2,066 Year 7 and 1,587 Year 10 students. 60.1% of Year 7 respondents, and 53.4% of Year 10 respondents feel safe sometimes, 26.6% of Year 7 respondents and 21.2% of Year 10 respondents feel very safe, and 13.4% of year 7 respondents and 25.4% of Year 10 students never feel safe.

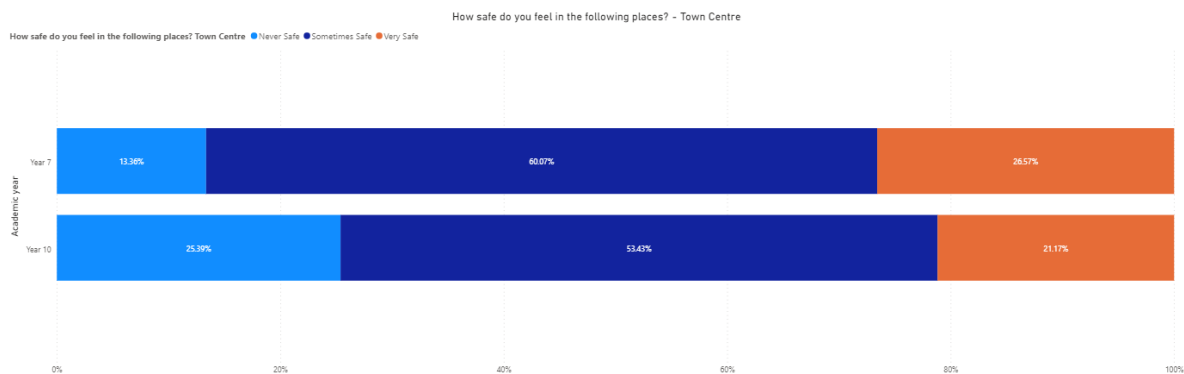
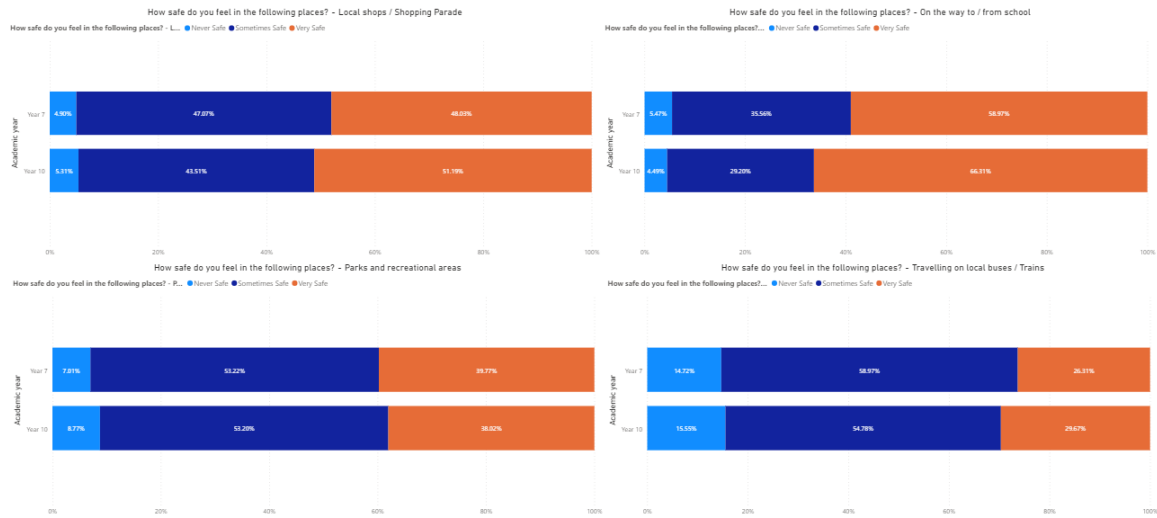


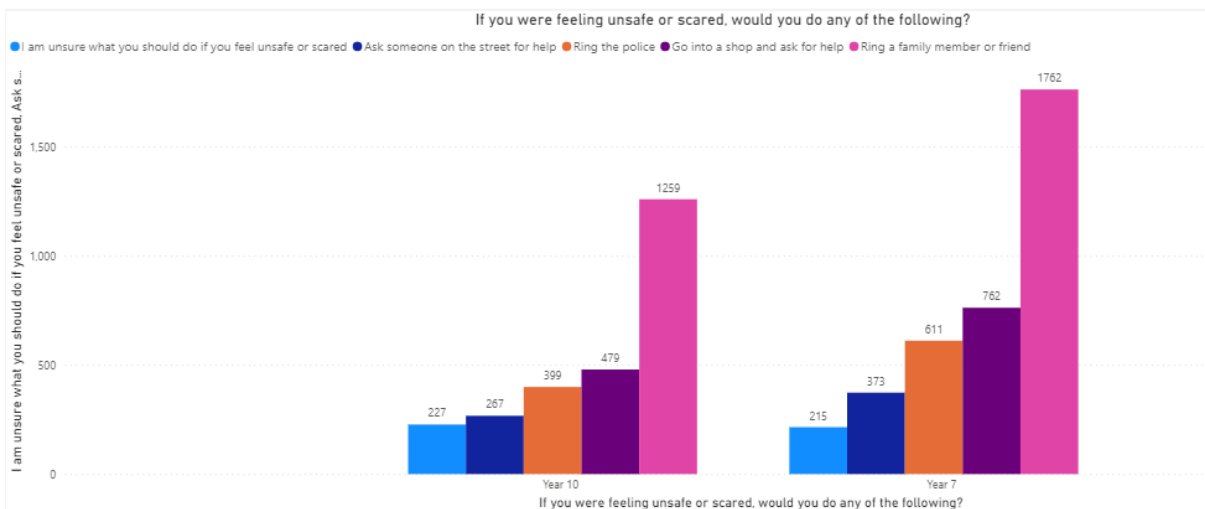
Figure 24b: Responses to feelings of safety

Feelings of safety across other areas are shown below (figure 24c).



**Figure 24c: Responses to feelings of safety**

When students were asked what they would do if they felt unsafe, a large proportion would ring a family member or friend (1,259 Year 10 students and 1,762 Year 7 students) (figure 24d).



**Figure 24d: Responses to feelings of safety**

Students were asked what things made them feel unsafe when out and about and results are shown below (figure 24e).



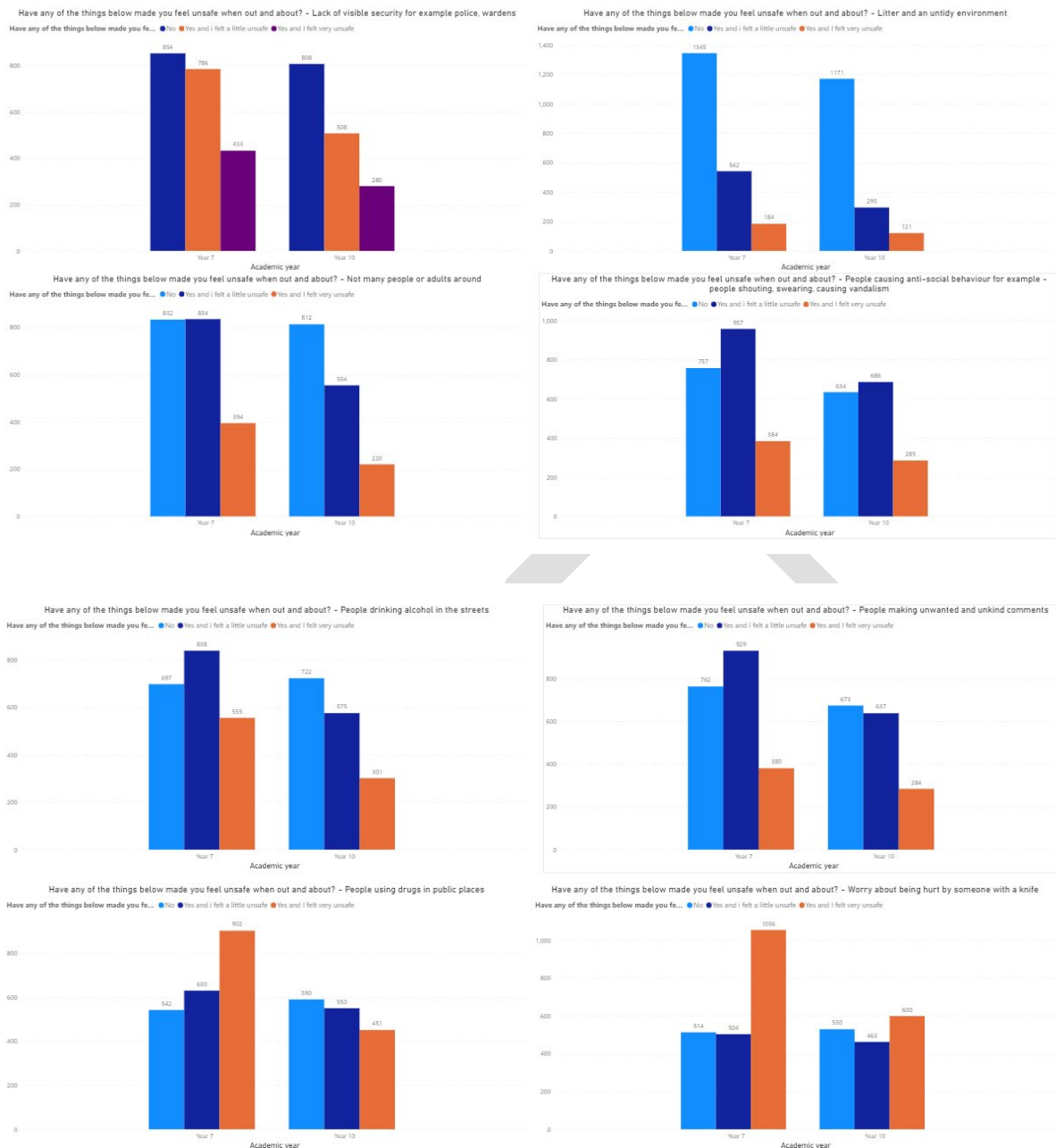


Figure 24e: Responses to feelings of safety

## Gambling

69.1% of respondents had never created a gambling account in either theirs, or their parent/carers name, and 9.0% did not know if they had. However, 21.9% of respondents, 854 people, had used, or created an account. This differs between academic years, with 24.1% from year 7, and 19.0% from year 10, but has shown no trend from last year's results.

12.0% of year 7 students and 10.8% of year 10 students responded to say they think they have a problem with spending money on gambling, games, or betting: a total of 446 respondents. This is similar to the previous survey when 11% of respondents stated they think they may have a gambling problem.

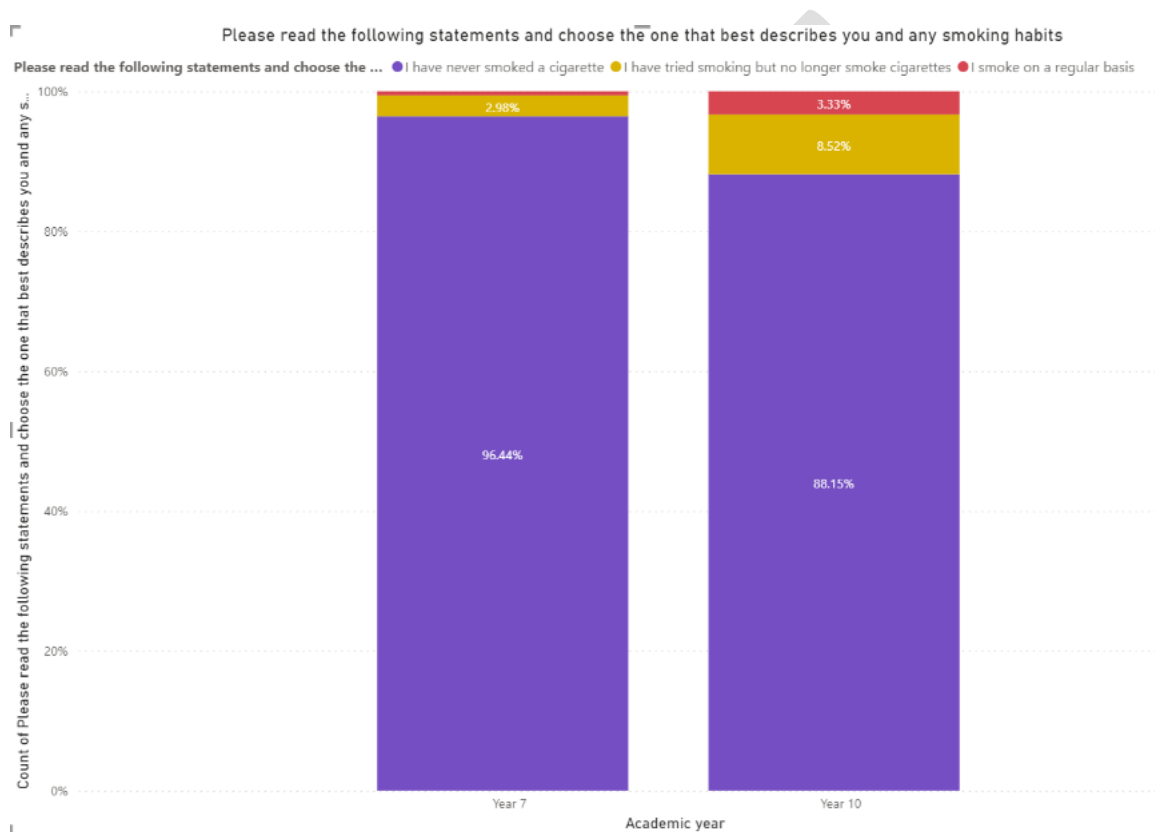
22.0% of respondents had used a gaming machine or had a bet to gamble, 858 people, and 289 respondents (7.4%) responded to say they have previously gotten into debt from gambling.

## Smoking

### Cigarettes

1,977 respondents (96.4%) of year 7 students have never smoked a cigarette, 61 tried smoking but no longer smoke (3.0%), and 12 smoke on a regular basis (0.6%) (figure 21).

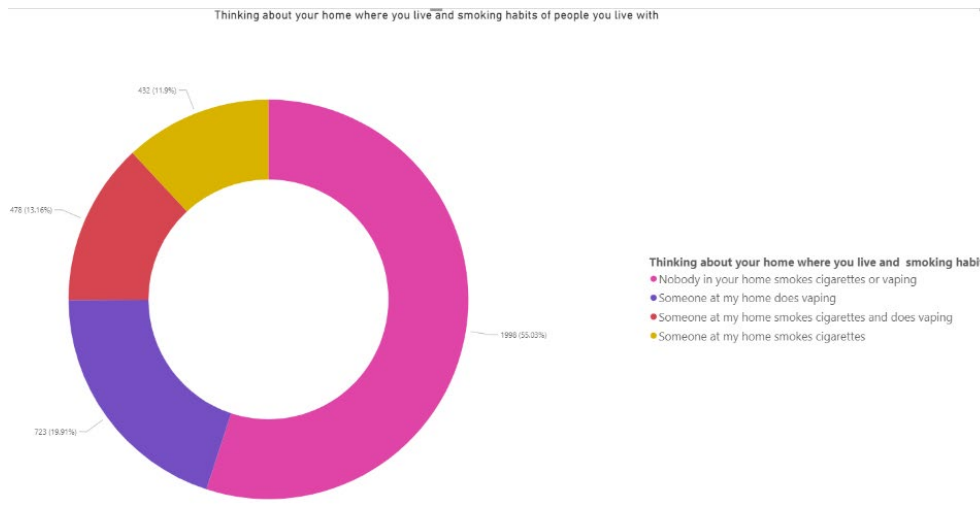
In year 10, 1,376 (88.2%) respondents have never smoked a cigarette, 133 (8.5%) have tried smoking but no longer smoke, and 52 (3.3%) smoke on a regular basis. These results are similar to previous years and show no increasing or decreasing trend (figure 25).



**Figure 25:** Responses to smoking habits, by academic year

3,328 respondents (91.7%) stated they do not think it is ok for a person of their age to smoke cigarettes however this did vary between academic years: year 7 respondents showed 95.4% of students do not think it is appropriate for a person of their age to smoke, whereas this is 86.7% for year 10 respondents. Overall, this has seen a slight increase in those who do not think it is ok; this shift was primarily caused by an increase of these views in year 10 pupils, and no change to the proportion of opinions from year 7 pupils.

When asked about smoking habits of people respondents lived with, 55.0% of respondents had nobody in the house that smokes or vapes, 19.9% had someone who does vape, 13.2% had someone who smokes cigarettes and vapes, and 11.9% had someone who smokes cigarettes (figure 26).



**Figure 26:** Responses to smoking habits, by academic year

Respondents who smoke were asked where they obtain their cigarettes from; of the 58 who answered this, 19 stated they get them from friends, 19 buy them from local supermarkets or shops, and 7 get them from a family member.

#### E-cigarettes or vaping

78.5% (2,821) of respondents haven't tried vaping, 12.7% have tried vaping once or twice, 3.3% do vape but not as frequently as once a week, 4.5% (161) respondents do vape once a week or more, and 1% (36) do vape regularly to support smoking cessation.

Of those that do vape, 234 vape but have never smoked cigarettes, 71 no longer smoke cigarettes, and 45 use both vapes and cigarettes.

Predominately, respondents who vape obtain these from friends (178 respondents) or the local shops/supermarket (102).

#### Substance misuse and alcohol

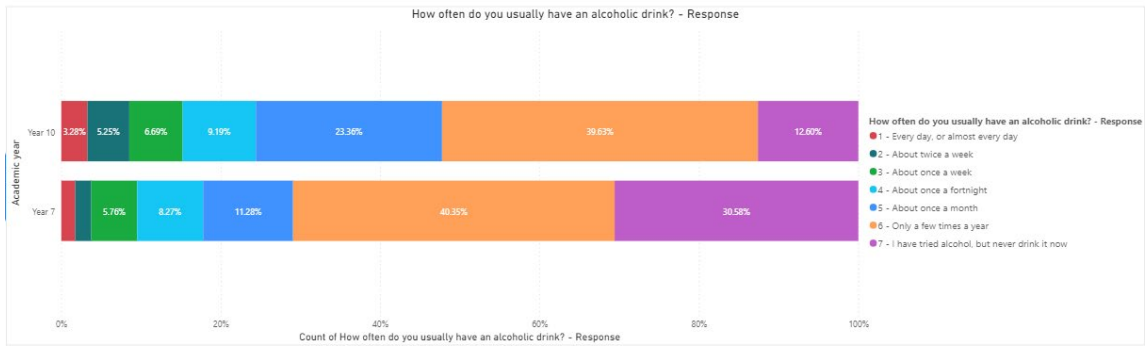
Respondents were asked if they had ever had an alcoholic drink (a full drink not just a sip) and 64.6% said no; 2,292 respondents. For year 7, this was 77.6%, and for year 10, this was 47.32%.

Comparatively, in 2022, 24% of Year 7 said they have tried an alcohol drink, compared to 23% in 2019 and 55% of Year 10 said they have tried an alcoholic drink in 2022, compared to 59% in 2019.

Opinions on whether it is ok for young people of the same age to get drunk differed from year 7 to year 10 with 89.5% stating 'no' in year 7 and 54.3% in year 10.

Year 7 respondents in the majority have tried alcohol but never drink it now (30.6%) or only drink it a few times a year (40.4%) whereas year 10 predominately only have it a few times a year (39.6%) or about once a month (23.4%) (figure 27).

Alcohol was reported to be obtained from home with family/carers aware of the consumption in 64.2% of responses (709 respondents). Comparatively, in 2022, 62.5% said they consumed alcohol at home with parental consent, compared to 65.5% in 2019.



**Figure 27:** Responses to alcoholic drink habits, by academic year

### Use of drugs

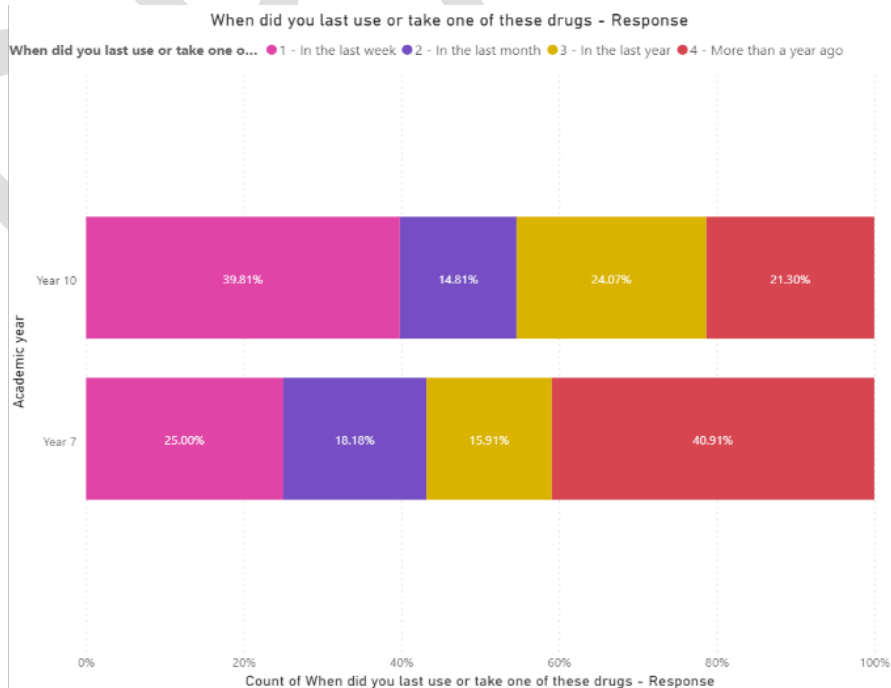
94.7% of respondents (3,304) stated that they do not think it is ok to use drugs, and 87.1% of respondents (3,037) have never tried any drugs or substance. The views of taking drugs amongst students, and opinions of whether it is ok to use drugs, is similar to that in 2019 and 2022.

483 students (14.0%) knew where to buy drugs locally, 146 (4.2%) had been asked to store or sell drugs for someone and 570 (16.6%) responded to say it is easy to obtain drugs locally.

Of those students that consumed drugs, responses are listed below and in figure 28:

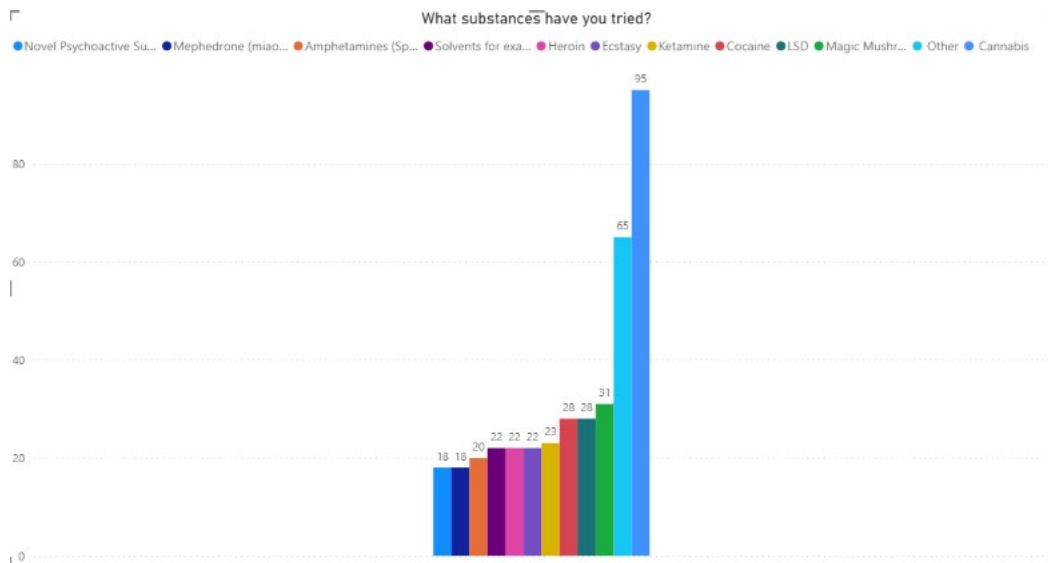
- 54 (35.5%) have consumed in the last week,
- 24 (15.8%) have consumed in the last month,
- 33 (21.7%) have consumed in the last year,
- 41 (27.0%) have consumed more than a year ago.

In 2022, 37.5% said they have tried drugs in the last week, compared to 42.5% in 2019 and in 2022, 27.5% said they have tried drugs in the last month, compared to 19% in 2019.



**Figure 28:** Responses to latest use of substances, by academic year

Respondents who answered yes to use of drugs were asked what substances they have used. These are shown below in figure 29.

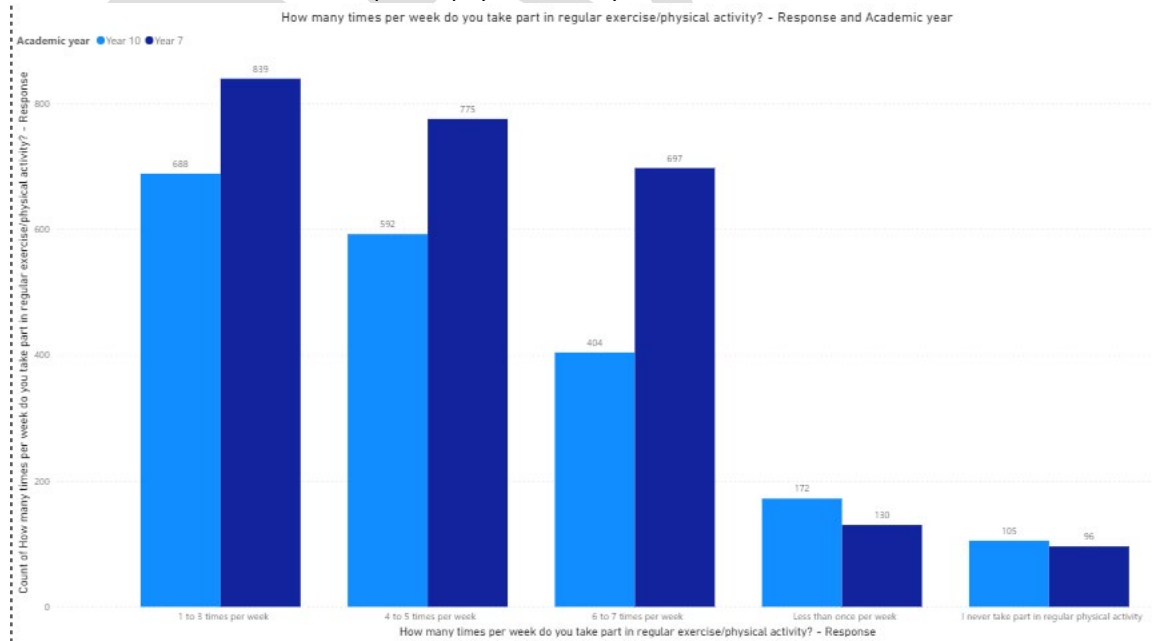


**Figure 29: Responses to latest use of substances, by academic year**

### Physical activity

Students were asked how many times a week they take part in physical activity and 4,498 students responded (figure 30).

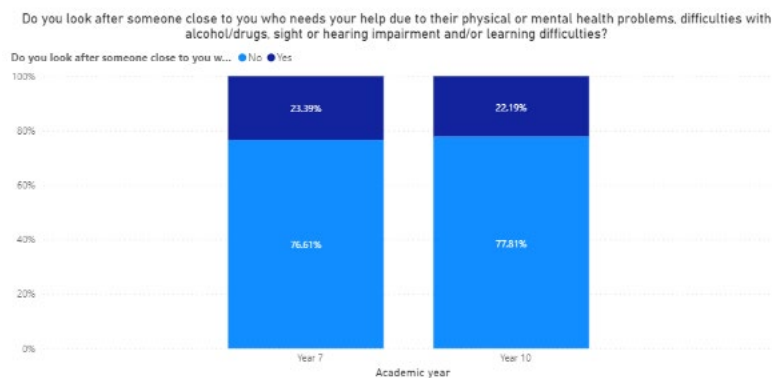
- 1,527 students exercise 1 to 3 times per week.
- 1,367 students exercise 4 to 5 times per week.
- 1,107 students exercise 6 to 7 times per week.
- 302 students exercise less than once a week.
- 201 students never take part in physical activity.



**Figure 30: Responses to physical activity**

## Young carers

Students were asked if they look after someone close to them due to their physical and mental health problems, difficulties with drugs or alcohol, sight or hearing impairment and/or learning difficulties. 3,721 respondents answered this question with 851 (22.9%) stating they do care for someone. In Year 7 this is 23.4% and in year 10, it is 22.2% (figure 31).

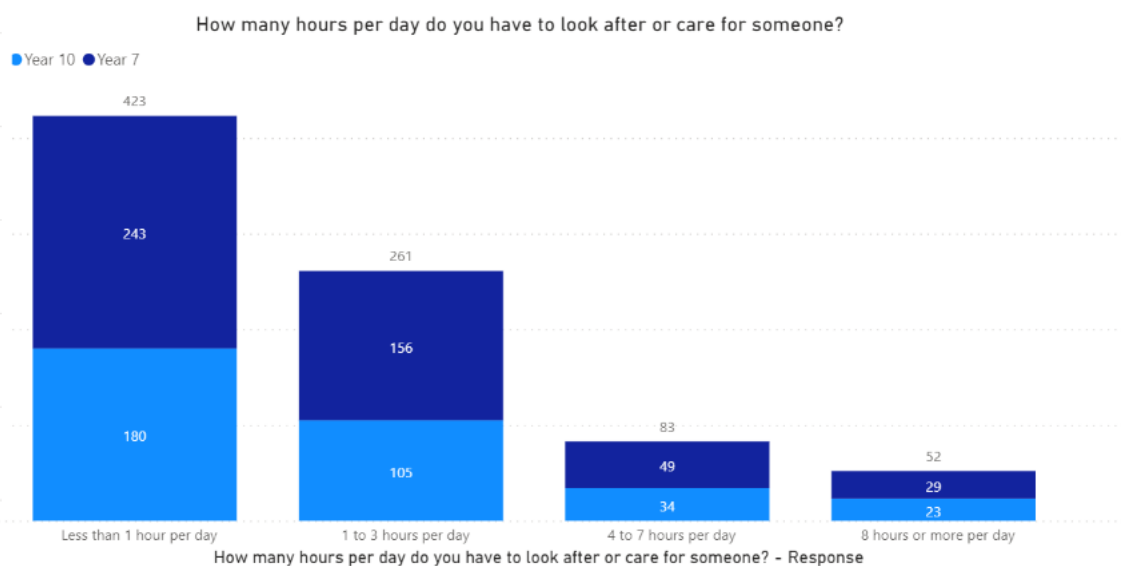


**Figure 31:** Responses to caring questions, by academic year

Of those who answered yes, a follow up question was asked around if looking after someone means a person has less time to socialise with friends. 926 students responded to this, with 28.4% stating it does mean they have less time to socialise with friends.

819 students answered the question around how many hours a day they care for someone (figure 32):

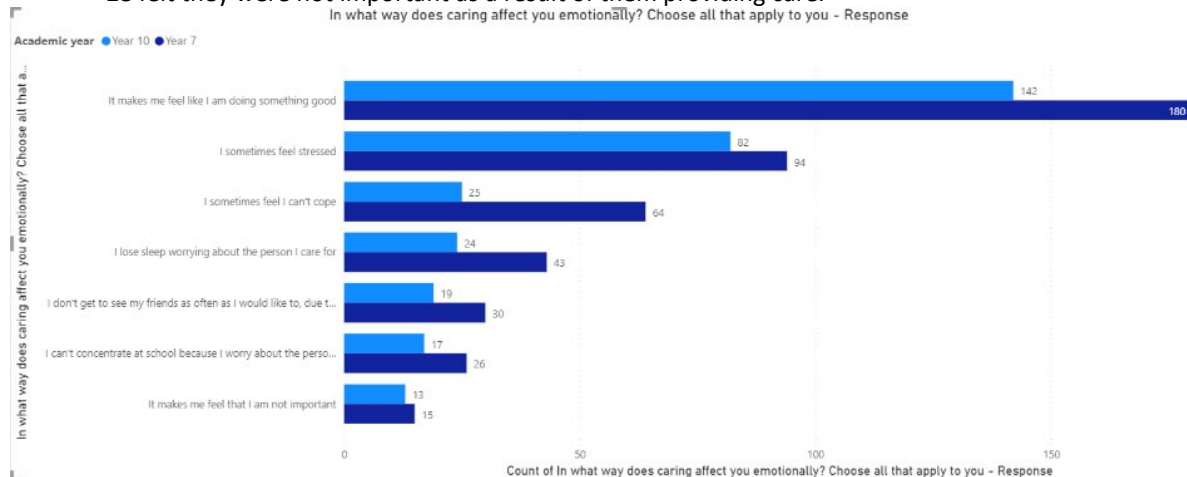
- 423 respondents care for someone less than 1 hour a day.
- 261 respondents care for someone 1 to 3 hours per day.
- 83 respondents care for someone 4 to 7 hours per day.
- 52 respondents care for someone 8 or more hours per day.



**Figure 32:** Responses to caring questions, by academic year

Students that care for others were asked in what way caring affects them emotionally and there were 774 responses, listed below and in figure 33:

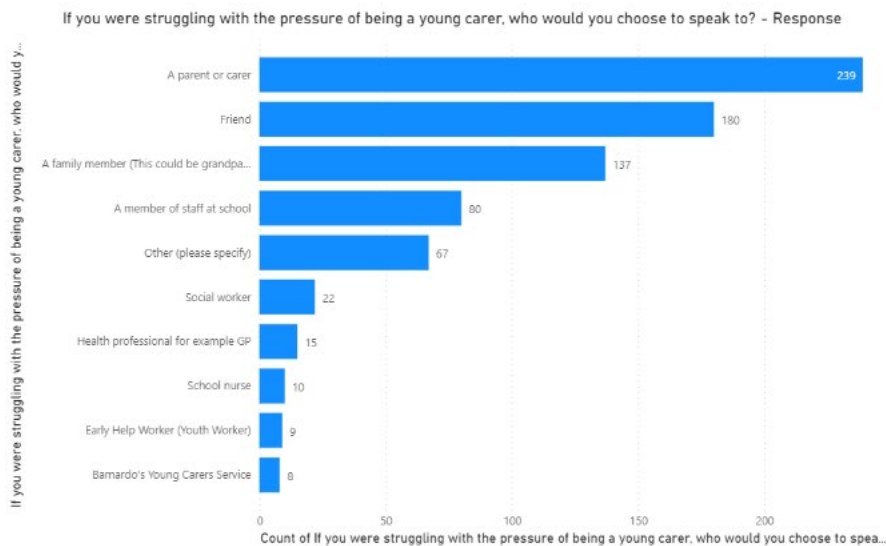
- 322 felt like it made them feel like they are doing something good.
- 176 felt like it made them feel stressed.
- 89 felt like sometimes they cannot cope.
- 67 lost sleep worrying about the person they care for.
- 49 lost time socialising with friends as were not able to see them as often as they like.
- 43 cannot concentrate at school because of worry about the person they care for
- 28 felt they were not important as a result of them providing care.



**Figure 33:** Responses to caring questions, by academic year

Respondents were asked where they would access support if they were struggling with the pressure of being a young carer with 767 responses. These are listed below and in figure 34.

- 239 would choose to speak to a parent or carer.
- 180 would choose to speak to a friend.
- 137 would choose to speak to a family member (e.g. grandparents).
- 80 would choose to speak to a member of staff at school.
- 22 would choose to speak to a social worker.
- 15 would choose to speak to a health professional such as a GP.
- 10 would choose to speak to a school nurse.



**Figure 34:** Responses to caring questions.

Students who answered yes to caring for someone were asked how important it is to have someone in school who fully understands their caring role and how it affects them. 312 respondents (40.3%) stated it was very important, 275 respondents (35.5%) stated it was sometimes important, and 187 respondents (24.2%) stated it was not important.

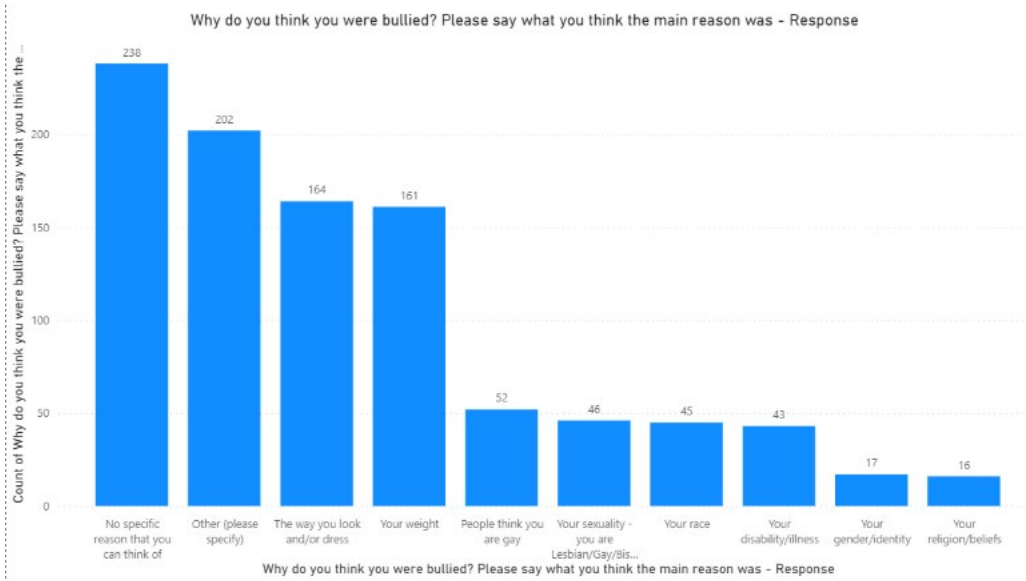
240 respondents (30.7%) think their school has a good mental health support system in place for young carers and other students who may be struggling with their mental health however 292 respondents (37.4%) do not. 31.9% of students answered that they do not know.

Young carers were asked if they knew of Rotherham young carers support service and 282 (37%) had heard of the service with 273 (35.4%) stating they would make contact if they needed to. 145 respondents (18.8%) felt that them being a young carer would affect their future, 390 respondents (51.2%) hope to go to university and 147 (19.2%) think that being a young carer will impact them if they hope to go to university.

## Bullying

3,917 students responded to the question around if they had been bullied in the last 6 months. 2,846 students (72.7%) have been bullied in the last 6 months, and of those who were bullied, there were a mix of responses to 'Why do you think you were bullied?' shown below and in figure 35.



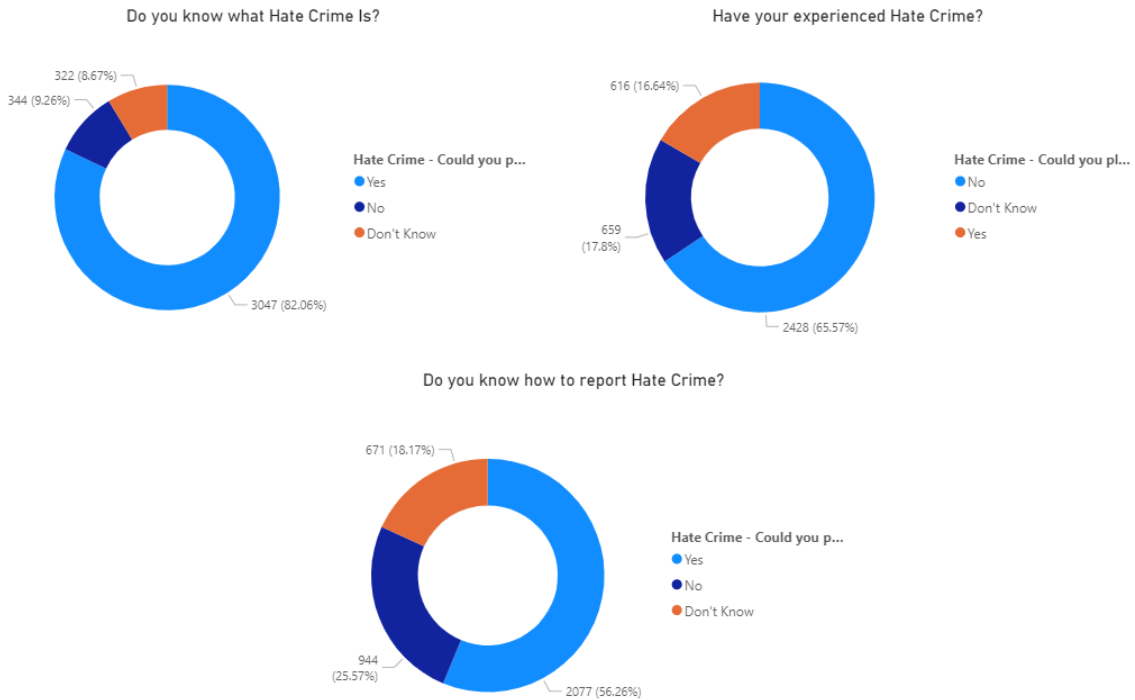


**Figure 35:** Responses to bullying questions.

### Hate crime

Students were asked about their knowledge of hate crime and the responses are shown below and in figure 36:

- 3,047 respondents (82.1%) know what hate crime is, and 344 (9.3%) do not.
- 616 respondents (16.6%) have experienced hate crime.
- 2,077 respondents (56.3%) know how to report hate crime.



**Figure 36:** Responses to Hate Crime questions.

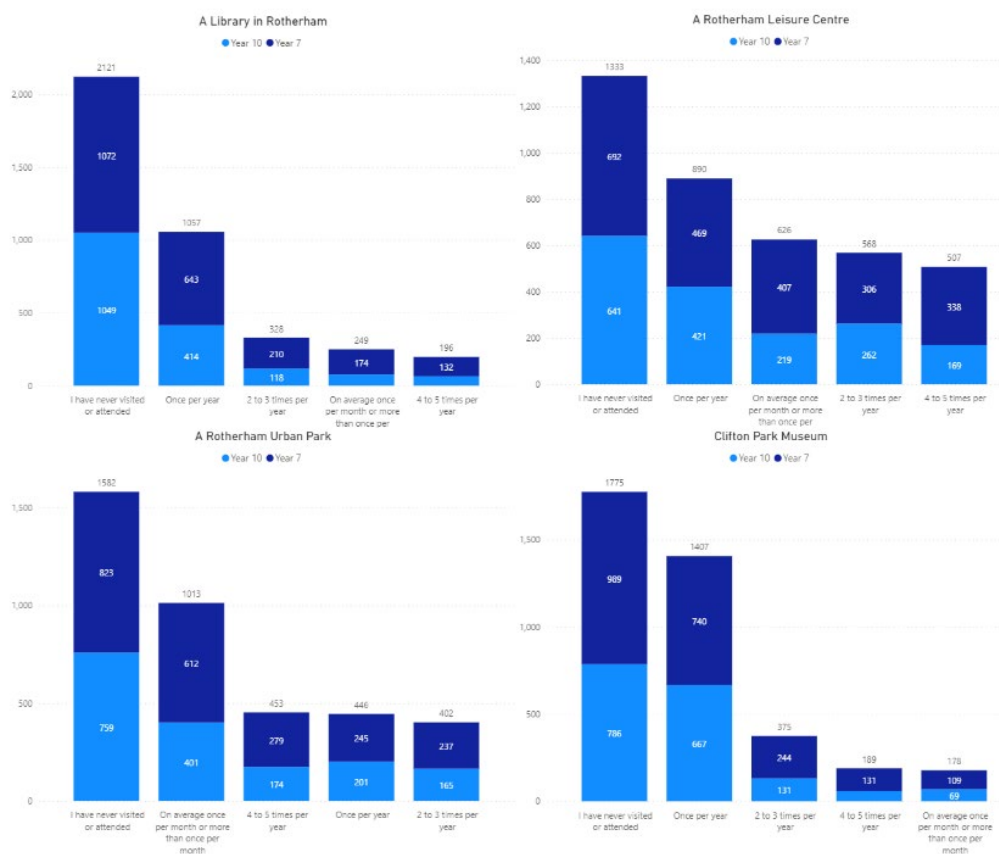
## Culture and Leisure

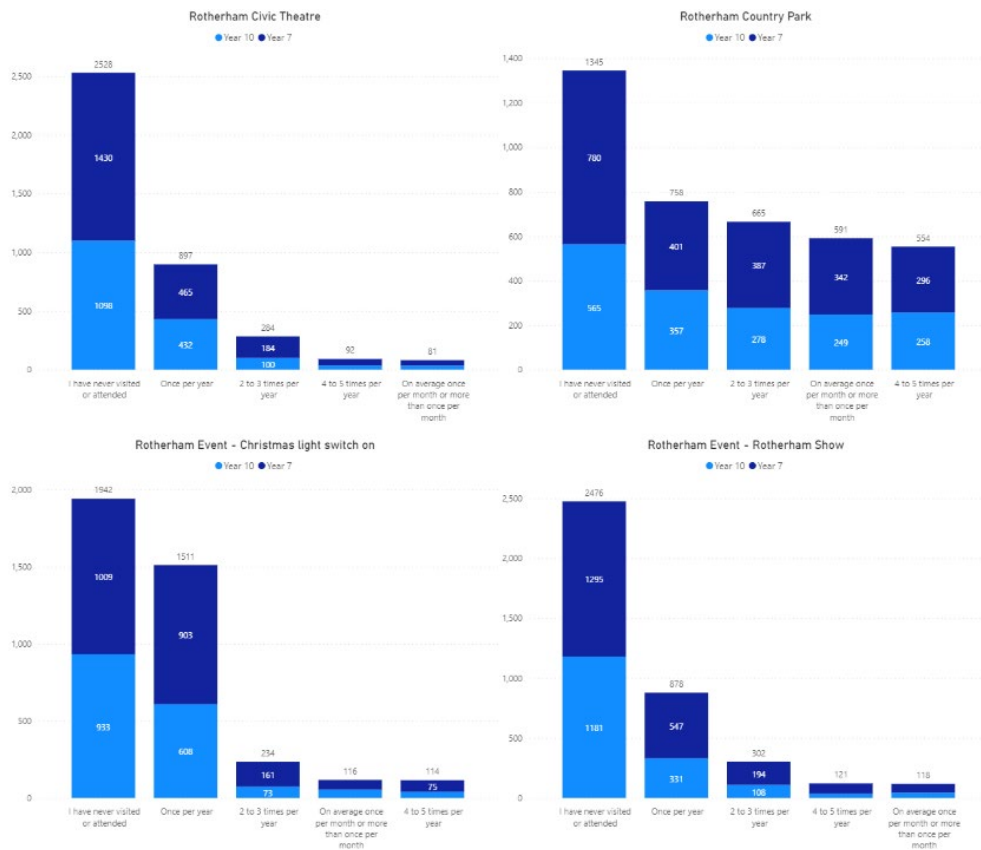
Students were asked how often they visited locations in Rotherham including a library, a leisure centre, a park, Clifton park museum, the theatre, and events such as the Christmas light switch on and the Rotherham show (figure 37).

- Local library: 1830 respondents had visited at least once per year, however 2,121 had never visited.
- Rotherham leisure centres: 2,591 had visited at least once a year, however 1,333 had never visited.
- Rotherham urban park: 2,314 had visited at least once per year, however, 1,582 had never visited.
- Clifton Park museum: 2,149 had visited at least once per year, however 1,775 had never visited.
- Rotherham civic theatre: 1,354 had visited at least once per year, however 2,528 had never visited.
- Rotherham Country Park: 2,568 had visited at least once per year, however 1,345 had never visited.
- Rotherham events: 1,975 had visited the Christmas light switch on and 1,419 had visited the Rotherham show, however 1,942 and 2,476 had not respectively.

The most recently visited place, at the time of completion, was a Rotherham Urban Park, Country park or leisure centre; 1,994 respondents across these three categories.

Of all most recently visited locations, the majority of people rated this 4 or 5 out of 5 (5 being excellent); 56.5%, a total of 2,135 respondents.





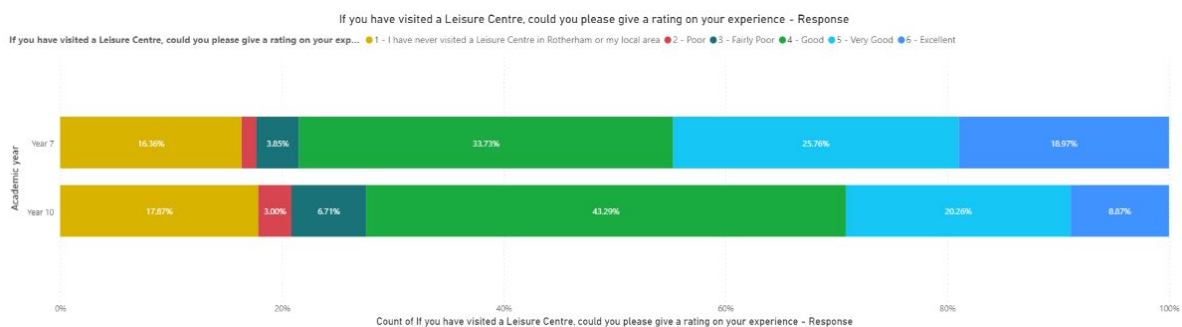
**Figure 37:** Responses to culture and leisure questions, by academic year

470 respondents (11.5%) have heard of the Children’s Capital of Culture with 159 respondents having taken part in an activity.

### Leisure centres

3,850 students responded to the question asking them to rate their experience of a Rotherham leisure centre and responses are detailed below and in figure 38.

- 655 (17.0%) have never visited a leisure centre.
- 275 (7.1%) rated the leisure centre poor or fairly poor.
- 1,458 (37.9%) rated the leisure centre as good.
- 900 (23.4%) rated the leisure centre as very good.
- 562 (14.6%) rated the leisure centre as excellent.



**Figure 38:** Responses to culture and leisure questions, by academic year

## Green spaces

Students were asked what facilities they would like to see more of in their local area and green spaces:

- 1,606 would like to see more football pitches
- 1,590 would like to see more water sports
- 1,459 would like to see more gym equipment
- 1,395 would like to see more play equipment
- 960 would like to see more natural reserves and wildflower planting
- 820 would like to see more multi-use games areas and
- 808 would like to see more tennis courts

## Open water swimming

Students were accessed about their experience of open water swimming and responses are detailed below and in figure 39.

- 1,518 students (40.9%) have tried open water swimming and 2,041 (55.0%) have not.
- Of those who have tried open water swimming, 1,894 (53.4%) were fully aware of the risks.
- 2,347 students (63.9%) would know how to rescue someone safely (throw a line).

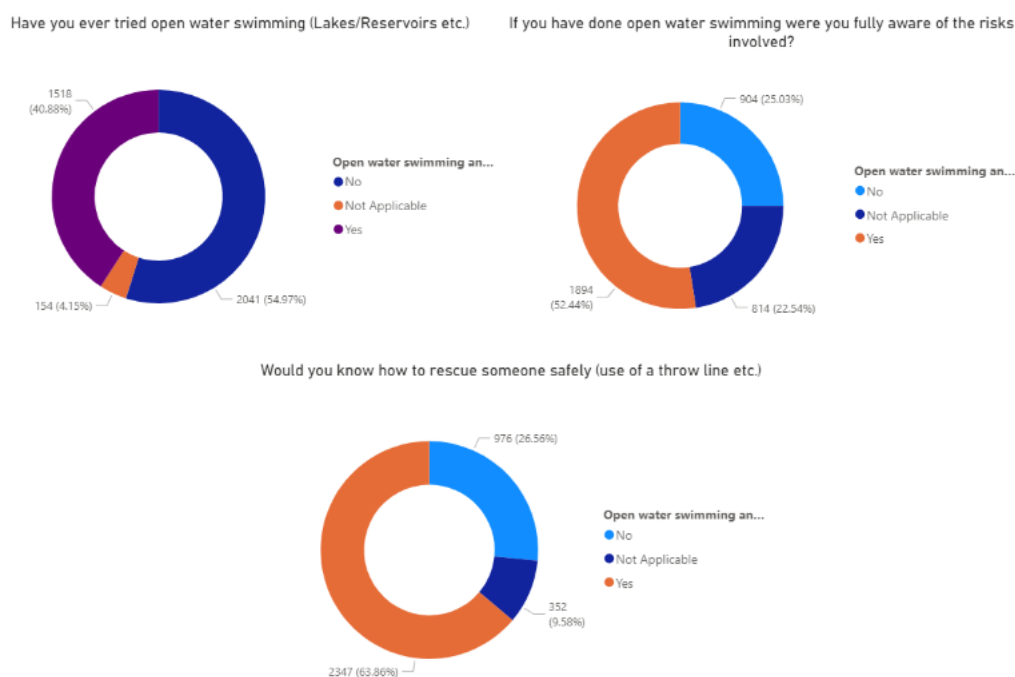
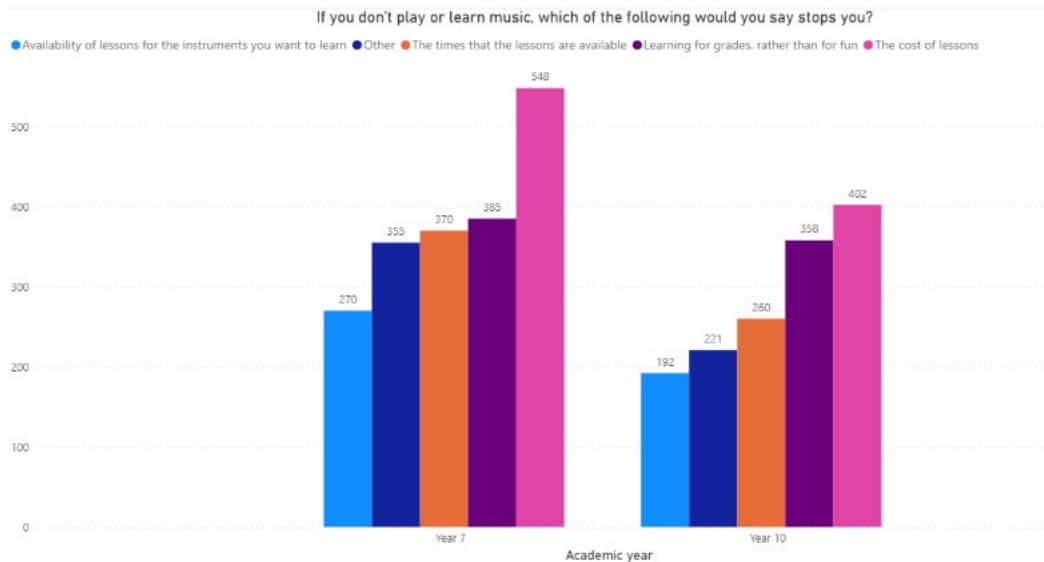


Figure 39: Responses to culture and leisure questions on open water swimming.

## Music

Students were asked to answer a question around barriers to learning or playing an instrument.

Responses follow the same pattern across academic years with the main reason for not being able to play or learn an instrument due to the cost of lessons, a total of 950 respondents. The second most common response was learning for grades rather than fun, a total of 743 respondents. Additionally, 630 respondents found lesson times a barrier and 462 found availability for specific instrument lessons a barrier (figure 40).



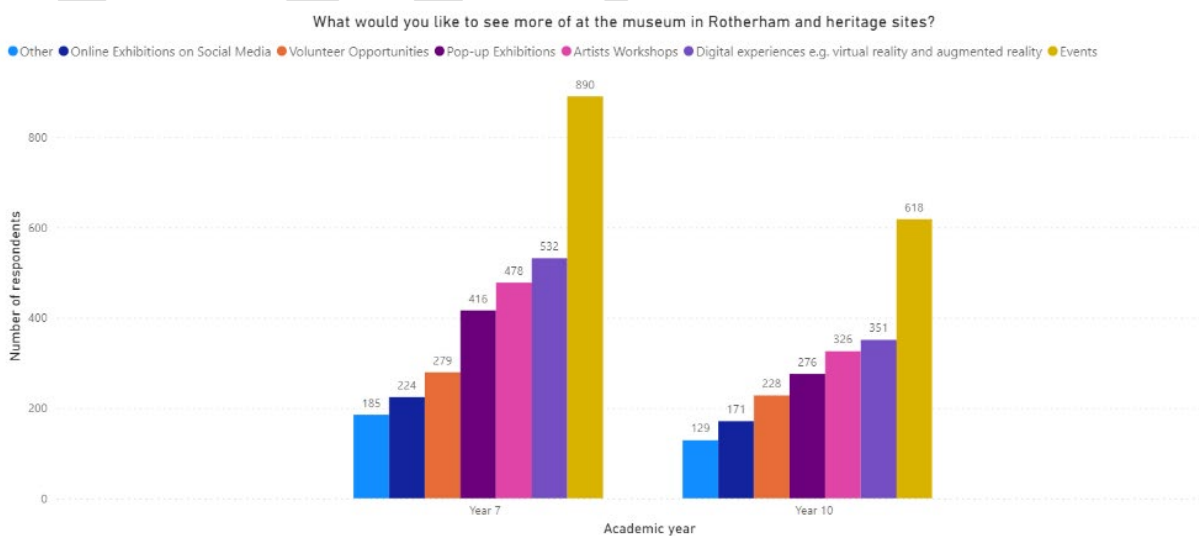
**Figure 40:** Responses to culture and leisure questions, by academic year

## Museums

Students were asked what they would like to see more of at the Rotherham museum and heritage sites.

Responses follow a similar pattern across academic years and the response with the highest selection was students that would like to see more events, a total of 1,508. Secondly, students would like to see more digital experiences such as virtual or augmented reality; a total of 883. Other requests were for the following (figure 41):

- Artist workshops: 804 respondents
- Pop-up exhibitions: 692 respondents
- Volunteer opportunities: 507 respondents
- Online exhibitions on social media: 395 respondents



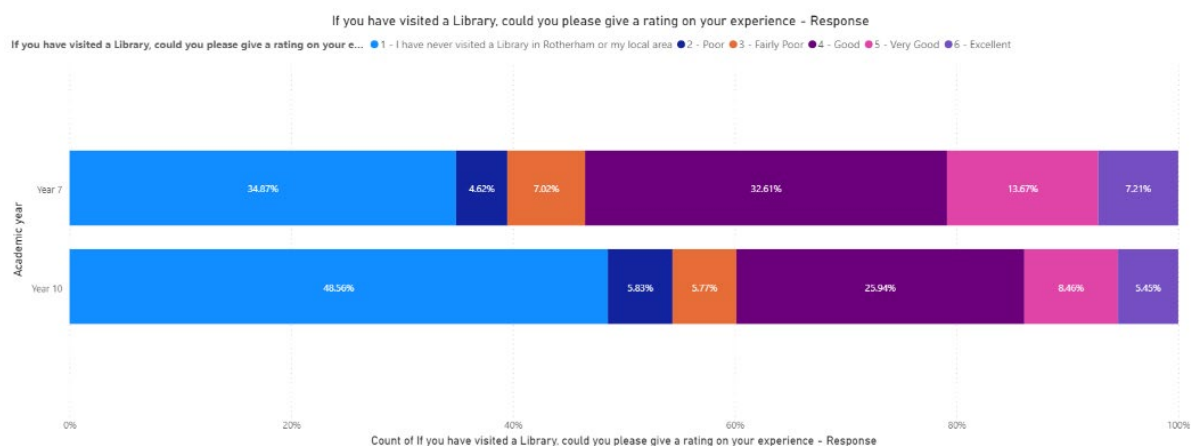
**Figure 41:** Responses to culture and leisure questions, by academic year

## Libraries

Students that have visited a local library were asked to give a rating on their experience with 3,683 students responding. Of these, 1,498 (40.7%) had never visited a Rotherham library.

428 (11.6%) respondents rated the library as very poor or poor, 1,519 (41.3%) rated the library as good or very good, and 238 (6.5%) rated the library as excellent.

Responses differed across academic years with 34.9% of Year 7 students having never visited a Rotherham library compared to 48.6% of Year 10 students (figure 42).



**Figure 42:** Responses to culture and leisure questions, by academic year

Students were asked what resources would encourage them to visit their local library, these are listed below and in figure 43:

- 343 would like to see a writers group
- 370 would like to see a coding club
- 488 would like to see a youth centre/club
- 663 would like to see a wider selection of information and clubs
- 1,189 would like to see a gaming club
- 1,307 like the library the way it is

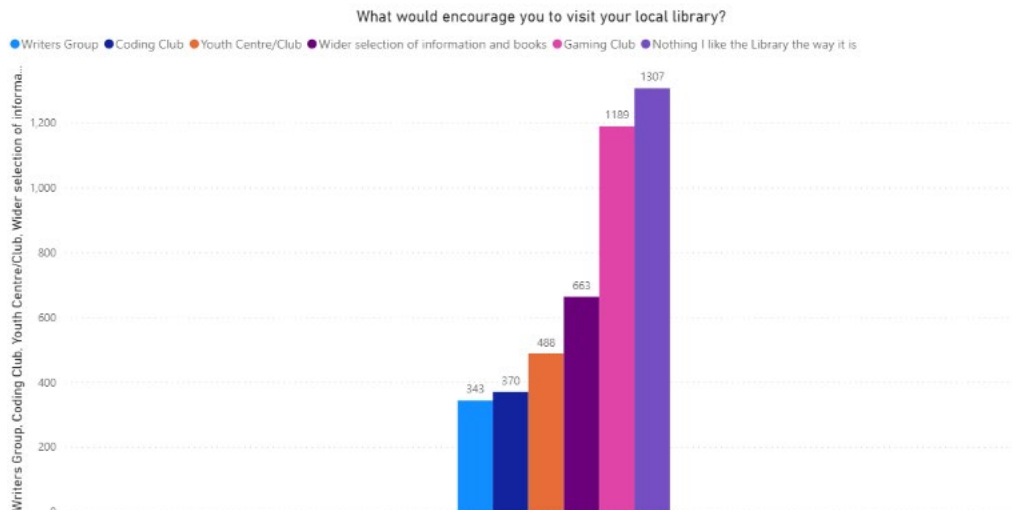


Figure 43: Responses to culture and leisure questions, by academic year

## Theatre

Students were asked what activities and productions they would like to see at the theatre, and the genre that had the most responses was comedy: 2,023 in total.

Other responses include the following (figure 44):

- Drama: 1,027 respondents
- Pantomime: 921 respondents
- Musicals: 916 respondents
- Dance: 867 respondents
- Music events: 719 respondents
- Workshops and classes: 445 respondents

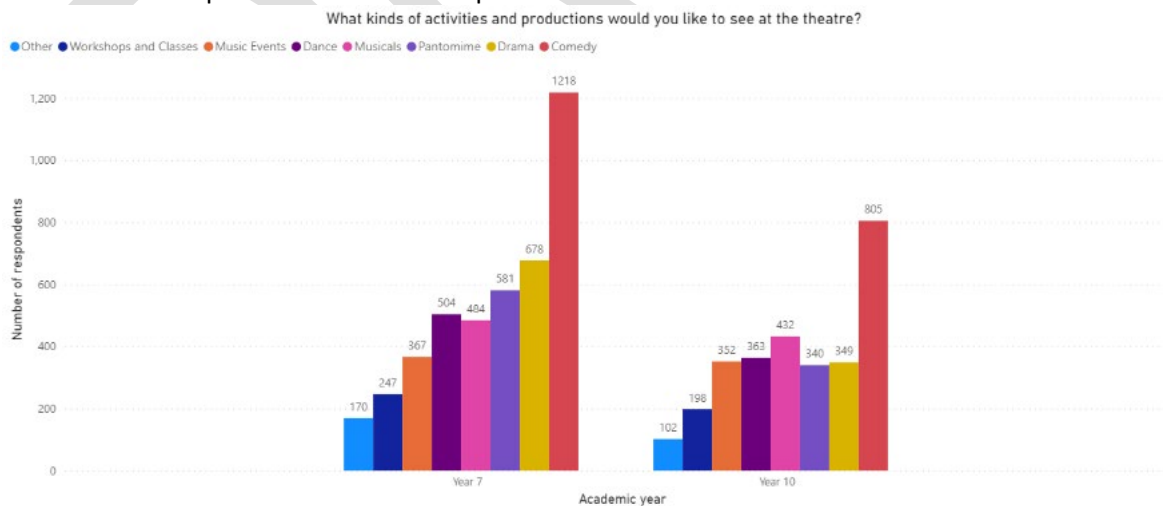


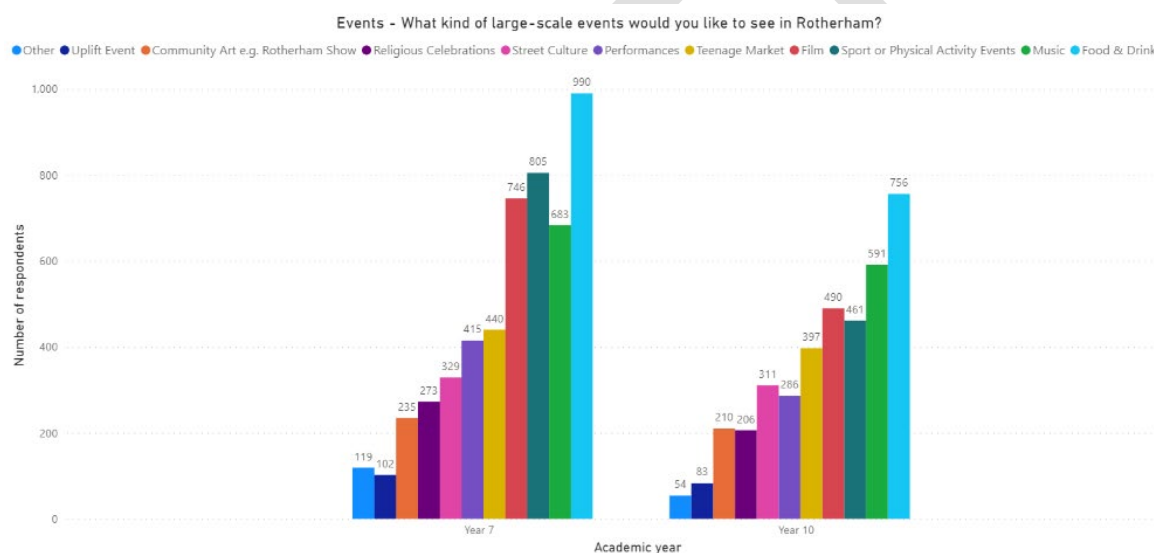
Figure 44: Responses to culture and leisure questions, by academic year

## Events

Students were asked what large-scale events they would like to see in Rotherham and the most common response was food and drink events: a total of 1,746 responses.

Other responses include the following (figure 45):

- Music: 1,274 respondents
- Sport or Physical Activity Events: 1,266 respondents
- Film: 1,236 respondents
- Teenage market: 837 respondents
- Performances: 701 respondents
- Street Culture: 640 respondents
- Religious celebrations: 479 respondents
- Community Art: 445 respondents



**Figure 45:** Responses to culture and leisure questions, by academic year

## Gulliver's theme park

Overall 3,990 students responded to this question and 44.5% of respondents have never visited. Of those that have visited, 16.3% rated it as excellent, 15.6% rated it as very good, 18.7% rated this good, 2.6% rated this as fairly poor, and 2.4% rates this as poor.

However, this differed across academic years with 59.1% of Year 10 having never visited compared to 33.2% of Year 7 having never visited. For students in Year 7, 43.1% rated this as excellent or very good compared to 17.4% in Year 10 (figure 46).



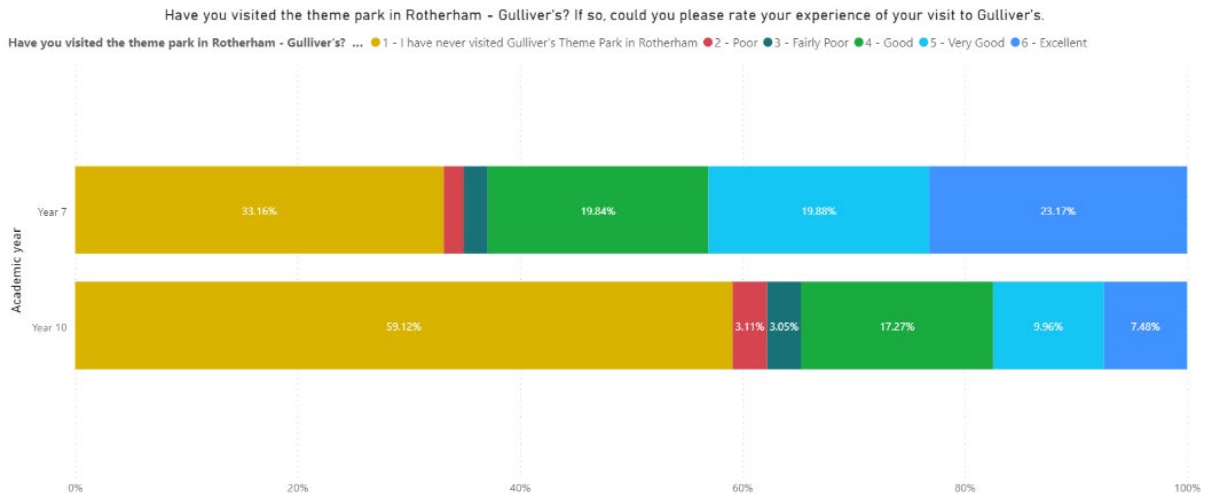


Figure 46: Responses to culture and leisure questions, by academic year

## Leaving school

Students were asked what they would like to do when they leave school and 4,318 students responded. Responses are detailed below and in figure 47.

- 1,473 students, 34.1%, plan to go to college and go to university.
- 956 students, 22.1%, do not yet know what they would like to do after school.
- 740 students, 17.1%, plan to go to college and then gain employment.
- 528 students, 12.2%, plan to get an apprenticeship.
- 375 students, 8.7%, plan to start their own business.
- 246 students, 5.7%, plan to get a job straight from school.

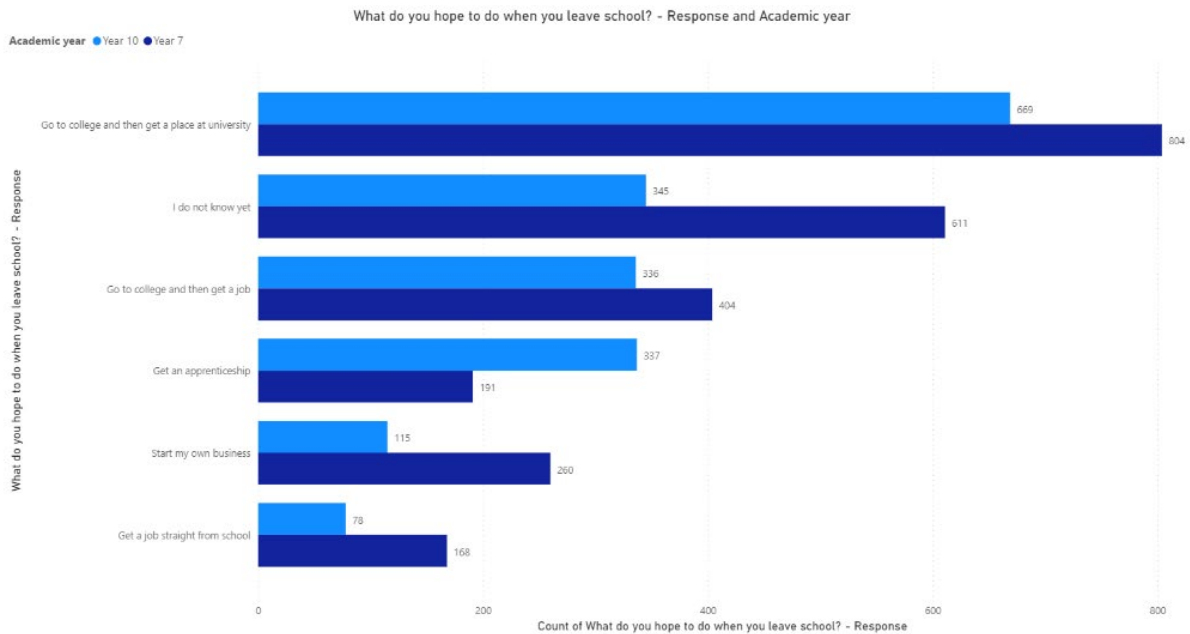


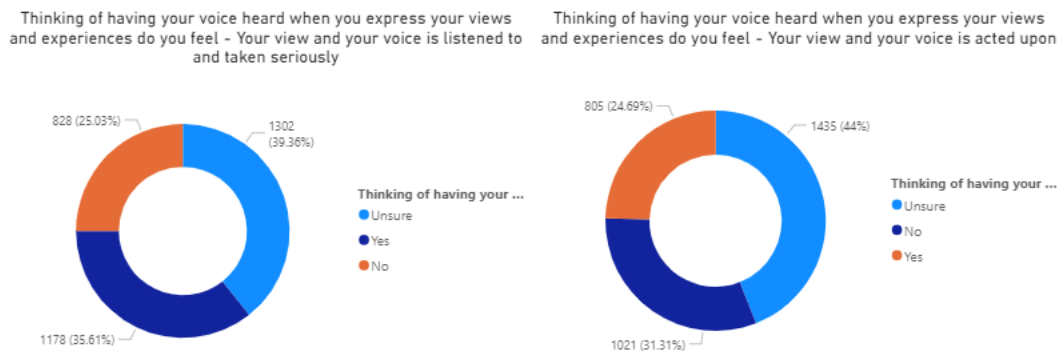
Figure 47: Responses to leaving school, by academic year

## Voice of the child

Students were asked if they felt their voice was listened to and acted upon.

1,178 respondents, 35.6%, felt their view and voice is listened to and taken seriously, however 828 respondents, 25.0%, felt their views were not listened to and taken seriously, and 1,302 respondents, 39.4%, were unsure (figure 48).

In terms of respondents feeling their view and voice is acted upon, 805 respondents, 24.7%, felt it was acted upon, 1,021 respondents, 31.3%, felt it was not acted upon, and 1,435 respondents, 44%, were unsure (figure 48).



**Figure 48:** Responses to feelings of voices being heard and acted upon.

## References

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<sup>1</sup> Population and household estimates, England and Wales: Census 2021. [Population and household estimates, England and Wales: Census 2021 - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/population-and-household-estimates)

<sup>2</sup> English indices of deprivation 2019 . [English indices of deprivation 2019 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019)

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