

Rotherham Secondary School
Lifestyle Survey
2013

Borough Wide Report

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Message from Cllr Lakin

Dear Head Teacher,

I am writing to personally thank you for participating in Secondary Lifestyle Survey in 2013. The 2013 survey has produced the highest participation rates of any year that the survey has run and for this I would like to praise every school for their effort in achieving this result.

Feedback from the consultation with schools, youth services, health and schools effectiveness team led to improvements being made to the survey and we would like to feel this has contributed to this increase in participation rate which this year has achieved 55%. Participation rate for 2012 was 23%.

As you know, there is a lot of interest both locally and nationally regarding seeking the views of children and young people about what matters to them and ensuring that appropriate changes are made. The 2013 survey has shown that all 16 secondary schools have participated in the survey and in total 3474 pupils have given their feedback.

The results of the survey have been analysed to produce the Rotherham wide report and the local authority and key partners will look at these results to work throughout the year to address issues raised, looking at key areas such as health, wellbeing, safety, caring and leaving school.

The information produced by the Lifestyle Survey has informed the development of the Children and Young People's Plan, Corporate Plan, Health & Well Being plan and teams such as Safer Neighbourhood Teams, Healthy Schools Team and NHS Rotherham have taken on board the results of the survey on young people perceptions and are making changes as a result of this survey.

The team working on the lifestyle survey will be contacting you soon to capture feedback about the 2013 survey and asking if any further improvements can be made. Please give them your feedback about the survey and the report you have received to ensure that continuous improvements are made for the 2014 Lifestyle Survey. I hope that you will continue to give your support to this important project.

Yours faithfully



Cllr Lakin, Cabinet Member Children & Young People's Services

Demographic Information

All 16 secondary schools in Rotherham participated in the 2013 Lifestyle Survey, with 3,474 pupils completing the survey out of a possible 6,384 year 7 and year 10 pupils in Rotherham (55% participation rate). This is a significant increase of 2,040 from the 2012 survey which had 1,434 responses and 8 schools took part.

A number of secondary schools experienced problems with timetabling the survey last year and fitting it in to their lesson plans which impacted greatly on their ability to complete the survey in 2012 and resulted in a lower participation rate. This has been addressed in 2013 as schools were given the survey earlier in the term and were also given longer to complete it. This has had a positive impact as the number of schools and pupils participating this year has doubled.

The table below shows the Schools that participated in the survey and the numbers of pupils that took part from each School.

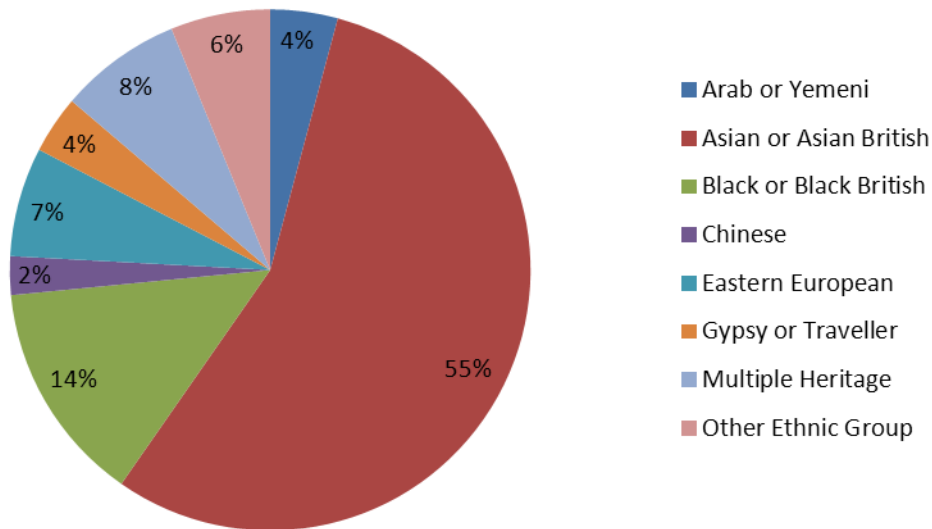
School	Total No. of Pupils Y7	Total No. of Pupils Y10	Overall Total	Total Participation Number	Overall Response Rate %
Aston	268	262	530	232	44%
Brinsworth	217	232	449	333	74%
Clifton	179	246	425	131	31%
Dinnington	200	221	421	54	13%
Maltby	151	212	363	260	72%
Oakwood	181	210	391	252	64%
Rawmarsh	149	182	331	230	69%
Saint Bernards	140	135	275	116	42%
Saint Pius	125	124	249	202	81%
Swinton	136	143	279	133	48%
Thrybergh	82	105	187	134	72%
Wales	228	251	479	158	33%
Wath	297	300	597	405	68%
Wickersley	299	306	605	384	63%
Wingfield	153	171	324	190	59%
Winterhill	233	246	479	260	54%
TOTAL	3038	3346	6384	3474	55%

This year a separate survey was produced for both year 7 and year 10 pupils. This allowed us to tailor the questions for the two year groups and ask some additional age-appropriate questions to year 10 pupils.

Of the pupils that completed the 2013 survey, 51% were female and 49% were male. 1,809 (52%) are currently in year 7 (more than three times number of year 7s that completed last year's survey) and 1,665 (48%) are in year 10 (nearly double the number from last year).

When asked about their ethnicity, 2,882 pupils described themselves as White British (83%, down from 85% in last year's survey), 501 were classed as BME (14%, up from 13% last year) and 91 preferred not to say (3%). Of the 501 BME pupils, the pie chart below shows a further breakdown of BME pupil ethnicity, with the majority classing themselves as Asian or Asian British.

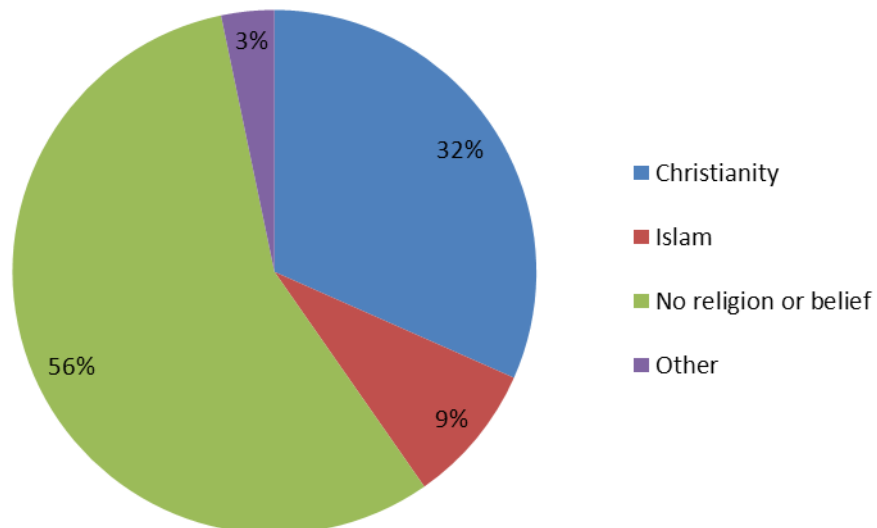
BME Pupil Ethnicity Breakdown



9% of pupils said they had a long term illness, health problem or disability (up from 8% last year). 2% of pupils were registered disabled and 6% said that they didn't know if they were registered disabled (both figures the same as last year).

A new question on religion was added this year for both year 7 and year 10 pupils. More than half of pupils said that they had no religion or beliefs (56%). The main choices are shown in the chart below.

Religion



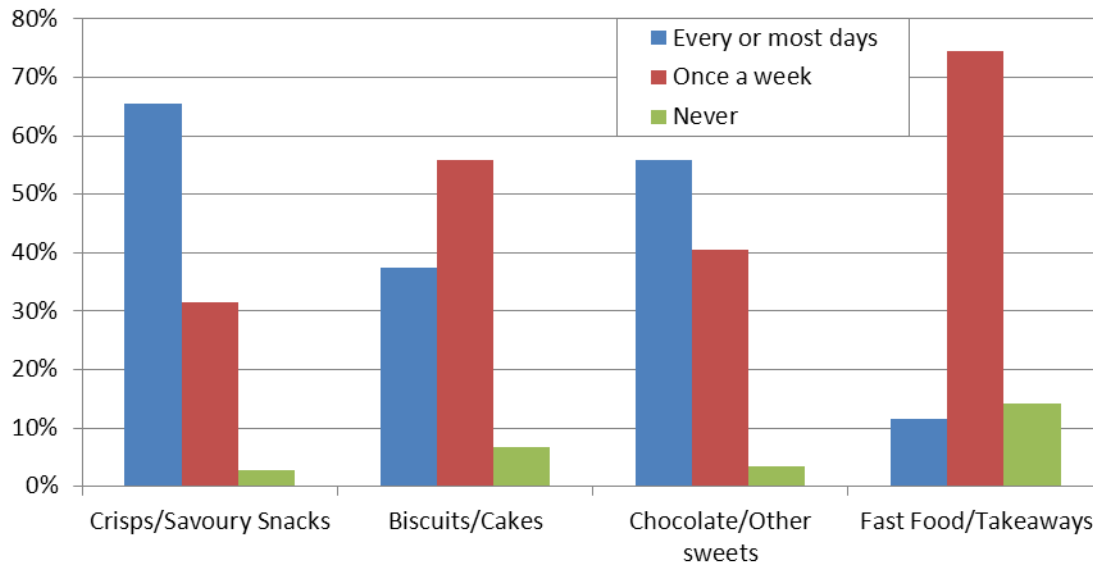
Less than 1% of pupils said that they practiced one of the following religions: Buddhism, Judaism, Humanism, Sikhism or Hinduism.

Another new question for year 10 pupils this year was around sexual orientation. 88% of pupils said that they were heterosexual, 3% said that they were bisexual and 1% said that they were lesbian or gay. 2% identified themselves as 'other' and 6% preferred not to say.

Food and Drink

43% of pupils said that they ate five portions of fruit and vegetables per day (1% higher than 2012). Looking at the age groups separately, 53% of year 7 pupils eat five portions of fruit and vegetables per day compared to only 33% of year 10. This may be due to more year 7 pupils still having food prepared for them at meal times by their parents and are also less likely to buy snacks for themselves.

When asked how often the pupils ate food that was less healthy, i.e. crisps, biscuits, cakes and takeaways the results are as follows:

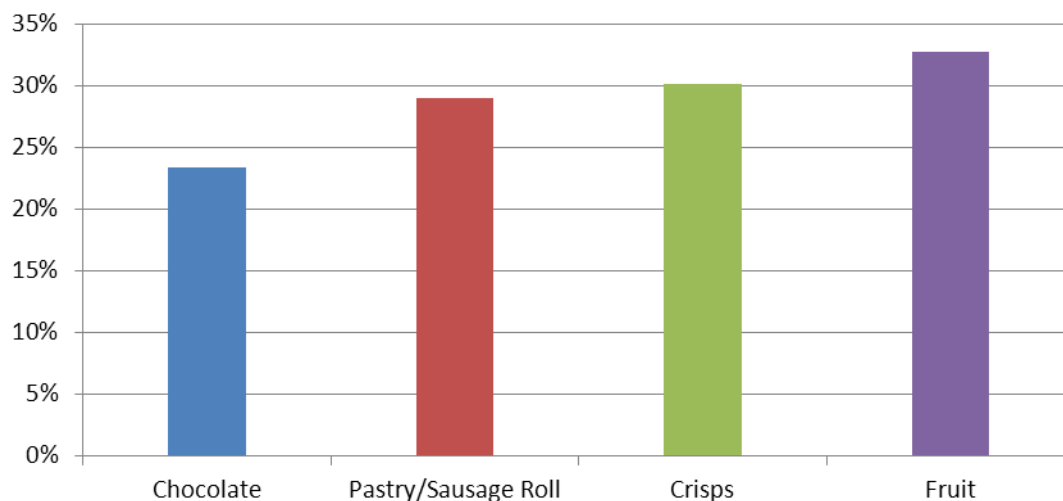


The responses show a high number of young people are eating crisps, chocolate and sweets every day or most days. There are also high numbers of young people having biscuits, cakes, fast food and takeaways once a week.

When asked about how many glasses of water they drank a day, 67% of young people questioned said that they drank 1 to 5 glasses of water (up 2% since last year), 25% said they had 6-10 glasses and 9% said that they drank no water at all (down from 11% in 2011). More year 7 pupils said that they drank 6-10 glasses than year 10 (29% compared to 21%) and more year 10 pupils said that they drank no water (11% compared to 7% of year 7 pupils).

A new question for this year's survey was whether the pupils ate breakfast or not. 71% of all pupils said that they had breakfast. Year 7 pupils are more likely to have breakfast (77% compared to 64% of year 10). Of the pupils that said they have breakfast, 79% had breakfast at home (higher than last year's figure of 67%). 4% said that they had breakfast on the way to school and a further 4% said that they ate it at school.

63% of pupils have a snack at break time (the same as 2012). This year, fruit is the most popular choice compared with crisps last year. The different types of snacks are shown in the chart below:

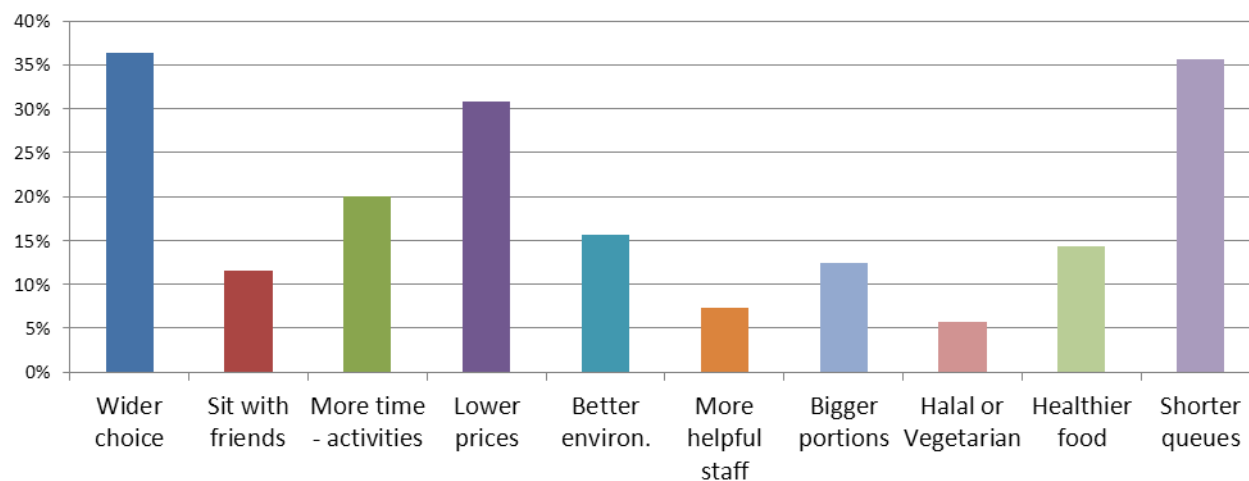


53% of pupils that had snacks brought them from home (down from 60% in 2012), 20% bought them from the school snack bar and 21% bought them from a shop on the way to school.

When asked if they had school meals, 28% said that they always have them (up from 22% last year), 42% said that they sometimes have them and 30% never have school meals. Year 7 pupils are more likely to have school meals than year 10 pupils (37% of year 7 pupils always have them compared to 18% of year 10).

When the pupils didn't have school meals, 63% said they had lunch at home (up from 56% in 2012), 17% bought lunch from the local shop (down from 23% in 2012) and 9% said that they didn't have lunch (up from 7% last year).

Pupils were then asked what would encourage them to have school meals, below are the responses.



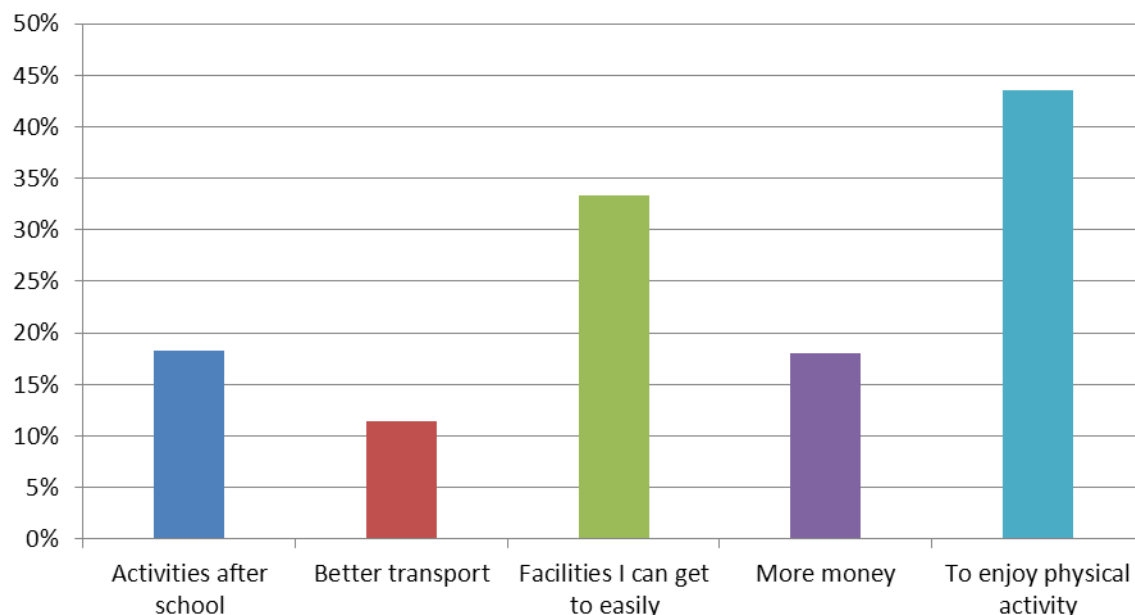
The three main things that would encourage pupils to have school meals are; wider choice, shorter queues and lower prices (same as the last three years).

Sport and Exercise

81% of pupils said that they regularly take part in sport or exercise (up from 79% in 2012). 23% of those said that they did their sport or exercise out of school, 16% did it in school and 50%

said that they did their exercise both during school time and out of school. 86% of year 7 pupils exercise regularly compared to 76% of year 10 pupils. In year 7 the same percentage of both male and female pupils take part in exercise (86%), however by year 10 the number of females taking part in exercise decreases more than males (71% compared to 82%).

Pupils were also asked what they would need to be in place in order for them to do more physical activity and increase their fitness. The responses are shown in the graph below:



The majority of pupils felt that they would do more physical activity if they enjoyed it more and if they had facilities nearby that they could get to easily.

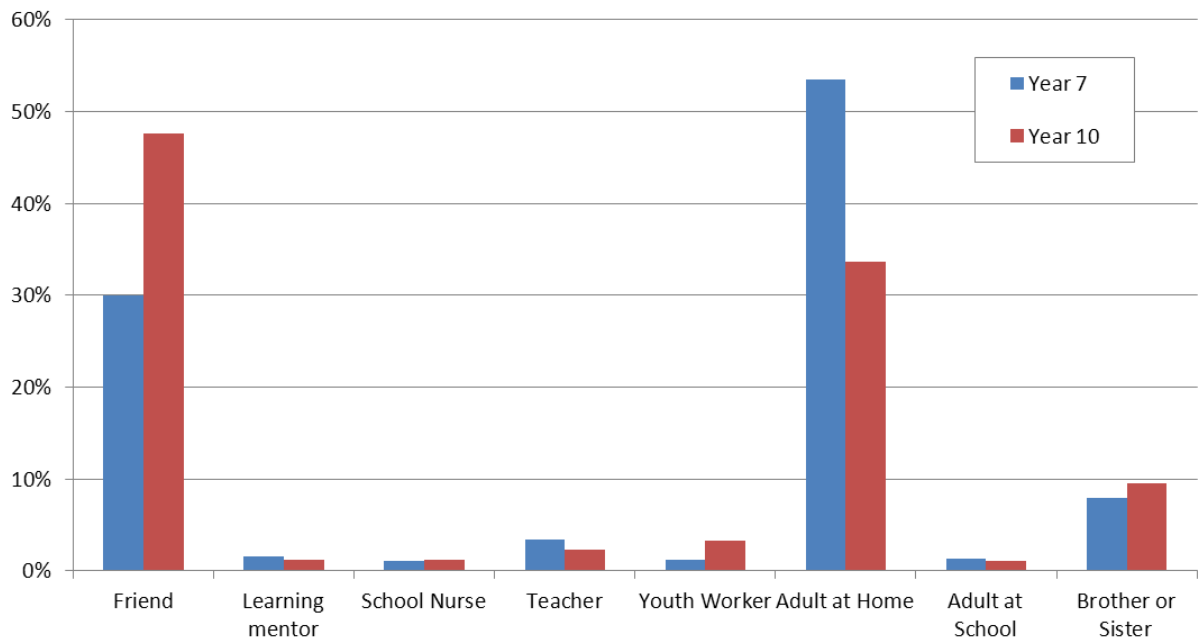
When asked about their weight, 74% felt that they were a healthy weight for their age (up from 70% last year). 16% felt that they were overweight (down from 17% last year), 2% felt that they were very overweight and 8% felt that they were underweight. More year 7 pupils thought they were a healthy weight (76% compared to 71% of year 10) and more year 10 pupils felt that they were overweight (18% compared to 14%).

29% of pupils were worried about their weight and 54% of pupils knew where to go for support or advice if they were concerned about their weight.

How Pupils Think and Feel

When asked about how they feel about their home and social life, 62% felt good about their family and home life (slightly lower than 64% in 2012) and 74% felt good about their friendships (down from 77% last year). When asked about how they feel about themselves, 37% felt good about the way they looked (down from 44% in 2012). When asked about how they felt about their schoolwork, 44% felt good about it (down from 57% last year). The responses from both year 7 and year 10 pupils for the above questions were almost identical.

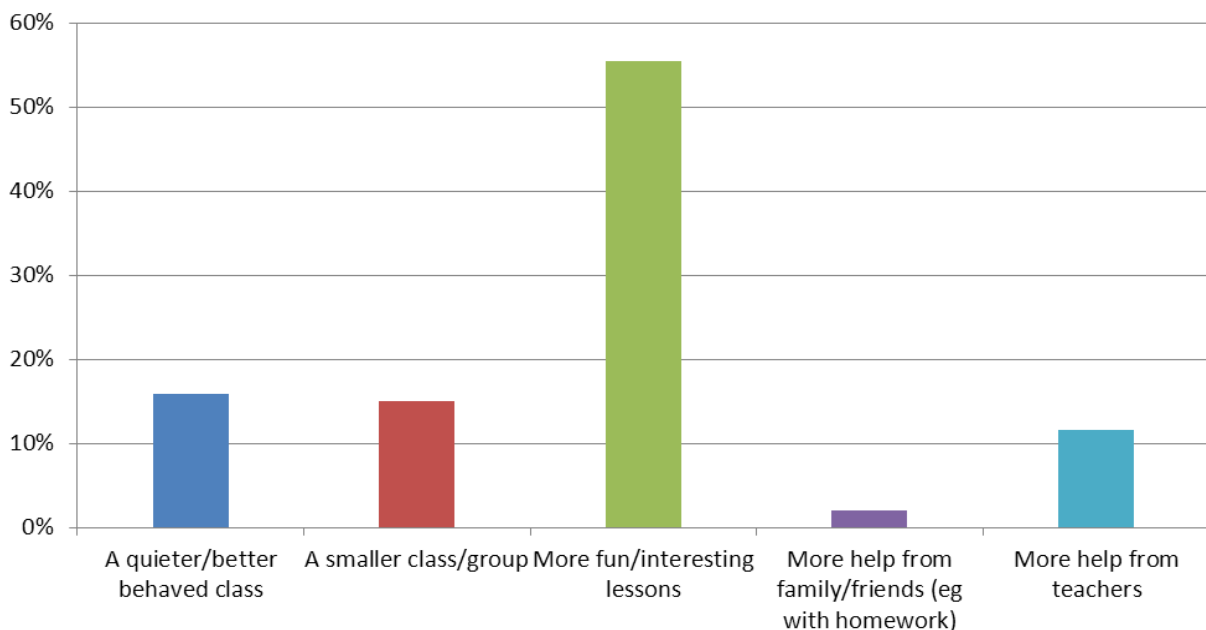
The pupils were then asked about whom they felt they would mainly discuss their problems with. The results are shown in the chart below:



The majority of year 7 and year 10 pupils would speak to either an adult at home (54% year 7 and 34% year 10) or a friend (30% and 48% respectively). Around 9% of both year 7 and year 10 pupils would talk to their brother or sister about their problems. Only 3% of both year groups would mainly talk to a teacher and only 1% of pupils would approach a youth worker, learning mentor, school nurse or other adult at school about their problems. Females in both year groups are more likely to mainly speak to a friend about their problems and males in both year groups are more likely to speak to an adult at home.

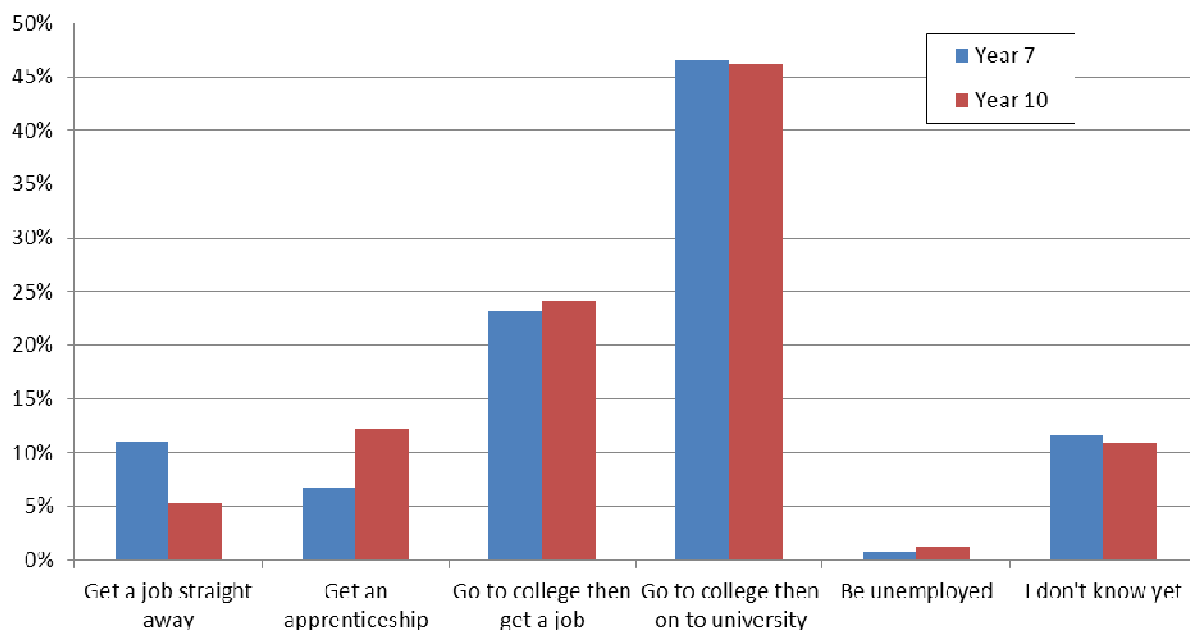
In School

Pupils were then asked what would help them to do better at school. Overwhelmingly the main thing that would help pupils to do better in school is more fun and interesting lessons, which was also the main option chosen last year.



The graph below shows the responses from pupils when they were asked what they hope to do when they leave school. 11% of year 7 and 5% of year 10 pupils said they want to leave school and get a job at 16 (this was around 9% for both year groups in 2012 and will no longer

be an option for pupils in 2014). 7% of Year 7 pupils and 12% of Year 10 pupils would like to get an apprenticeship (compared to 5% and 14% respectively last year).



Around 23% of both year 7 and year 10 pupils would like to study and then get a job at 18 (the same figure as last year's survey). 46% of both year 7 and year 10 pupils would like to study and go on to university. This is a drop of 8% since last year's survey for year 7 pupils and an increase of 4% for year 10.

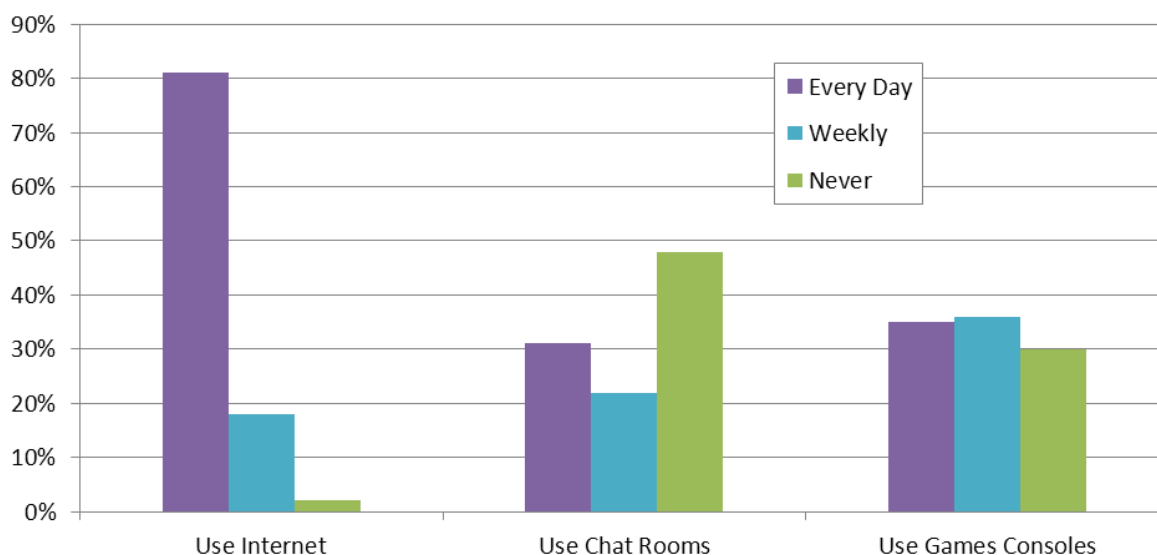
Around 1% of pupils said that they wanted to be unemployed when they leave school, which is the same as last year's figure. This shows that increasingly pupils are raising their aspirations and realising that they would prefer to get a job and earn some money, or continue in education. Around 11% of pupils said they didn't know what they wanted to do yet, which is a slight increase from last year's figure of 10%.

When asked if their school had a School Council, 83% of pupils said yes (the same as 2012) and 17% said no or that they didn't know. However, only 34% felt that their School Council made a difference (also similar to last year).

Out of School

Pupils were asked what activities they did outside of school. 19% of pupils were involved with volunteering or a community group (a decrease from 21% in 2012).

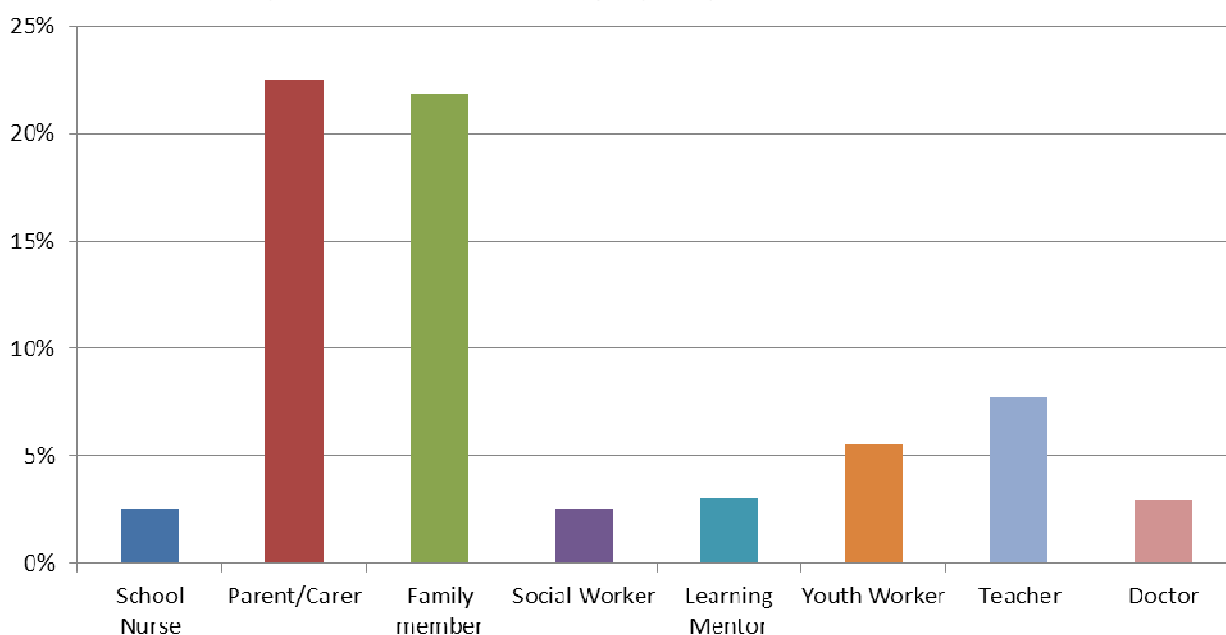
The pupils were then asked how often they used computers on a daily or weekly basis out of school:



The majority of pupils (81%) use the internet on a daily basis (up from 76% in 2012). The number of pupils using chat rooms on a daily basis is similar to last year (31%). The number of pupils using games consoles daily has increased from 30% in 2012 to 35% in 2013.

Young Carers

27% of pupils consider themselves to be young carers, this is a slight increase from last year's figure of 25%. A higher number of year 7 pupils said that they were young carers than year 10 pupils (31% compared to 23%). Of the pupils that said they were young carers, 57% are caring for their parents, 60% for their brother or sister, 41% for another family member and 22% are caring for a friend of the family. 57% of these cared for someone for 1 to 5 hours a week (up from 52% in 2012), 18% looked after someone for 6 to 10 hours, 15% looked after someone for between 11 and 50 hours (both same as last year) and 10% looked after someone for more than 51 hours a week (down from 15% last year). This demonstrates that whilst there is a higher percentage of young carers this year, the number of hours spent caring has decreased. When asked who they could talk to about being a young carer, the responses are as follows:

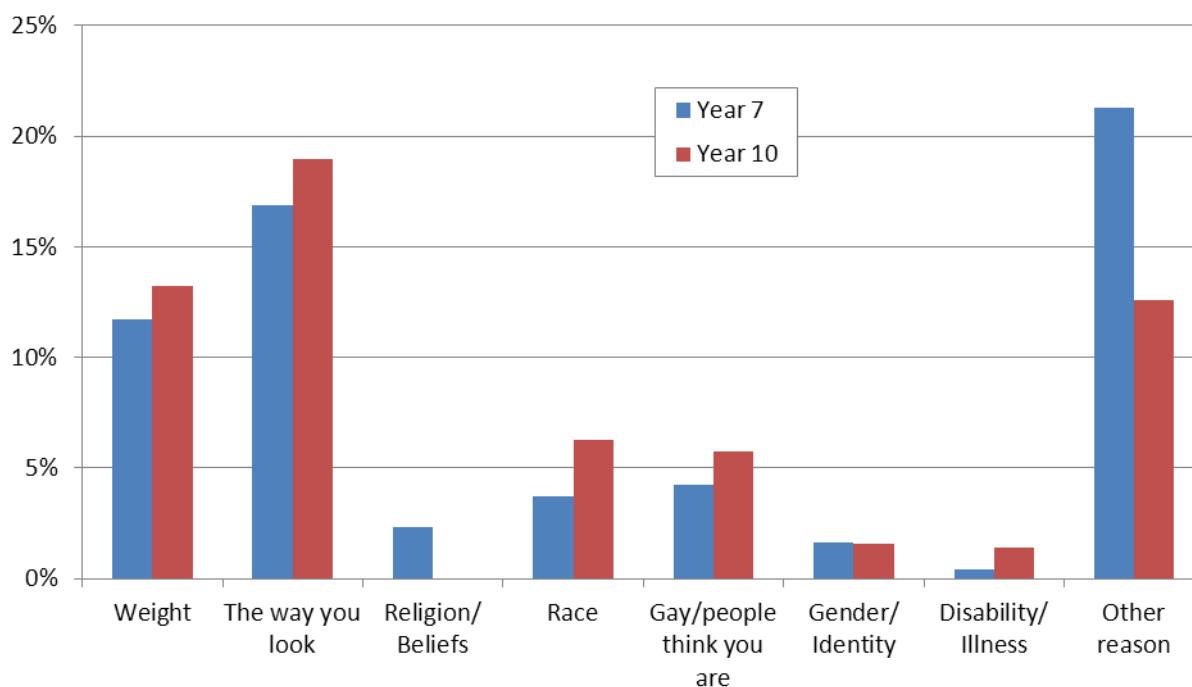


The majority of pupils would prefer to speak to either a parent or family member about being a young carer, this is the same as last year. 20% of pupils had heard about the Young Carer's Service, this is a slight decrease from 24% in 2012.

Bullying and Safety

From the 3,474 pupils questioned, 1,321 (38%) had been bullied. This is the same percentage that said that they had been bullied in the 2012 survey. A higher percentage of year 7 pupils said that they were bullied (40%) than year 10 pupils (36%).

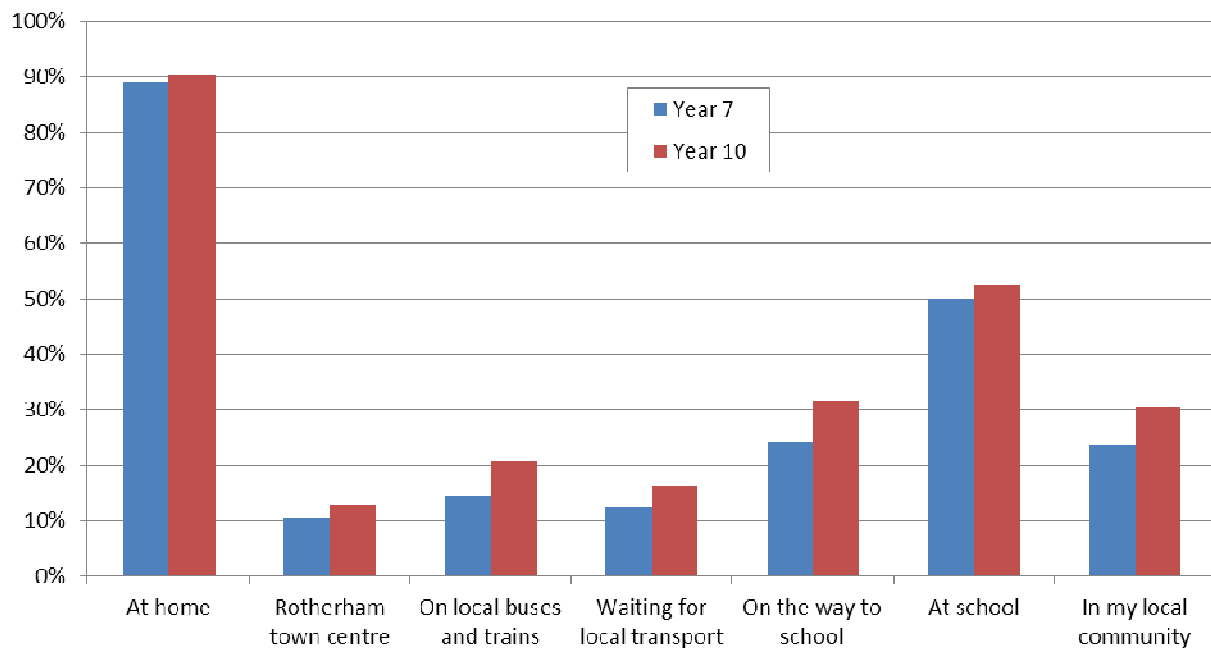
The most frequent form of bullying is verbal (90%), followed by being ignored (22%), physical bullying (21%) and cyber bullying (22%). These figures are all similar to last year's responses and virtually the same for both year 7 and year 10, except that a higher number of year 10 pupils said that they were victims of cyber bullying (29% compared to 19% of year 7). The main reasons for pupils being bullied are shown in the graph below:



The results show that the main things that people bully others about is their weight and the way they look (same as the 2012 survey). A high percentage of year 7 pupils also said that they were bullied for another reason, which could be explored further. Due to an error on the year 10 survey the new option 'bullied because of your Religion/Beliefs' was missing which meant that it could not be chosen by year 10 pupils.

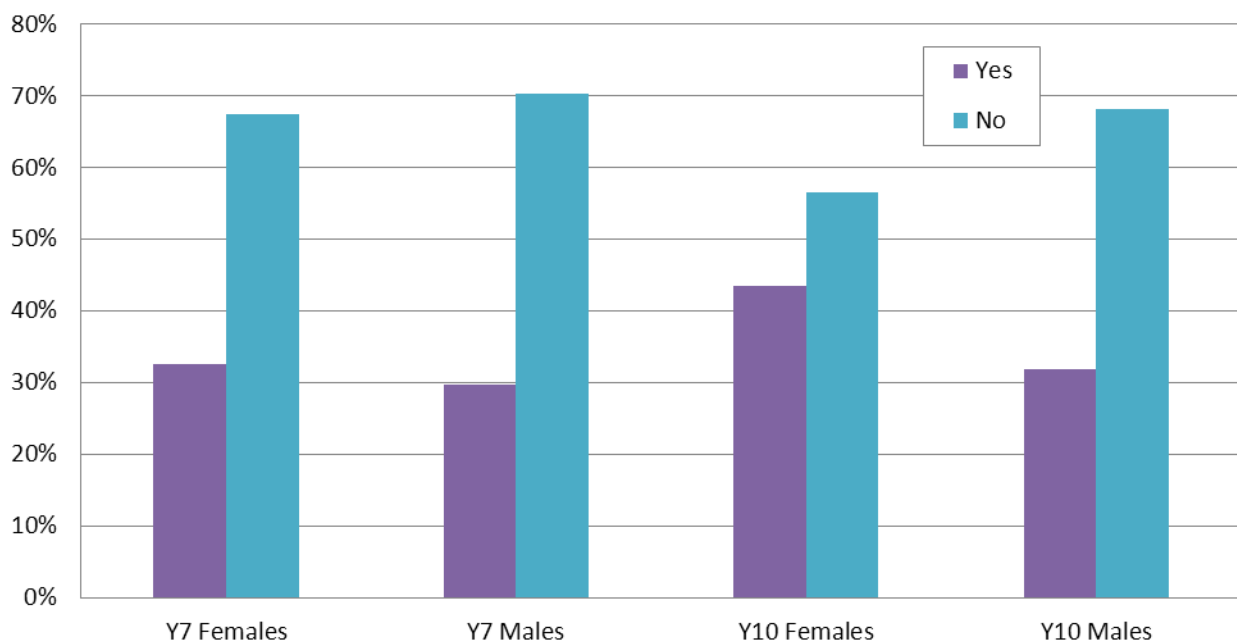
28% had reported the bullying (down from 44% last year) and 26% got help and support after reporting it (again, down from 43% last year). 43% of pupils that took part in the survey had witnessed bullying of others (similar to last year). 5% said that they had been involved in bullying someone in the last four weeks (down from 6% in last year's survey).

The pupils were then asked if they usually feel safe at the locations shown in the graph below:



The majority of pupils (90%) always felt safe at home (a slight decrease from 92% in 2012). There was a slight decrease in this year's survey across all areas of where pupils feel safe: at school (51% compared to 56% in 2012), going to and from school (28% compared to 34%), on local buses and trains (18% compared to 21%), waiting for local transport (14% compared to 17%) and in my local community (27% compared to 29%). For each of the options the percentage of year 7 pupils that usually feel safe is lower than that of year 10 pupils which may be down to their age.

Only 12% of pupils said they usually feel safe in Rotherham town centre (which is similar to last year's figure of 14%). An additional question was asked in this year's survey, 'Do you regularly go into Rotherham town centre?'. The results are shown here:



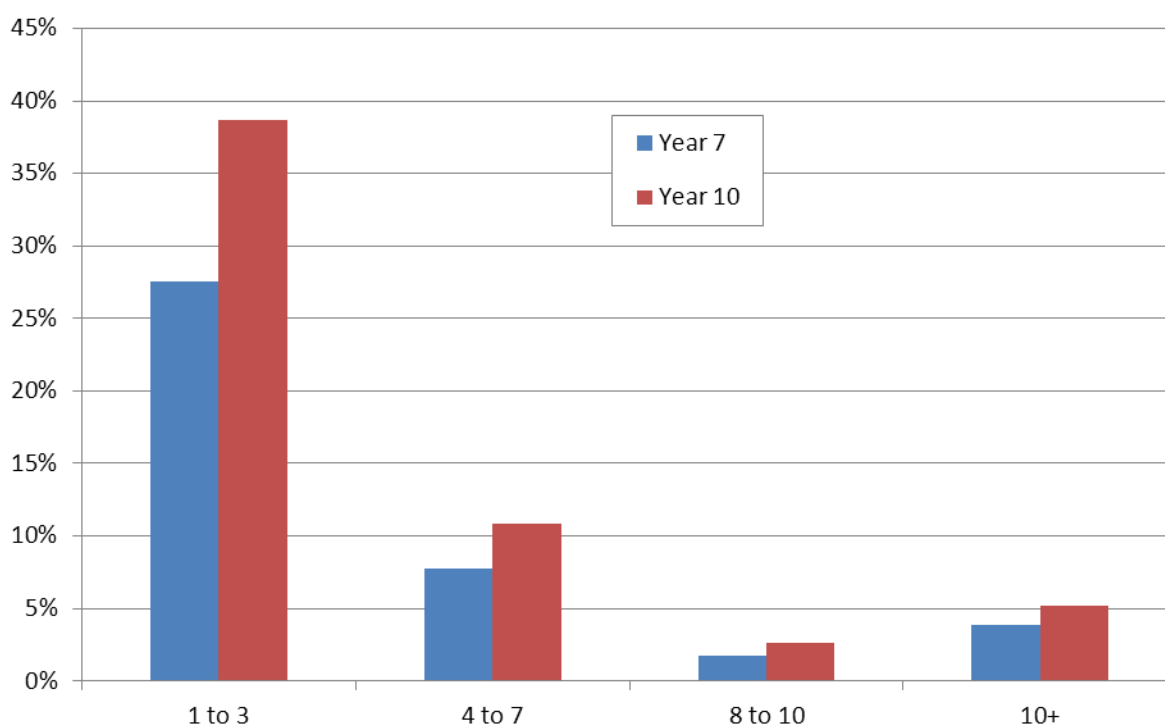
Only 34% of pupils said they visited regularly (31% of year 7 pupils and 38% of year 10). A higher percentage of females than males said they regularly went into the town centre,

especially in year 10 (44% of Y10 females compared to 32% of Y10 males). Of the pupils that went in regularly, 19% said that they feel safe there compared to 8% that didn't go regularly.

Around 5% of females in both year 7 and year 10 that regularly went into the town centre said that they felt safe there compared to 3% that didn't visit regularly. Males in both year groups generally felt safer in the town centre than females. A higher percentage of males in year 10 also said they felt safe compared to males in year 7 (10% compared to 7% respectively that regularly went into the town centre and 8% compared to 7% respectively for those that didn't visit regularly).

Smoking, Drinking and Drugs

Pupils were asked about their consumption of high energy caffeinated drinks such as Red Bull and Monster. 59% of pupils said they regularly drank high energy drinks, up from 51% last year. Of these 37% were year 7 pupils and 45% were year 10 pupils (compared to 46% and 54% respectively in 2012). The number of drinks consumed per week are shown below:

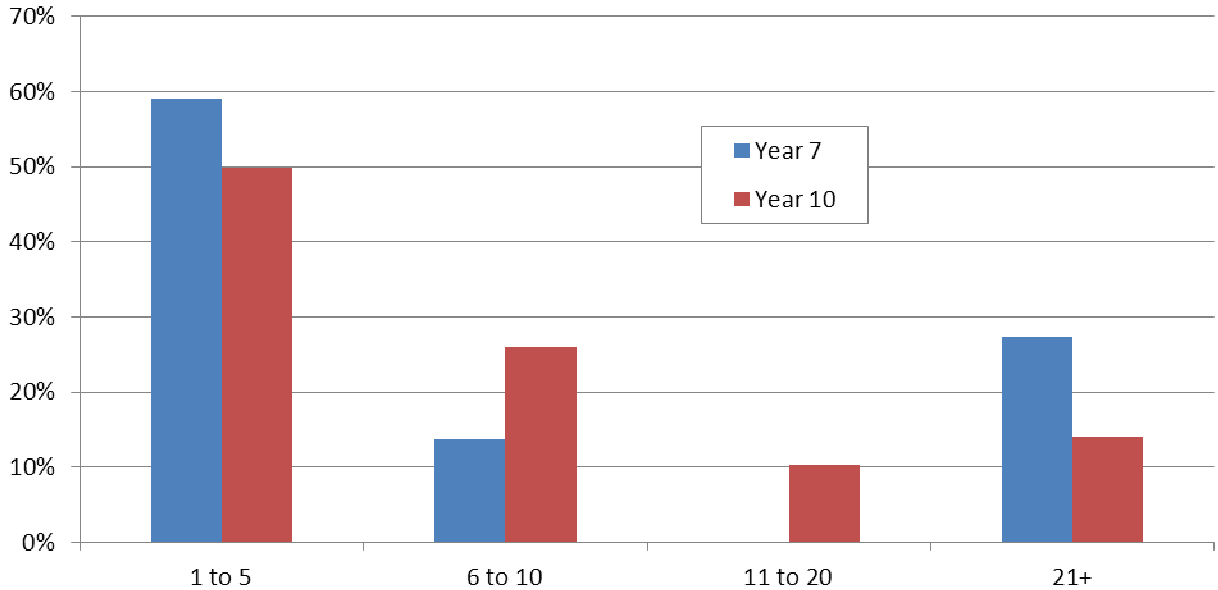


The majority of students that drink high energy drinks only have 1 to 3 drinks per week (similar to last year). However, around 10% of pupils in both year 7 and year 10 have these drinks every day and some pupils seem to be having more than one high energy drink every day.

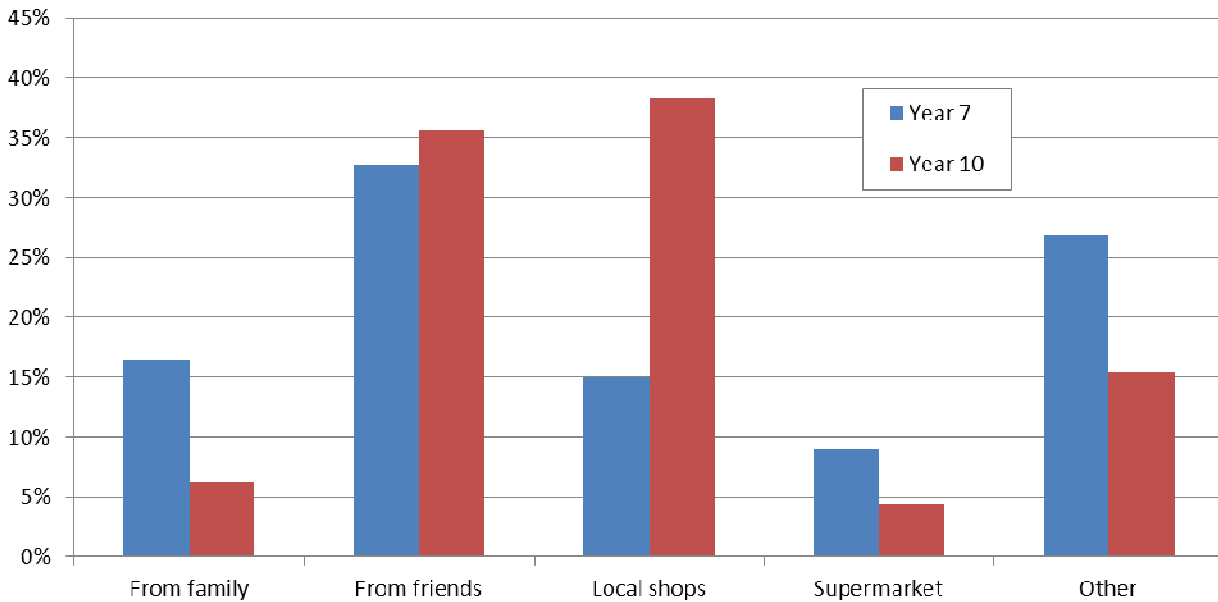
Smoking

When asked about smoking, 66% of pupils said that their home was smoke-free (64% in 2012). When asked if they smoked cigarettes, 94% of Year 7 and 64% of Year 10 pupils have never tried cigarettes (92% of Year 7 and 58% of Year 10 pupils in 2012 which shows a higher percentage of pupils have never tried cigarettes in this year's survey). 4% of Year 7 pupils had tried smoking once and not done it again, compared with 18% of Year 10 pupils (similar to last year). Currently, only 1% of year 7 pupils smoke regularly compared with 9% of year 10 (these figures have fallen for both year groups since last year's survey, 2% and 14% respectively).

Of the pupils that smoke regularly, the number of cigarettes they smoke a day is shown in the chart below. The majority of year 7 and year 10 pupils that smoke cigarettes have 1 to 5 a day, although a high percentage of year 10 pupils also smoke between 6 and 10 a day. The number of pupils smoking more than 21 cigarettes a day is higher than those smoking between 11 and 20 a day, suggesting that this may have been slightly exaggerated by some pupils.



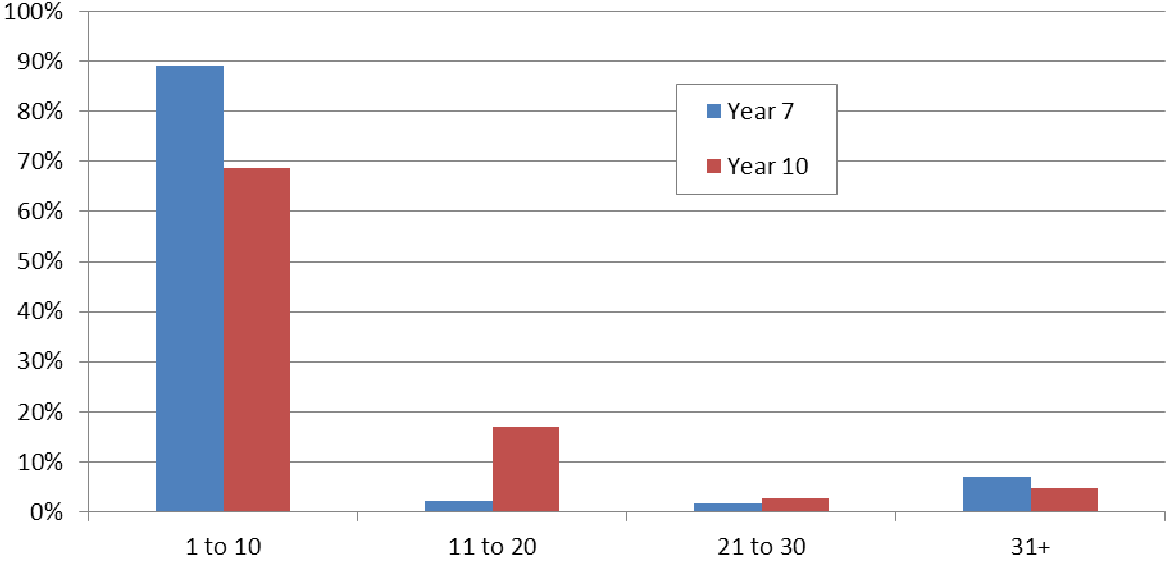
The pupils were then asked where they mainly got their cigarettes from. The results are shown in the chart below:



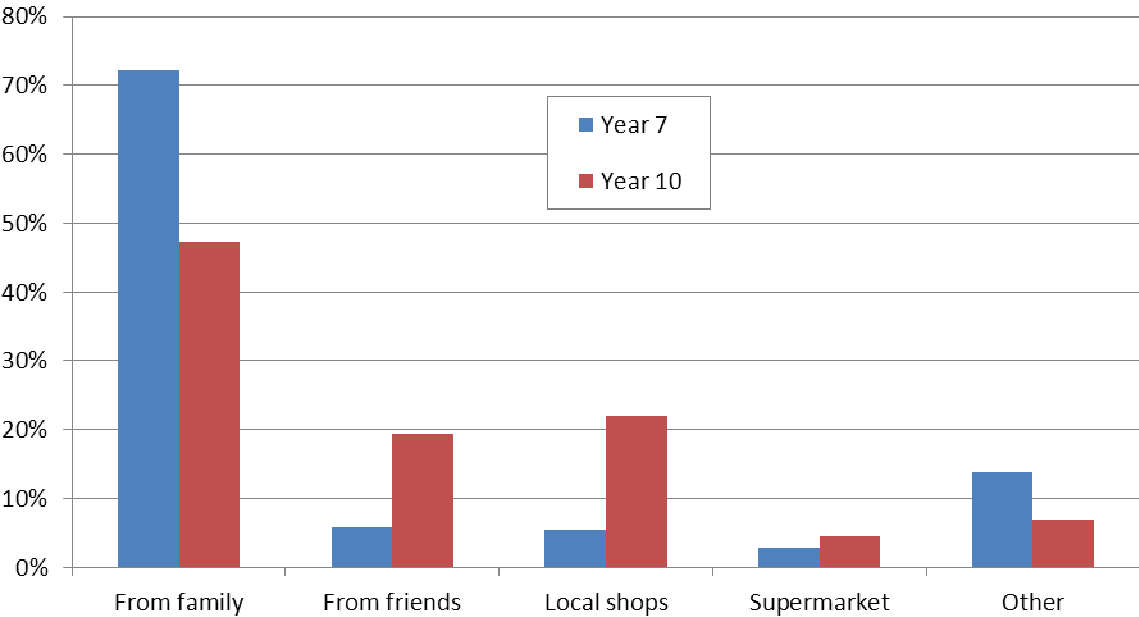
Year 7 and year 10 pupils that smoke are more likely to get their cigarettes from their friends, however a large number of year 10 pupils also get their cigarettes from the local shops which raises issues around the selling of cigarettes to underage young people. This seems to be less of an issue now with supermarkets. It is interesting to note that a significant number of smokers get their cigarettes from other sources, which may include informal contacts or 'tab houses' who supply cigarettes. Of those that smoke, the majority (75%) would like help to stop smoking.

Alcohol

The pupils were asked if they have ever drunk alcohol and if so, how often. 59% of year 7 pupils had never tried alcohol (63% in 2012) compared with 23% of year 10 (20% in 2012). 31% of year 7 and 17% of year 10 pupils had tried it once (both slightly higher than last year). 5% of year 7 pupils drink alcohol regularly compared with 11% of year 10 pupils. In last year's survey 2% of year 7 and 12% of year 10 pupils drank regularly. 6% of year 7 and 50% of year 10 pupils classed their drinking as 'social/infrequent' compared to 9% and 53% respectively last year. Of the pupils that drink alcohol on a regular basis, the following chart shows the number of units they usually drink per week:

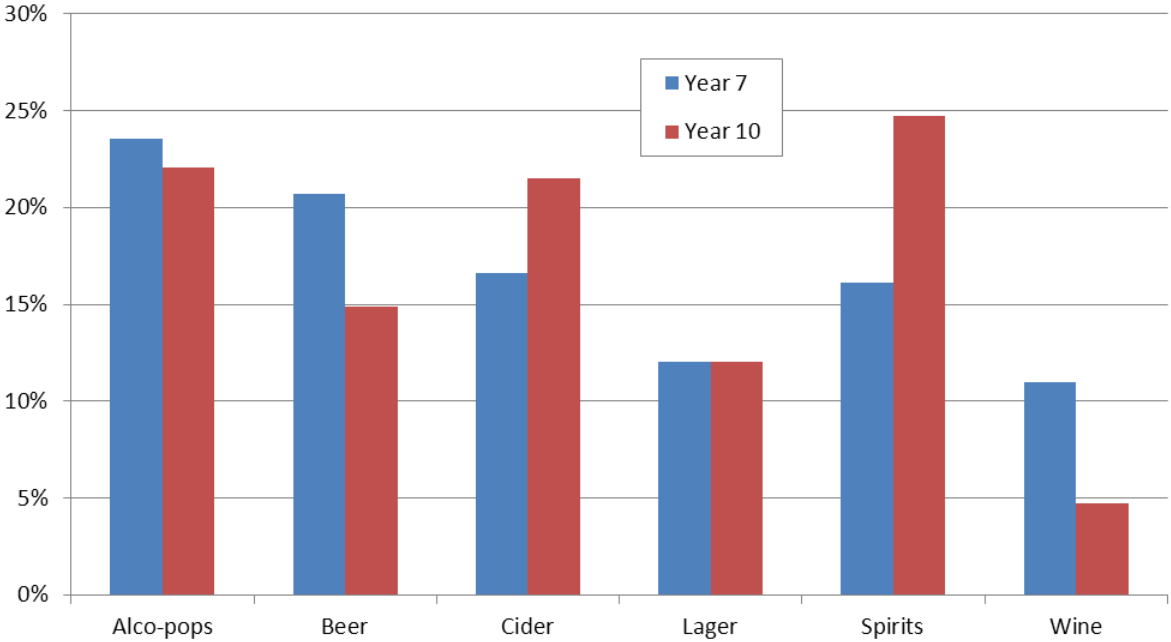


This shows that the majority of pupils from both year groups drink between 1 and 10 units a week (similar to last year) and 17% of year 10 drink slightly more (between 11 and 20 units a week). The number of pupils drinking over 31 units a week is higher than those drinking between 21 and 30 units and may be slightly exaggerated by some pupils. The pupils were then asked where they got their alcohol from. The results are as follows:



As in 2012, the majority of both year 7 and 10 pupils get their alcohol from family members, followed by friends and local shops (which again raises the issue of selling alcohol to underage young people). There are lower numbers buying their alcohol from supermarkets which

suggests that supermarkets are stricter on asking for ID and enforcing the law on underage drinking. The pupils were also asked which alcoholic drinks they would mainly drink. The results are shown below:

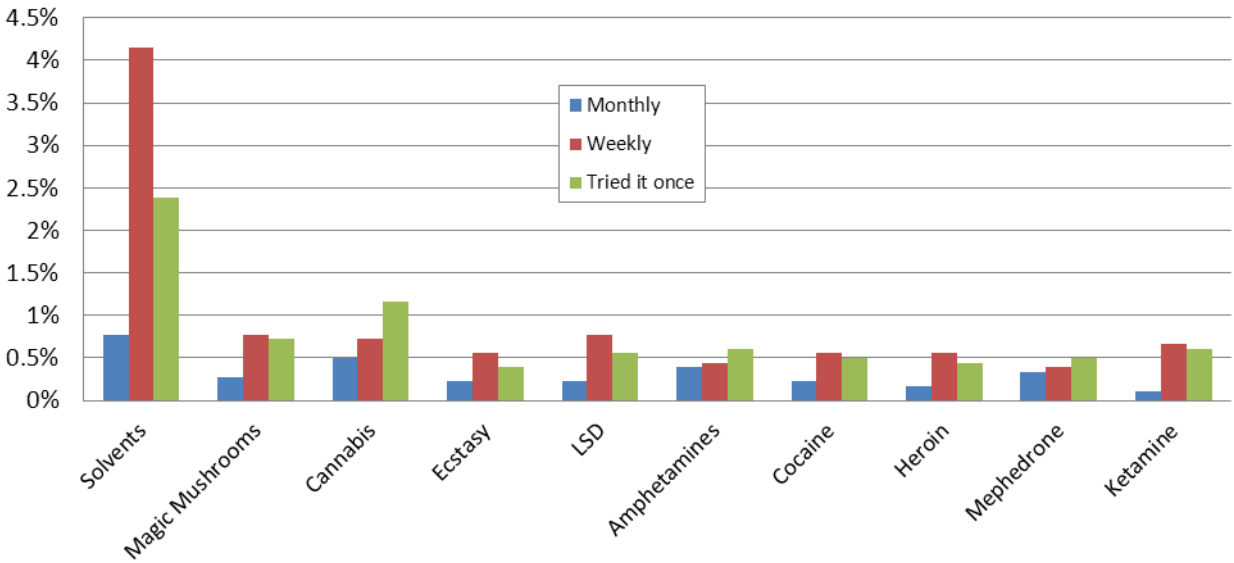


The three most popular drinks for year 7 pupils are Alco Pops, Beer and Cider (same as the previous two years). For year 10 the most popular are Cider, Spirits and Alco Pops (also the same as 2011 and 2012). Of the pupils that drink regularly, 12% of year 7 and 5% of year 10 pupils would like help to stop drinking.

Drugs

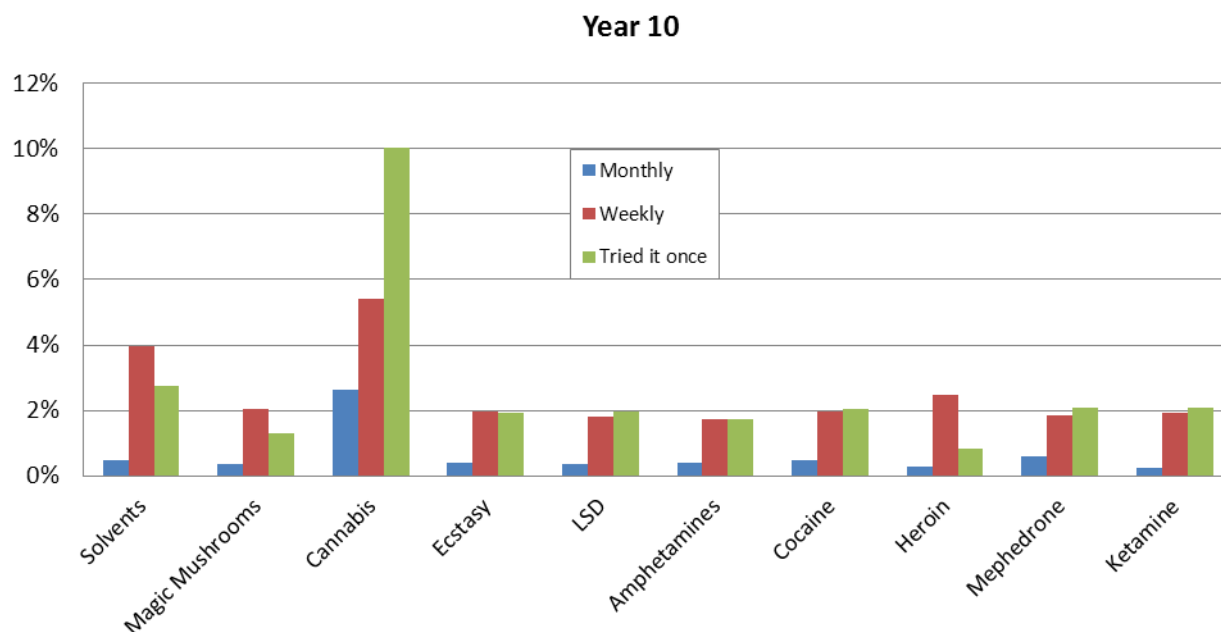
The pupils were asked if and how often they had taken various types of drugs. The results are shown below and are split into separate graphs for year 7 and year 10 responses:

Year 7



According to the year 7 responses, solvents are the most popular drug (as in 2011 and 2012) with just over 2% of pupils having tried solvents once and 4% of pupils using solvents every

week (same as the 2012 survey). 11 year 7 pupils (0.6%) claimed to use all the drugs every week which are likely to be questionable responses.



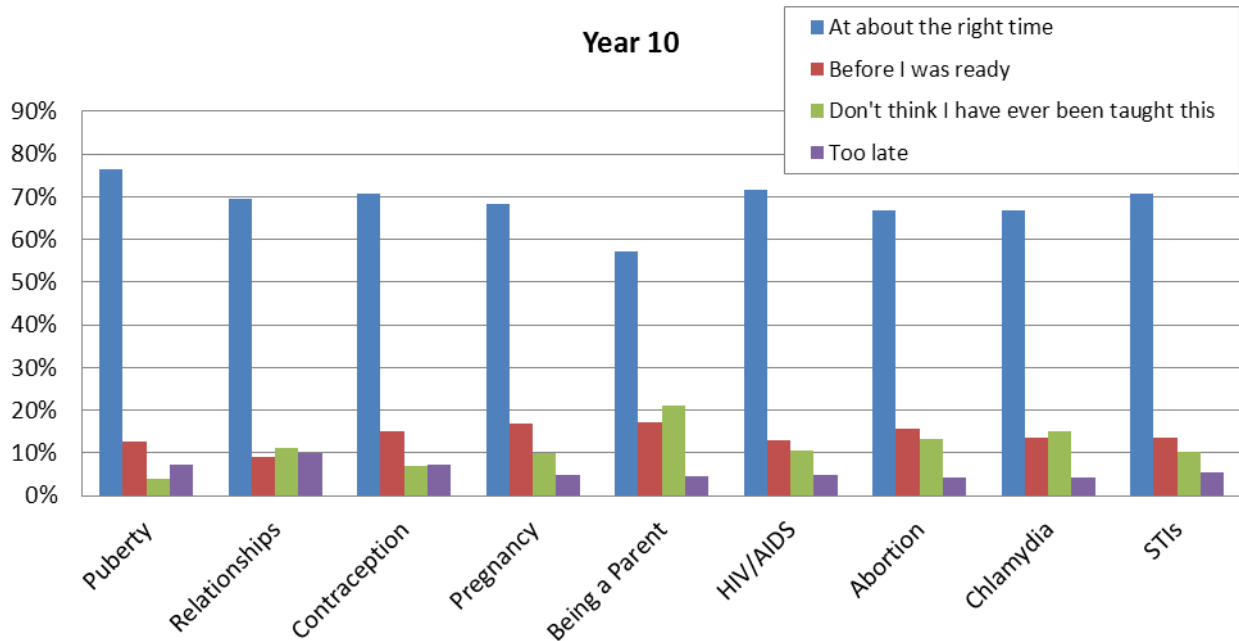
From the year 10 responses, it seems that cannabis is the most popular drug (as in 2011 and 2012), with 10% of pupils saying that they have tried it once (13% of pupils in 2012) and 5% of pupils saying that they use it every week (8% pupils in 2012). This shows that fewer year 10 pupils are using cannabis regularly or trying it at all. 21 pupils (1%) said that they take all the drugs every week which again are most likely questionable responses.

8% of Year 7 pupils said that they would like help to stop taking drugs whereas only 4% of Year 10 pupils said that they would like help to stop (both figures lower than the 2012 survey).

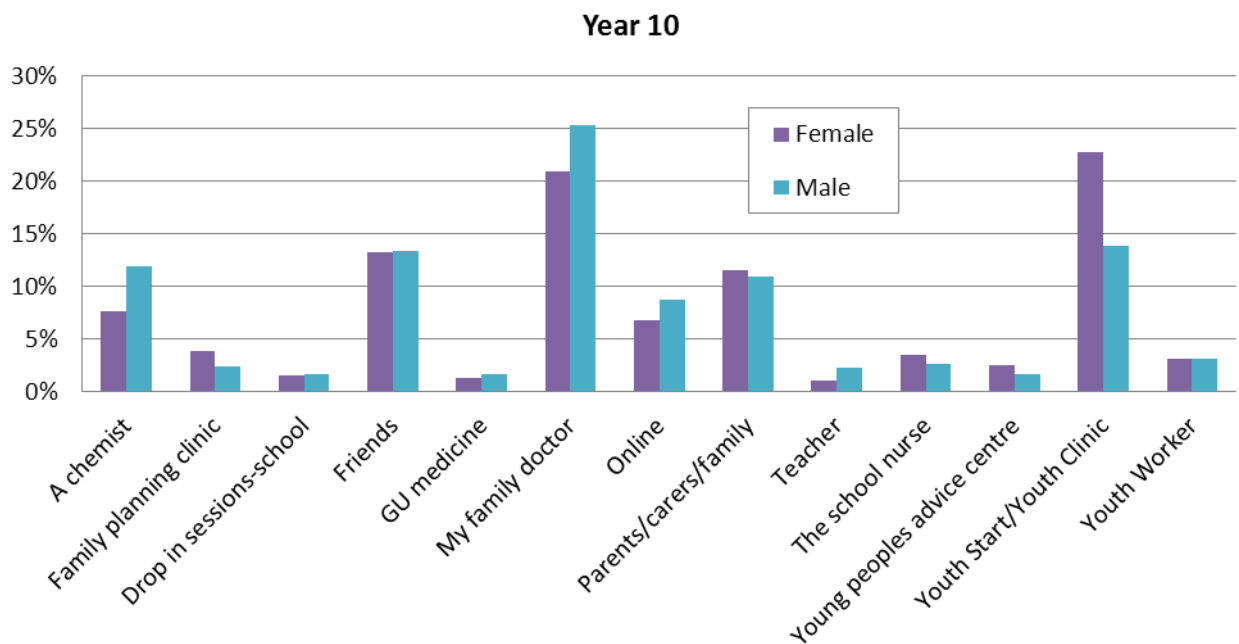
Sexual Health

In this section the pupils were asked about sexual health lessons in school. The survey looked at various individual sexual health topics and asked pupils if they had been taught the topics and if they felt they had been taught them at the right time.

For year 7 pupils, the majority felt that they had been taught about both puberty (68%) and relationships (59%) at the right time. Around 18% of Year 7 pupils felt that they were taught about both these topics before they were ready (10% last year). 8% felt that they had not been taught about puberty yet and 21% felt that they had not covered relationships yet. Around 5% felt that they had been taught about the topics too late. The year 10 questions went into more detail and are shown below:



Around 69% of year 10 pupils felt that they had been taught about all sexual health topics at the right time (67% in 2012). Around 14% of year 10 pupils felt that they had been taught about all sexual health topics before they were ready (16% last year). Only a few felt that they hadn't been taught about the topics or that they had been taught about them too late. Year 10 pupils were then asked where they would go for sexual health advice, information and services (split into male and female responses).



The most popular responses for both males and females accessing sexual health services are visiting their family doctor, visiting a Youth Start or Youth Clinic (a new option for this year's survey) or speaking to friends. Male pupils were more likely to visit their family doctor for advice and female pupils were more likely to attend a Youth Start/Youth Clinic. Both males and females were least likely to visit Genito-Urinary (GU) clinics or drop in sessions at school.

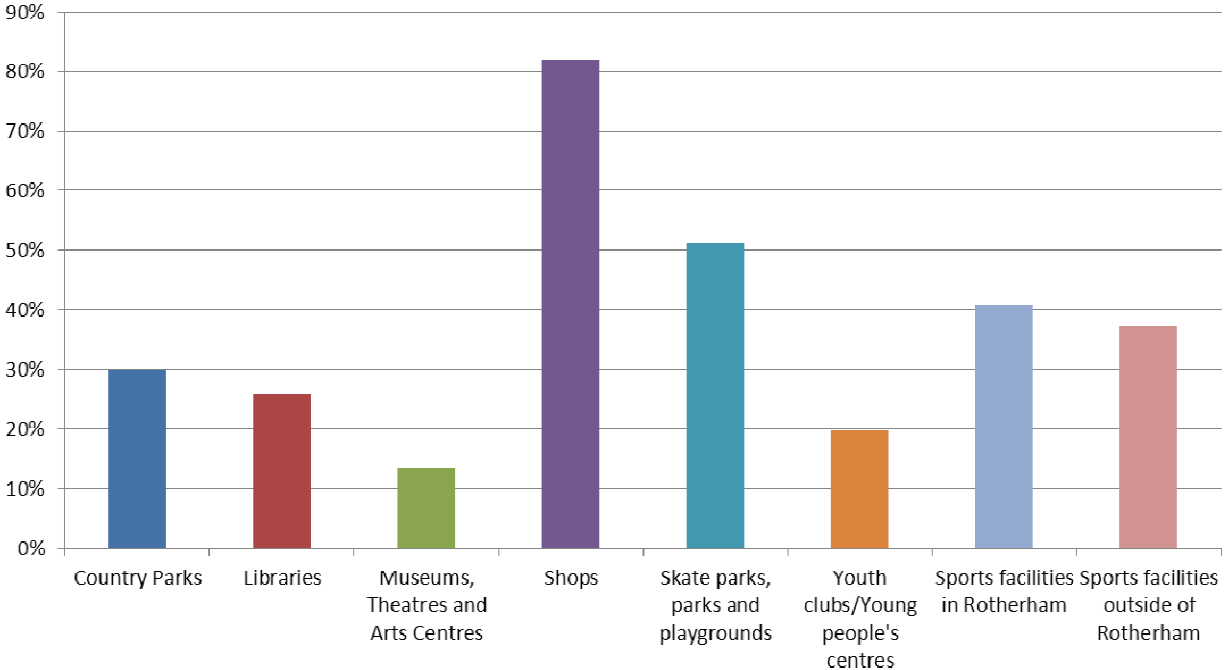
Year 10 pupils were then asked if they had heard of the following methods of contraception (the percentage of students that said yes are included). The figures for all methods are at least 3% higher than the 2012 survey, however it is worth noting that last year the figures included responses from year 7 pupils as well.

- Implant - 82%
- Pill - 92%
- Condom - 97%
- Injection - 71%

When asked if they knew who their school nurse was, 38% said yes (same as last year). More year 10 pupils knew who their school nurse was than year 7 pupils (41% compared to 35% respectively). The figures for male and female responses to this question are almost identical. 19% of pupils said that they had visited a Youth Start/Youth Clinic (another new question for this year's survey).

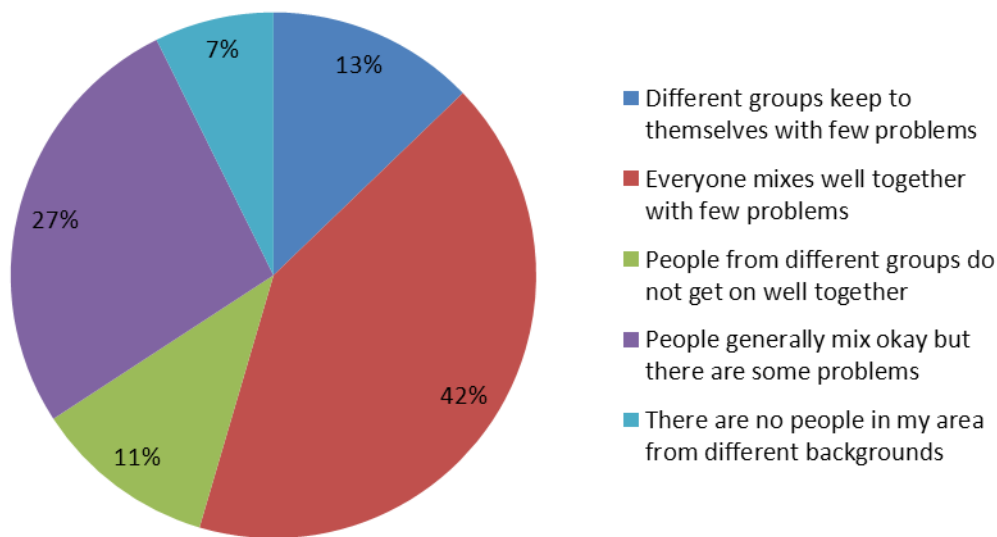
Your Local Neighbourhood

The pupils were then asked about the area where they live. They were asked if they use any of the following facilities listed below in their local area:



The facilities that pupils use the most in their local areas are shops, parks and playgrounds and sports facilities (similar to last year). The least used facilities are theatres, museums and arts centres (around 14%).

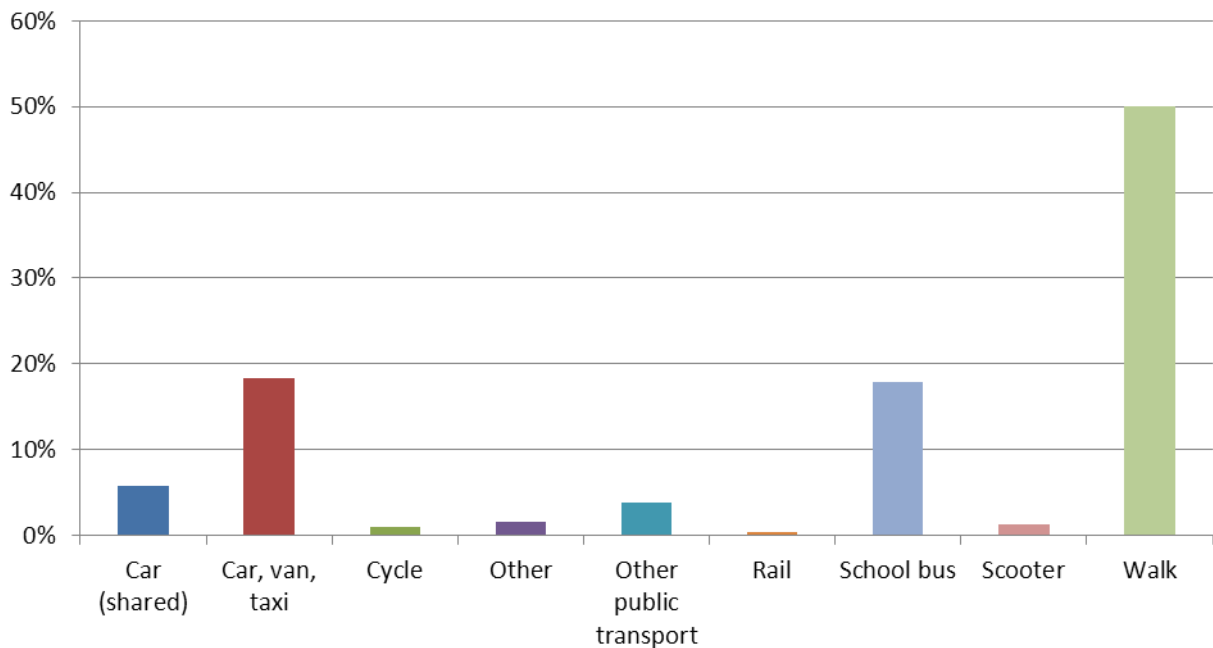
Pupils were then asked which of the following statements best described the way in which people get on with people from different backgrounds in their area. Here are the results:



The majority of pupils felt that people from different backgrounds mixed well together in their area but there were a few problems (42% compared to 38% last year).

Finally pupils were asked how they travelled to and from school. The results are as follows:

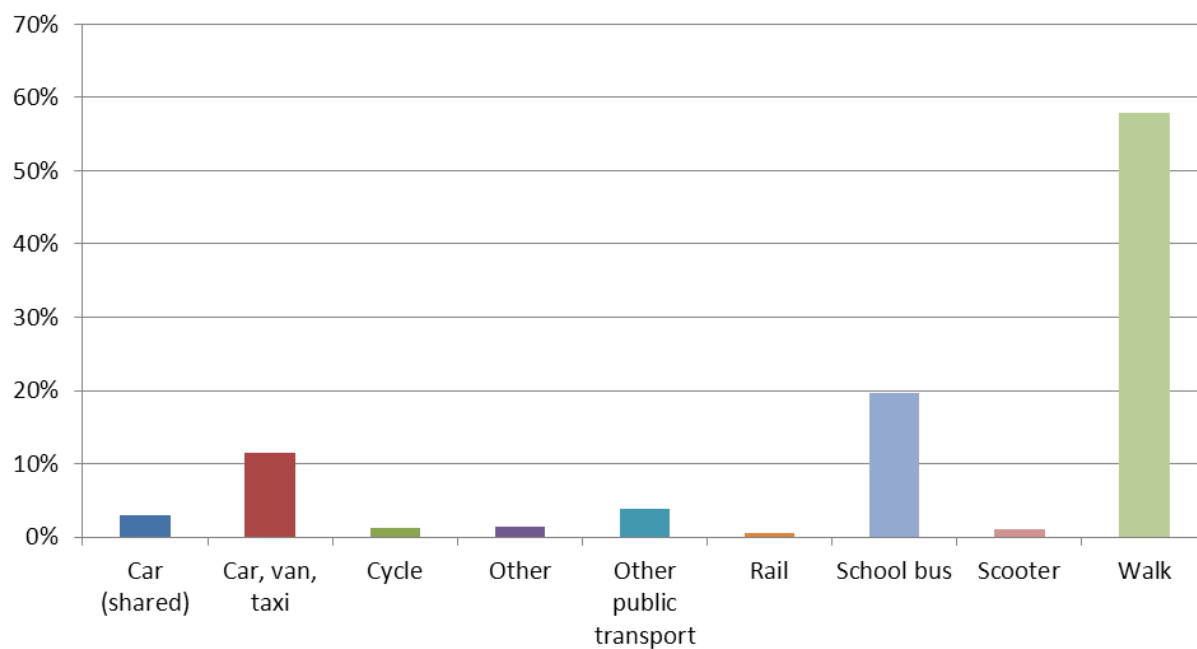
How do you usually travel to school?



Half of all pupils walk to school, this is lower than last year's figure of 65%. 18% travel by both car and school bus, compared to 15% travelling in by car and only 5% by school bus in 2012. The increase in the number of pupils that travel by school bus may reflect the greater range of schools taking part in the survey this year, especially faith schools.

The figures in the previous chart are similar to how pupils travel back home from school, although slightly more pupils walk home (58%) and slightly less travel home by car (12%).

How do you usually travel from school?



Pupils are more likely to share a car in the morning (6% as opposed to 3%). Very few pupils cycle, ride a scooter or take the train for their journeys to and from school (around 1% for each).