

Summary Sheet

Council Report: Improving Lives Scrutiny Panel 23rd January 2018

Title: **Voice of the Child Lifestyle Survey 2017**

Is this a Key Decision and has it been included on the Forward Plan? No

Strategic Director Approving Submission of the Report:
Ian Thomas (Strategic Director CYPS)

Report Author(s):
Bev Pepperdine, Performance Assurance Manager
Sue Wilson, Head of Service, Performance & Planning

Ward(s) Affected: All

Executive Summary:
The report details the key findings from the 2017 Borough Wide Lifestyle Survey Report. The Lifestyle Survey was open to schools throughout May to July 2017.

The report also details the plans to share specific results that can support measures in the Health & Wellbeing Strategy and plans for Child Friendly Rotherham. The report also details how specific results are being shared with individual services highlighting results that reflect on their service.

Recommendations:
That Improving Lives Scrutiny Panel:

- Note the overall borough wide Lifestyle survey 2017 report and consider its content.
- Note the measures being shared with Health & Wellbeing Board
- Note the measures being shared with Child Friendly Rotherham Board

List of Appendices Included:

- Appendix 1 – 2017 Borough Wide Report
- Appendix 2 – 2016/2017 Health & Wellbeing Measures
- Appendix 3 – 2016/2017 Child Friendly Rotherham Measures

Background Papers: Rotherham Secondary School Lifestyle Survey 2016

Consideration by any other Council Committee, Scrutiny or Advisory Panel: No

Council Approval Required: No

Exempt from the Press and Public: No

Title: Voice of the Child Lifestyle Survey 2017

1. Recommendations

1.1 That Improving Lives Scrutiny Panel note the report and provide views on

- Note the overall borough wide Lifestyle survey 2017 report and consider its content.
- Note the measures being shared with Health & Wellbeing Board
- Note the measures being shared with Child Friendly Rotherham Board

2. Background

2.1 The lifestyle survey results provide an insight into the experiences of children and young people living in the borough, and provide a series of measures to monitor the progress of the development of the aims to be a child friendly town, which are:

- Having things to do (entertainment/parks/green spaces etc.)
- Safe and welcoming places
- Cleanliness of places
- Voice of the child and young person (i.e. we listen but don't always act/feedback)

2.2 The lifestyle survey results provide a series of measure to monitor the aims in the Health & Wellbeing Strategy, the new aims being proposed are

- All children get the best start in life and go on to achieve their potential and have a healthy adolescence and early adulthood.
- All Rotherham people enjoy the best possible mental health and wellbeing and have a good quality of life
- All Rotherham people live well and live longer
- All Rotherham people live in healthy, safe and resilient communities

2.3 This annual consultation is carried out with young people in Y7 and Y10 in Rotherham secondary schools and Pupil Referral Units (PRU). This method of consultation with the young people has been run annually for the past 10 years. In the past 5 years 17,324 young people have shared their views about their health and wellbeing through this survey.

2.4 This annual consultation is the only opportunity regularly given to young people to have their say about their health, well-being, their future, their thoughts about Rotherham and their local community. The sample of 3811 young people, who participated in 2017, is 58% of the relevant population.

2.5 The Lifestyle Survey was offered to pupils at a special school for the first time in 2017. Newman school offered to pilot the survey on behalf of all special schools with the aim it will be offered to all special schools in 2018.

2.6 Each educational establishment receives a pack of information to support them with the survey. Once the survey closes each school or PRU that has participated receives a data pack containing their individual results which they can use to shape their own

Personal Social and Health Education lessons and use their data to compare themselves against the borough wide data once released later in the year.

2.7 Parents and carers are given information about the survey and its contents ahead of it taking place, for Y10 pupils there are specific questions relating to sexual health and this is highlighted in the information to parents/carers.

2.8 Partners will receive data packs of information with the results specific to their service in order for them to implement any improvements during the following year.

2.9 The 2017 Lifestyle Survey saw 11 out of 16 secondary schools in Rotherham participating. The 5 schools that did not participate were Rawmarsh, Wickersley, Clifton, Saint Bernards and Thrybergh.

3. Key Issues

3.1 The findings from the results in the 2017 survey that show what's working well

The results of the 2017 Lifestyle survey show that there have been improvements in specific areas, in particular health, perceptions of Rotherham, areas of safeguarding, areas of smoking, alcohol, drugs, relationships and sexual health. The full list of the results that show what is working well can be found in Appendix 1 of the overall borough wide report.

The results in the 2017 Lifestyle survey show that far more young people from Rotherham say they visit their dentist at least once per year. 3515 (93%) of pupils said they visit their dentist, which is significantly higher than the national picture where during national smile month statistics show that it could be as many as 40% of children who do not regularly visit their dentist.

There have been improvements in some healthy eating and physical activities which could possibly be attributed to the work of Change for Life project supporting young people in school with the delivery of free fruit and promoting healthy eating. 5% more young people said they are eating the recommended 5 fruit and vegetables each day, more young people said they have breakfast in a morning and 3.5% more young people said they participate in regular physical activity. More young people participating in regular activity may have contributed to the reduction in the % of pupils saying they are worried about their weight, the 2017 results show that 3% less pupils are worried about their weight and there has been a 5% increase in the % of pupils who feel their weight is about the right size.

Pupils perception of Rotherham appears to be improving, pupils are asked to say if they would recommend Rotherham as a place to live and whether they would like to be living in Rotherham in 10 years' time, a significantly higher % of pupils gave positive responses to recommending and continuing to live in Rotherham and there has been a 7% increase in the number of pupils who said they regularly visit Rotherham town centre. The fear factor of protest and marches does not appear to be as significant to pupils now, this is rated far lower than in previous years as a risk that impacts on them visiting town centre.

It is positive to see that far more Y7 pupils have received education about child sexual exploitation; this has improved by 11%. It is worth noting that the overall % of pupils who have received education on this subject has increased over past 3 years, this does raise awareness in young people, so this could contribute to young people saying they do not feel safe in some locations, in particular town centre locations. It is also positive to see there has been a 5% reduction in the number of Y10 pupils who said they have had sexual intercourse.

3.2 The findings from the results in the 2017 survey that show what we are worried about

The results of the 2017 Lifestyle survey show that there are areas that need action to address what pupils' are telling us, in specific areas, health, aspirations, areas of safeguarding, young carers, relationships and sexual health. The full list of the results that show what is we are worried about can be found in Appendix 2 of the overall borough wide report.

It is positive to see that there have been improvements in results for areas of health, there are also some results in this area that need to be addressed. There has been an increase in the % of pupils that are consuming high sugar drinks and high energy drinks. Each educational establishment have been asked to look at their individual results and compare them to their 2016 results. Action has already been taken by three schools, one to ban the sale of these drinks, one to change their policy on the sale of these drinks in their dining hall and one school added a new display about the risks of these drinks.

There are fewer pupils who said they aspire to go to university than in the previous year. More pupils said they prefer going to college, but then moving into employment rather than university and more pupils said they have not yet made a decision.

Safeguarding in particular pupils feeling safe in and around the town centre has declined this year, less pupils said they always feel safe, although there was a slight % decrease in the number of pupils who said they never feel safe in the town centre, it should be noted that far more pupils have received education around child sexual exploitation, therefore young people have greater awareness.

The lifestyle survey results have continuously shown that there are more pupils identifying themselves as young carers than the Rotherham census figure shows, this could be attributed to pupils who take a brother or sister to school saying they are a young carer. There is a service available to support young carers, but the 2017 results show that there has been a decrease of young carers who said they have heard of this service. Barnardo's Young Carers Service on working on a project Theory of Change and will be visiting schools to promote the young carers service.

The results have shown that there was a 5% reduction in the number of Y10 pupils who said they have had sexual intercourse, but there has been an increase in the % of pupils in Y10 who said they did not use contraception in particular the increase was more prevalent with boys.

This data will be highlighted to the appropriate relationship and sexual health lead for the health and wellbeing board.

3.3 What are we going to do next?

Emerging themes from the survey will be shared with key stakeholders for them to action as part of their service / business plans. There will be specific reports produced to for each stakeholder to highlight areas that we are worried about which will include the relevant trend data for their area / service.

There has been a specific report, produced for Looked After Children service, highlighting the results from pupils who indicated they are looked after, with a comparison to the borough wide results. Each school received their individual results, for them to compare their results to the borough wide picture and develop their PSHE curriculum accordingly.

4. Options considered and recommended proposal

4.1 That Improving Lives Scrutiny panel are asked to:

- Note the overall borough wide Lifestyle survey 2017 report and consider its content.
- Note the measures being shared with Health & Wellbeing Board
- Note the measures being shared with Child Friendly Rotherham Board

5. Consultation

5.1 The results from the 2017 survey have been shared with the Health & Well Being Board and the Child Friendly Rotherham Board. Partners will receive specific trend data in relation to their specific service, to allow them to take actions and address any issues.

5.2 Distribution of the report with an offer to attend subsequent meetings are be made to

- Public Health
- Healthy Schools Consultant – Kay Denton
- Safer Rotherham Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport Executive
- Health and Well Being Board
- Neighbourhood Crime Manager
- Young Carers Provider – Barnardos
- Locality Team(s)
- School Nursing
- Families for Change
- Youth Cabinet
- Different But Equal Board
- Voluntary Action Rotherham Voice & Influence Partnership
- Children & Young People’s Partnership
- Regeneration & Environment
- Communications Team

6. Timetable and Accountability for Implementing this Decision

From 30th October the report has been presented at a number of meetings within the Council

7. Financial and Procurement Implications

7.1 There are no financial and procurement implications

8. Legal Implications

8.1 There are no immediate legal implications associated with the proposals.

9. Human Resources Implications

9.1 There are no Human Resources implications associated with the proposals.

10. Implications for Children and Young People and Vulnerable Adults

10.1 The fundamental rationale behind the Lifestyle Survey is to enable as wide a consultation as possible for young people in Rotherham in relation to not only their lifestyles but also how they feel about their personal safety, their views of Rotherham town centre and the leisure services that are on offer to young people. Actions are to be addressed by schools and partners to ensure that improvements are made to their services provided to children and young people.

11. Equalities and Human Rights Implications

11.1 The survey aims to capture equalities information as part of the About Me section.

12. Implications for Partners and Other Directorates

12.1 The results of the survey and associated actions are shared both council and partnership wide and it is important that these are communicated to ensure that any concerns actions are addressed.

13. Risks and Mitigation

13.1 Actions are taken to mitigate any negative media attention resulting from publication of the results of the survey which includes working with the Communications Team in relation to a media strategy.

14. Accountable Officer(s):

Beverley Pepperdine (*Performance Assurance Manager*)

Sue Wilson (*Head of Service, Performance & Planning*)

Approvals Obtained from:-

Strategic Director of Finance and Corporate Services: Not applicable

Director of Legal Services: Not applicable

Head of Procurement (if appropriate):

The Borough wide report 2017 will be published on the Council's website