

Summary Sheet

Council Report:

Improving Lives Scrutiny Panel – Tuesday 15th January 2019

Title:

Voice of the Child Lifestyle Survey 2018

Is this a Key Decision and has it been included on the Forward Plan?

No

Strategic Director Approving Submission of the Report:

Jon Stonehouse (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 covers key findings from the 2018 Borough Wide Lifestyle Survey Report. The Lifestyle Survey was open to schools throughout May to July 2018.

The report also details the plans to distribute the borough wide lifestyle survey results to schools, the schedule for presenting the findings of the report to boards and on-going actions supporting the lifestyle survey results by partners.

Recommendations:

That Improving Lives Scrutiny Panel:

- Note the report and consider approval of its content
- Identify actions to address key areas of concern
- Note the partners receiving a copy of this report or a detailed summary of findings, consider if there are any gaps with distribution list

List of Appendices Included:

Appendix 1 – 2018 Draft Borough Wide Report

Background Papers:

Rotherham Secondary School Lifestyle Survey 2017

Health & Wellbeing Strategy 2018/ 2020

Consideration by any other Council Committee, Scrutiny or Advisory Panel:

Senior Leadership Team
Health and Well Being Board

Council Approval Required:

No

Exempt from the Press and Public:

No

Title:

Voice of the Child Lifestyle Survey 2018

1. Recommendations**1.1 That Improving Lives Scrutiny Panel:**

- Note the report and consider approval of its content
- Identify actions to address key areas of concern
- Note the partners receiving a copy of this report or a detailed summary of findings, consider if there are any gaps with distribution list

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 support the actions of partners.

2.2 This annual consultation is carried out with young people in Y7 and Y10 in Rotherham secondary schools and the 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 17,349 young people have shared their views about their health and wellbeing through this survey.

2.3 This annual consultation is the only opportunity regularly given to young people to have their say about their health, well-being, their future, and their thoughts about Rotherham and their local community. The sample of 3,499 young people who participated in 2018 is 52% of the relevant population.

2.4 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.

2.5 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.

2.6 Partners will receive data packs of information with the results specific to their service in order for support them identify improvements. In exchange for detailed data, partners were asked if they would be willing to make a financial contribution to support the delivery of the 2018 survey. 3 partners have agreed to make a financial contribution, South Yorkshire Passenger Transport, Environment & Regeneration and Safer Rotherham Partnership.

2.7 The 2018 Lifestyle Survey saw 12 out of 16 secondary schools in Rotherham participating. The 4 schools that did not participate were Rawmarsh, Wickersley, Clifton and Saint Bernards.

3. Key Issues

3.1 The findings from the results in the 2018 survey that show what's working well are as follows:

- Overall pupils' saying they have a diagnosed medical condition has declined from 7.4% in 2017 to 5.8% in 2018.
- The % of Year 10 pupils who are drinking the recommended 6-10 glasses of water per day has increased to 18.2% (245) from 13.5% in 2017
- Overall there has been an increase in the % of pupils who said they do not drink regular sugar fizzy drinks; this has improved to 38.8% (1270) from 37% in 2017.
- Overall there has been an improvement in the % of pupils who say they do not consume high energy drinks; this has improved to 64.3% (2104) from 61.5% in 2017.
- Overall there has been an improvement of pupils saying they have a school meal, this has improved to 52.5% (1720) from 49.7% in 2017.
- There has been an improvement in Y10 pupils rating their mental health feelings as excellent; this has increased to 29% in 2018 from 22% in 2017. Also those rating their mental health as poor has decreased in 2018 to 10.9% from 12% in 2017.
- Pupils in Y10 have a better perception about the way they look, those saying they did not like the way they look has decreased to 41% from 43% in 2017.
- Pupils aspiring to go to university has increased.
44% of Y10 pupils aspire to go to university, from 42.5% in 2017
42.2% of Y7 pupils aspire to go to university, from 41.6% in 2017
- Although the volume of pupils using a youth centre has declined, overall those who have used a youth centre, 92% of these rated their experience good or better, this has improved from 75% in 2017.
- Although the volume of pupils using a Rotherham library has declined, overall those who have used a library in Rotherham, 82.1% of these rated their experience good or better, this has improved from 60% in 2017.
- Although the volume of pupils using a leisure centre has declines, overall those who have used a leisure centre, 85% of these rated their experience good or better, this has improved from 79% in 2017.
- Overall the pupils who said they have visited Clifton Park Museum, 92.6% of these rated their experience good or better, this has improved from 86% in 2017.
- Overall the pupils who said they have visited Civic Theatre, 95.7% of these rated their experience good or better, this has improved from 76% in 2017.
- Overall 85.6% of pupils said they have visited one of the Rotherham parks
- The fear of protests and marches is not now a significant risk to young people, overall this was rated the lowest risk from the choices, when 2 years ago this was the 3rd highest rated risk.

- There appears to be improvement with the perception of community cohesion, overall 35.5% of pupils say everyone mixes well with very few problems; this has improved from 33% in 2017.
- There has been a decrease in the overall % of pupils who said they have been cyber bullied, this has decreased to 6.2% from 6.6% in 2017.
- There has been a decline in the % of young carers, who said they care for more than 8 hours per day, this has declined to 6.3% in 2018 from 9.5% in 2017.
- When asked how being a young carer makes them feel the majority of young carers responded that it makes them feel like they are doing something good. 44.3% gave this response.
- More young carers are aware of support that is available; overall 47.2% of young carers said they have heard of young carers' service, compared to 37.3% in 2017.
- Pupils in Y10 who said they do not smoke, 82.5% of them said they have never smoked; this has improved from 76.7% in 2017.
- 34.6% (408) of Y10 pupils said they have never had a proper alcoholic drink; this has improved from 32.3% in 2017.
- Overall 70.6% of pupils said they are aware of their school council; this has improved from 60% in 2017. 29.2% said they feel their school council makes a difference, compared to 25% in 2017. 15.6% of pupils said they are actively involved with their school council, compared to 10% in 2017.
- Overall 50.2% of pupils said they felt their voice was listened to, compared to 48% in 2017.
- Overall 30.2% said they feel their voice is acted upon, compared to 28.2% in 2017.

3.2 The findings from the results in the 2018 survey that show what we are worried about are as follows:

- There has been an increase in the % of pupils who have a diagnosed medical conditions both autism and asthma.
- Overall there has been a decrease in the % of pupils having the recommended portions of fruit and vegetables each day. This has decreased to 15.5% in 2018 from 18.2% in 2017.
- Overall there has been an increase in the % of pupils who said they do not eat any fruit or vegetables. This has increased to 6.9% from 6% in 2017.
- There has been a decrease with Y7 pupils who rate their mental health as excellent; this has declined to 35.5% in 2018 from 39% in 2017.
- Overall more pupils are concerned about their weight. The 2018 results show that 30.6% said they were worried about their weight, compared to 25.7% in 2017.
- There has been an increase in Y7 pupils saying they do not feel good about the way they look, this has increased to 35% from 28% in 2017.
- Perception of Rotherham has declined overall. 23.7% of pupils said they would not recommend Rotherham as a place to live; this has increased from 20.5% in 2017. Overall 22.4% of pupils said they would

definitely recommend Rotherham has a place to live; this has declined from 26.1% in 2017.

- Overall 32.4% of pupils said they would not like to be living in Rotherham in 10 years' time; this has increased from 27.2% in 2017.
- Overall pupils using Rotherham Youth Centres, Leisure Centres, Libraries and Clifton Park Museum has declined.
 - Youth centres declined to 25% from 27.6% in 2017
 - Libraries declined to 42% from 51% in 2017
 - Leisure Centres declined to 73.4% from 78% in 2017
 - Clifton Park Museum declined to 53.5% from 61.4% in 2017

There has also been a decline in the % of pupils who said they regularly visit Rotherham town centre, this has declined to 28.5% from 33% in 2017.

- Safety in and around school has declined. Overall 57.6% of pupils said they always feel safe at school; this has declined from 59.4% in 2017. 53.8% said they always feel safe on the way to and from school, this has declined from 61.2% in 2017.
- There was a slight increase in the % of pupils who said they have experienced bullying. Out of those pupils who said they have been bullied, 68.5% of them said they have been verbally bullied; this has increased from 64.3% in 2017. There was also an increase in the % of those saying they have been sexually bullied (inappropriate touching/actions or comments), this has increased to 3.2% from 2.6% in 2017.
- Overall 8.5% of pupils said they smoke regularly; this has increased from 6.7% in 2017.
- Overall pupils' saying they can obtain cigarettes from a local shop has increased for the first time in 3 years, out of those who said they smoke, 18.5% said they obtained cigarettes from a local shop, this has increased from 17% in 2017.
- It is concerning to see in the 2018 results that cocaine has become the 2nd most popular drug/substance tried by young people in both Y7 and Y10.
- Overall there has been an increase in the % of pupils who said they have tried drugs on more than 10 occasions, which indicates that young people are using drugs more often, this has increased to 36.7% of those who have tried drugs from 27% in 2017.
- Overall there has been a decrease in the % of pupils who said they have received education around child sexual exploitation in both Y7 and Y10
Y7 has decreased to 67.8% from 72.5% in 2017 and Y10 has decreased to 86.7% from 89.8% in 2017.
- There has been an increase in the % of Y10 pupils who said they have had sexual intercourse and this has happened after either drinking alcohol or using drugs, this has increased to 36% from 15.4% in 2017.
- Out of the Y10 pupils who said they have had sexual intercourse, there has been an increase in those not using any form of contraception; this has increased to 29.1% in 2018 from 27.5% in 2017.

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.

Each stakeholder will be asked about the actions they are going to take to address issues/risks and what outcomes they hope to achieve for children and young people.

3.4 Feedback

Each of the schools that have participated in the survey are requested to provide feedback to share how they use the results and they are asked if they wish for this method of capturing the voice of the child to continue. The 2018 results on feedback show:

- 66% (8/12) of schools provided feedback
- 100% of these wish for the Lifestyle Survey to continue
- 100% of these have shared their results with pupils and staff
- 100% said they find the information very useful
- 1 school has used 2018 results to shape new Y7 Life Skills and PSHE provision
- 1 school has made changes to their curriculum plan taking into consideration their results
- 1 school has brought forward to Y7 instead of Y8 the subject around puberty
- 1 school has brought forward to Y8 the subject of substance misuse learning
- 1 school has triggered a full review of their sexual health and relationship education and making changes to curriculum
- 1 school has added the subject around sexting in their sexual health and healthy relationships lessons
- 1 special school is using some of their results to focus on children's actual lives and input them into their plans for child-centred learning
- 1 school said it informs their sex and relationship, drugs and alcohol and healthy lives education.

4. Options considered and recommended proposal

4.1 That Improving Lives Scrutiny Panel:

- Note the report and consider approval of its content
- Identify actions to address key areas of concern
- Note the partners receiving a copy of this report or a detailed summary of findings, consider if there are any gaps with distribution list

5. Consultation

5.1 The results from the 2018 will be shared with the Health & Well Being Board, Rotherham Together Partnership Steering Group, Children & Young People

Safeguarding Board. Partners will receive specific trend data in relation to their specific service, to enable them to take actions and address any issues. Young Carers, South Yorkshire Passenger Transport Executive, Regeneration & Environment and Safer Rotherham Partnership have had new questions included in the 2018 survey.

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

- Public Health
- Healthy Schools Consultant
- Safer Neighbourhood Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport Executive
- Health and Well Being Board
- Young Carers Provider – Barnardos
- School Nursing
- Families for Change
- Youth Cabinet
- Children & Young People’s Partnership & Transformation Board
- Looked After Children Council
- Voice & Influence Voluntary Sector
- Regeneration & Environment
- Commissioning C&YP
- Communications Team

6. Timetable and Accountability for Implementing this Decision

Date	Meeting	Officer
11 th December 2018	SLT - Report Distributed to SLT Members by Email	Virtual
15 th January 2019	Improving Lives Scrutiny	Bev Pepperdine
23 rd January 2019	Health and Well Being Board	Bev Pepperdine
22 nd January 2019	Children and Young People’s Partnership & Transformation Board	Bev Pepperdine
12 th March 2019	South Yorkshire Passenger Transport Executive	Bev Pepperdine

7. Financial and Procurement Implications

7.1 Partners were requested to make a financial contribution for the delivery of the 2018 Lifestyle Survey. This would be in exchange for a report highlighting their trend data. The financial contribution requested was based around a set amount per question, based on officers’ time to deliver the survey and results.

7.2 The costs of producing the survey has been estimated at £3,581 based on officer time. Regeneration & Environment, South Yorkshire Passenger Transport and Safer Rotherham Partnership contributed funding to a value of £884.00.

Other organisations were asked to contribute but chose to decline the total value of contributions requested was £3,180.

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):

This report will be published on the Council's website