

# Health and wellbeing online pupil survey 2015

## Summary report

# Contents

Foreword ..... 1

Executive summary ..... 2

Introduction ..... 9

Key findings 1. The extent to which pupils feel safe ..... 10

Key findings 2. The extent to which pupils adopt healthy lifestyles ..... 18

Key findings 3. Relationships and emotional wellbeing ..... 33

Key findings 4. Citizenship and aspirations ..... 39

Key findings 5. Self-harm ..... 42

Key findings 6. The effectiveness of care, support and guidance ..... 46

Recommendations ..... 47

Appendix 1 ..... 53

# Foreword

Thank you for reading this summary report of the 2015 Health and Wellbeing Online Pupil Survey.

It was completed by just over 6,000 pupils in schools all over South Gloucestershire. We are very grateful to them, their teachers and the schools for their support.

This is the first survey of its kind in South Gloucestershire and contains a wealth of information about the health and wellbeing of our children and young people. Uniquely, this information comes from the children and young people themselves - it is their voice. It is not what 'we' think that they (should) think or feel.

Like all reports of this kind the risk is that the information is never used. Our hope is that it will be used to inform and shape work all over South Gloucestershire by a wide range of professionals and organisations.

If you find it useful – please tell others. If not, please tell us so that we can make it more useful next time.

**Professor Mark Pietroni**

Director of Public Health

South Gloucestershire Council

[healthinschoolprogramme@southglos.gov.uk](mailto:healthinschoolprogramme@southglos.gov.uk)

# Executive summary

The Health and Wellbeing Online Pupil Survey provides an important and comprehensive picture of the needs of children and young people across the whole of South Gloucestershire. The children and young people taking part in the survey have provided a powerful vehicle for pupil voice ensuring local politicians and decision-makers recognise how children and young people are feeling and behaving. This should ensure scarcer resources are targeted at areas of most need.

The online pupil survey has data from over 6,000 pupils aged 8 to 18 years old, from 59 schools and settings covering over 300 questions and sub-questions.

The opinions and concerns reflected in this survey suggest that the children and young people of South Gloucestershire are in the main, typical of young people across the UK when compared to the national data available. The results of the Health and Wellbeing Online Pupils Survey give a broad portrayal of pupil lifestyles across the local authority, but care should be taken when interpreting individual questions as due to the nature of the survey, there are numerous variables to take into account.

## Key assets:

- Our children and young people feel safe: the vast majority of children and young people report feeling safe at home, at school and safe from crime. This is comparable with the regional average (fig.1).
- The majority of children and young people feel their school deals well with bullying (Fig.3).
- The majority of children and young people eat breakfast usually or every morning (Fig.10) and with the exception of queuing time, those who eat a school meal rate their school lunch experience to be good or very good (Figs.13&14).
- The vast majority of our children and young people do not smoke (Fig.20). The vast majority of young people who say they drink alcohol don't get drunk (Fig.22). The vast majority of young people have never tried illegal drugs (Fig.23).
- The majority of children and young people report being good at making and keeping friends and are satisfied with their life (Fig.25). The majority of children and young people are extremely proud of what they have achieved (Fig.26).
- Most children and young people expect to go into further education (point 4.3).

The detailed results and reports can be accessed using the Lodeseeker site

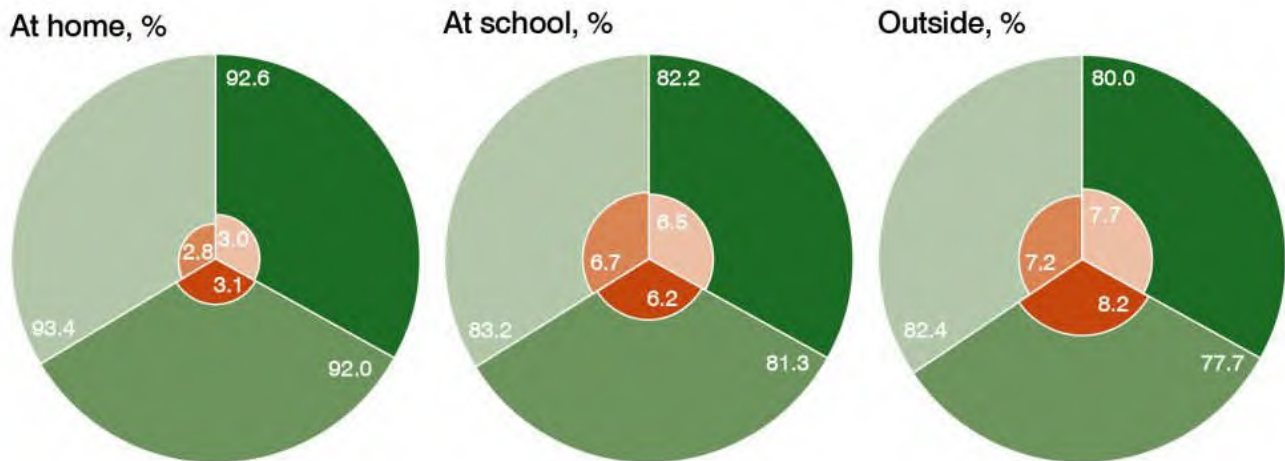
<https://sglos-ls.fabsurveys.co.uk/> . This is accessed with a user ID and password which may be obtained by contacting Sarah Godsell ([Sarah.Godsell@southglos.gov.uk](mailto:Sarah.Godsell@southglos.gov.uk)), the public health and well-being partnership officer for schools in South Gloucestershire.

We believe children and young people should have a good start in life, be safe and do as well as they can, while being able to access support when necessary. Our Health and Wellbeing Online Pupil Survey 2015 – <http://edocs.southglos.gov.uk/onlinepupilsurvey2015/> provides a comprehensive picture of how children and young people behave and what they really think about a range of health-related issues in South Gloucestershire.

The online survey was completed by over 6,000 pupils aged 8 – 18 years-old (primary 3,753, secondary 1,926, Year 12/FE college 472) and divided into sections on healthy eating, physical activity, substances, citizenship, safety and relationships.'

### Key findings include:

The majority of children and young people reported they feel safe at home, at school and safe from crime.



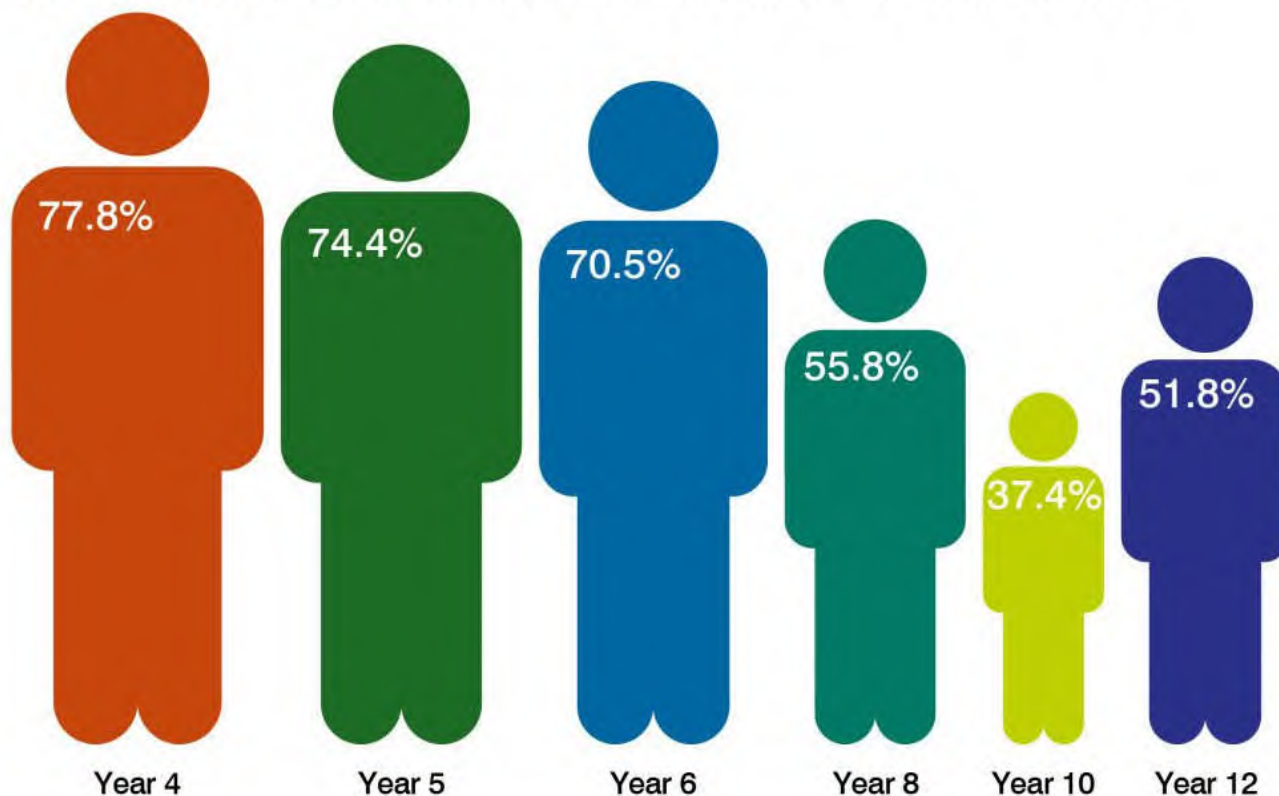
#### Feel safe

■ S. Glos (n=5,223) ■ Girls (n=2,772) ■ Boys (n=2,821)

#### Feel unsafe

■ S. Glos (n=5,223) ■ Girls (n=2,772) ■ Boys (n=2,821)

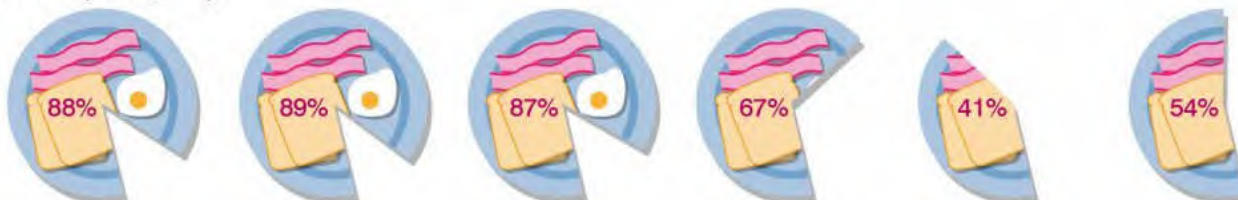
The majority of children and young people feel their school deals well with bullying:



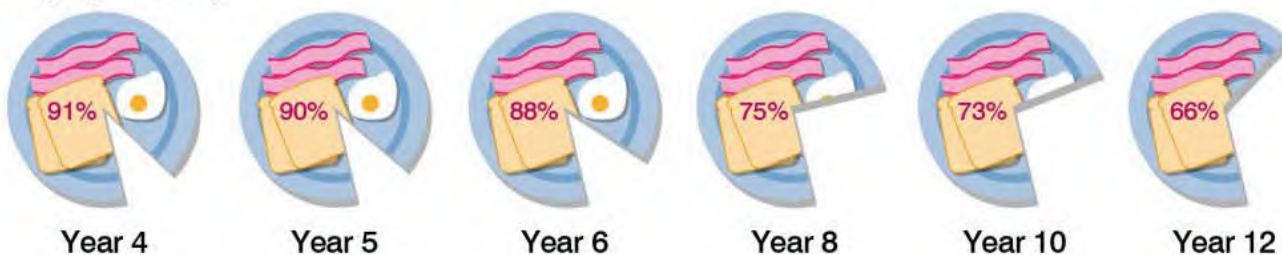
The majority of children and young people eat breakfast usually or every morning.

Breakfast habits, % of CYP who eat breakfast usually and every morning

Girls (n=2,891)



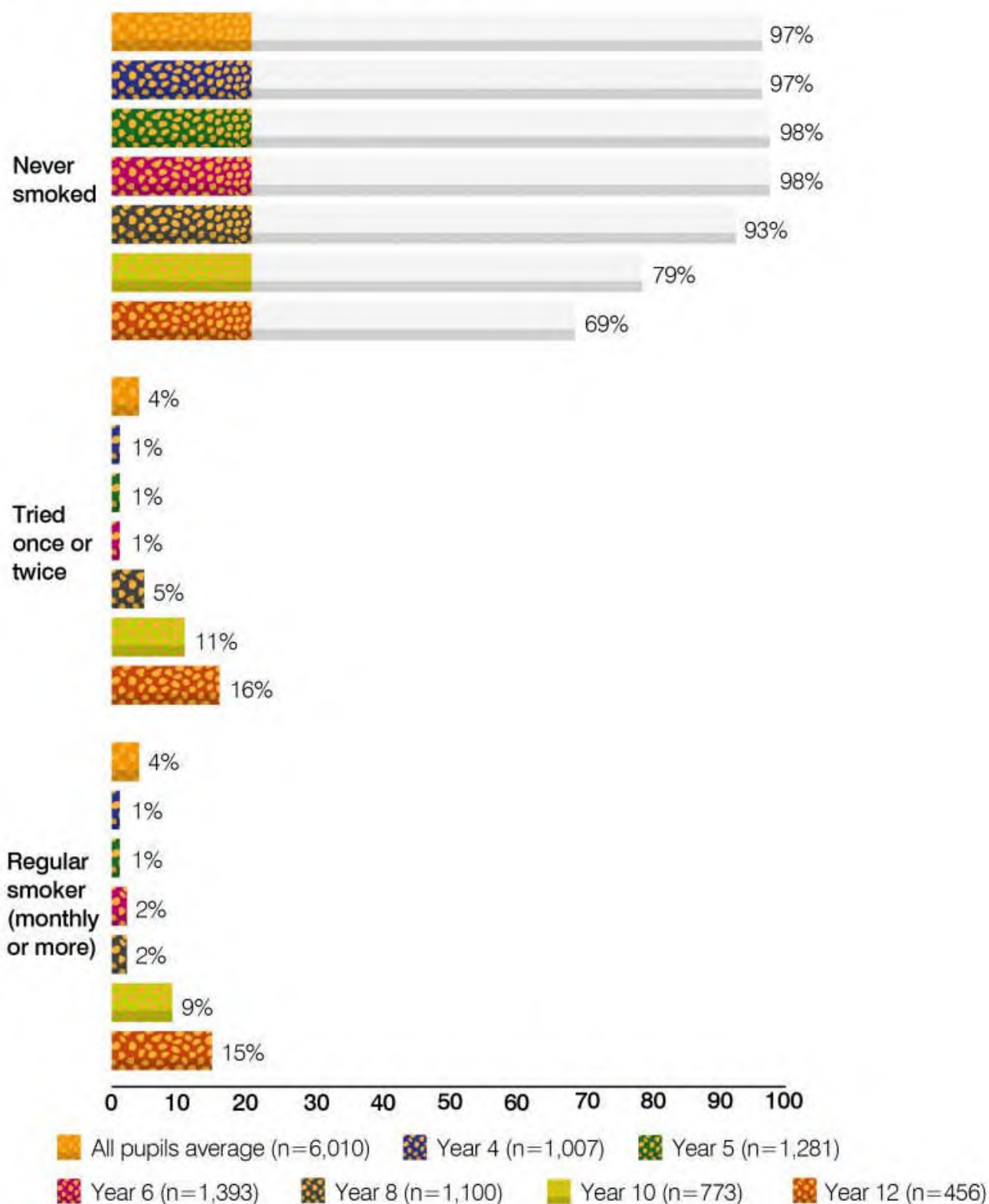
Boys (n=2,754)





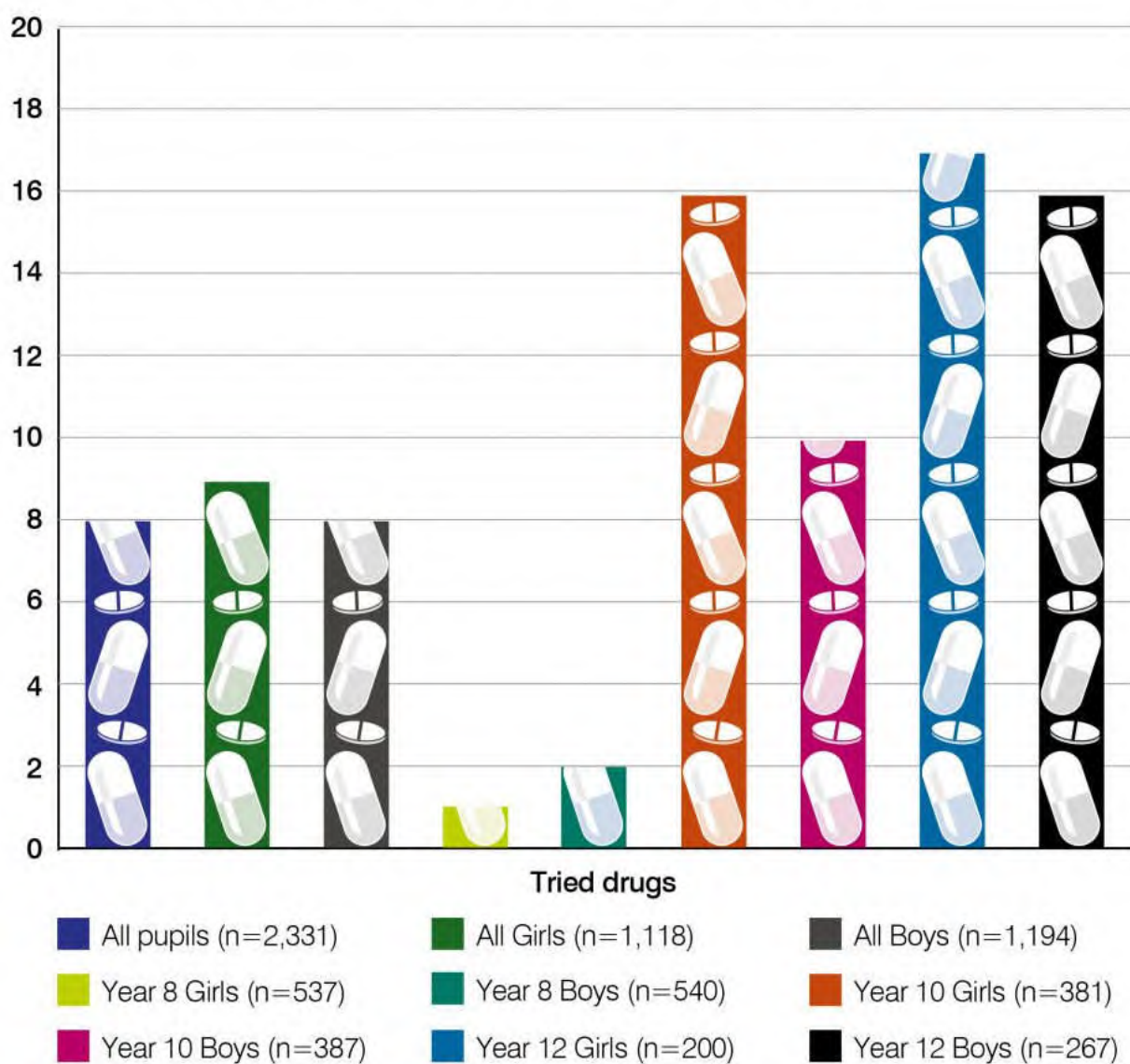
The majority of young people do not smoke.

% smoking behaviour - all year groups (n=6,010)



The majority of young people have never tried illegal drugs.

% who tried illegal drugs (secondary & year 12 only, primary not asked).





78% of all pupils said they are quite or extremely proud of what they have achieved in their life. Word cloud of comments on the things year 8, 10 and 12 pupils in South Gloucestershire feel proud of achieving.



n = 787

**81% of pupils said they were good at making and keeping friends.**



Most children and young people expect to go into further education with 76% of year 8s and 10s expect to go into further education or training in year 11.



We will use the survey to improve our young people's health and wellbeing and their future life chances. For more information and to view the complete report or summary report visit [www.southglos.gov.uk/healthinschools](http://www.southglos.gov.uk/healthinschools)

# Introduction

The South Gloucestershire Health and Wellbeing Online Pupil Survey (OPS) is funded by the Public Health and Wellbeing Division of South Gloucestershire Council and carried out by an independent research company Foster and Brown Research Limited. The South Gloucestershire version of the survey is based on a similar survey that has been running in Gloucestershire biennially since 2006. The survey took place from October 2014 to March 2015.

The aim of the OPS is to provide essential information for individual schools, South Gloucestershire Council and other stakeholders to find out how children and young people in South Gloucestershire behave and what they really think about a range of health-related issues. Understanding the data will enable services to target resources more effectively in order to improve the health and wellbeing of our children and young people.

The survey is organised into six sections: healthy eating, physical activity, substances, citizenship, safety and relationships. There are three versions of questionnaire; primary, secondary and Year 12/FE college pupils, plus a special version for children and young people with learning difficulties. The questions cover a wide range of aspects of young people's lives: lifestyles; learning experience; relationships; wellbeing; safety, aspirations and support requirements.

This report is a summary of findings from the OPS using data from 6,151 children and young people in schools and educational settings. These pupils came from 59 schools, colleges and other settings across South Gloucestershire (Appendix 1). The report is structured around six themes that have major policy implications for South Gloucestershire Council and its partners in improving our young people's health, wellbeing and future life chances:

1. The extent to which pupils feel safe
2. The extent to which pupils adopt healthy lifestyles
3. Relationships and emotional wellbeing
4. Citizenship and aspirations
5. Self-harm
6. The effectiveness of care, guidance and support

It's intended the online survey will run every two years, allowing enough time between data gathering for analysis of results and planning of actions. Repeating the survey over several years will enable longitudinal tracking across a broad segment of the pupil population aged 8 to 18 (year groups 4, 5, 6 8, 10 and 12).

# Key findings 1. The extent to which pupils feel safe

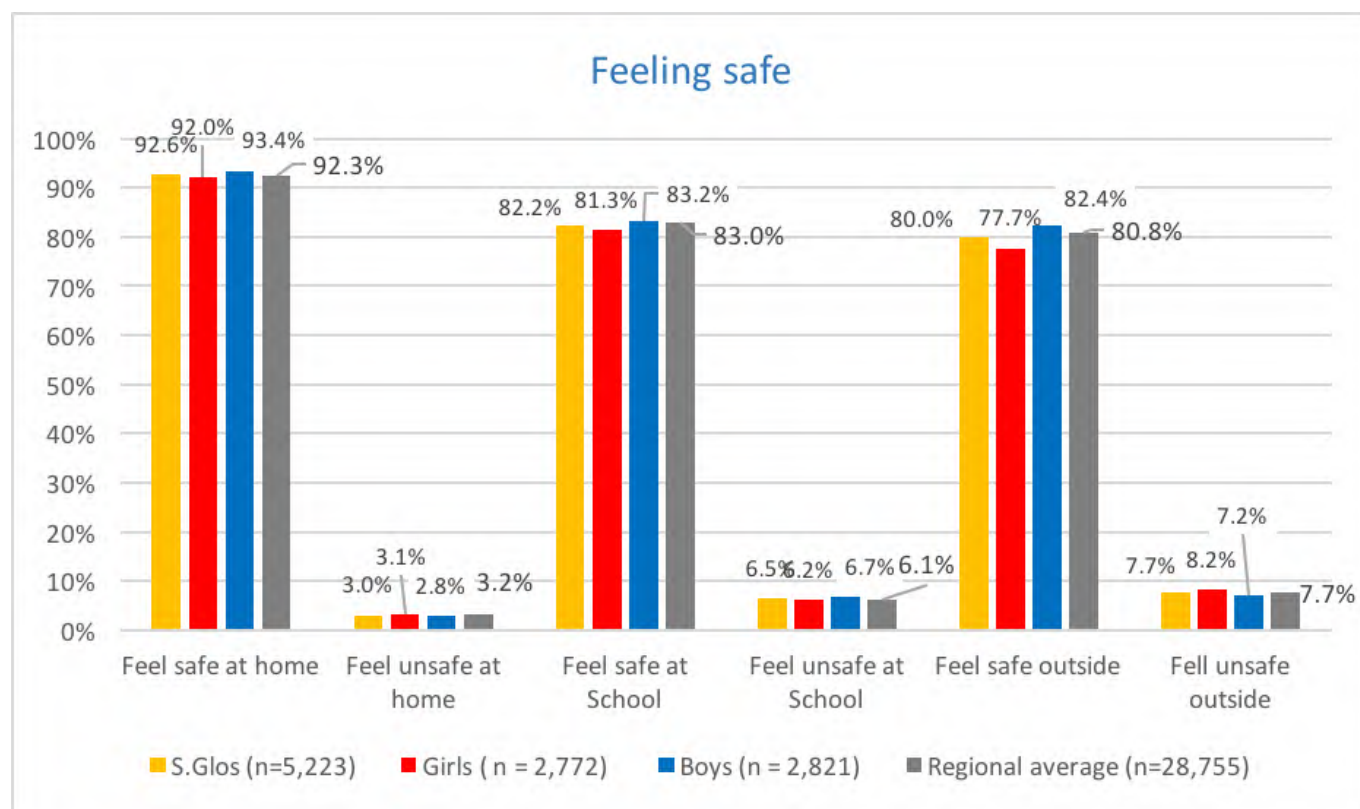
*'Children and young people should have a good start in life, be safe and do as well as they can, while being able to access support when necessary.'* South Gloucestershire's Joint Health and Wellbeing Strategy 2013-16

## Feeling safe at school, at home and from crime

1.1. Results from the pupil survey suggest that the majority of pupils in South Gloucestershire felt safe or very safe at school and at home, with 93% feeling safe at home (3% reported feeling unsafe) and 83% feeling safe at school (6% reported feeling unsafe).

1.2. The proportion of pupils feeling safe or very safe at school is exactly comparable with other schools in neighbouring counties and the proportion of children and young people who feel unsafe is very similar to the regional average (comparison based on primary & secondary pupils).

Fig.1



1.3. There is a 5% gender gap in feeling safe outside (playing near their house/in their neighbourhood), with boys feeling safer than girls.

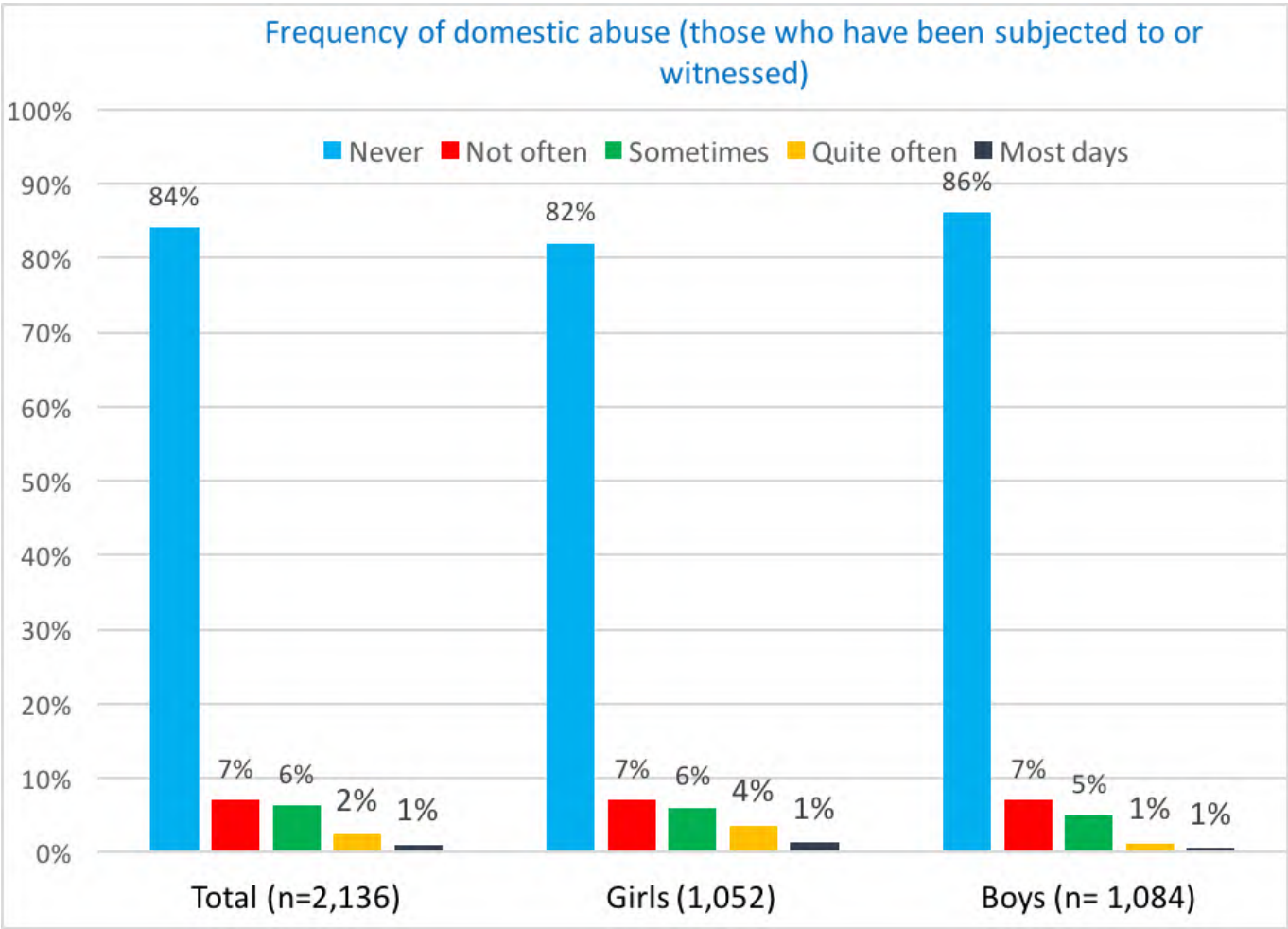
1.4. The majority of pupils (64%) feel safe or very safe from crime which is higher than a local regional OPS survey from 2014. We have seen a significant improvement in this perception

amongst children and young people since neighbouring OPS studies began in 2006.

Domestic Abuse

1.5. Secondary and post 16 pupils were asked if they had witnessed or had been subjected to domestic abuse. Overall 84% had not. However 333 pupils reported they, or someone in their immediate family had been abused. 186 were female and 147 male. 292 said it was not happening now and 26 (8%) said it was still happening.

Fig.2



Bullying

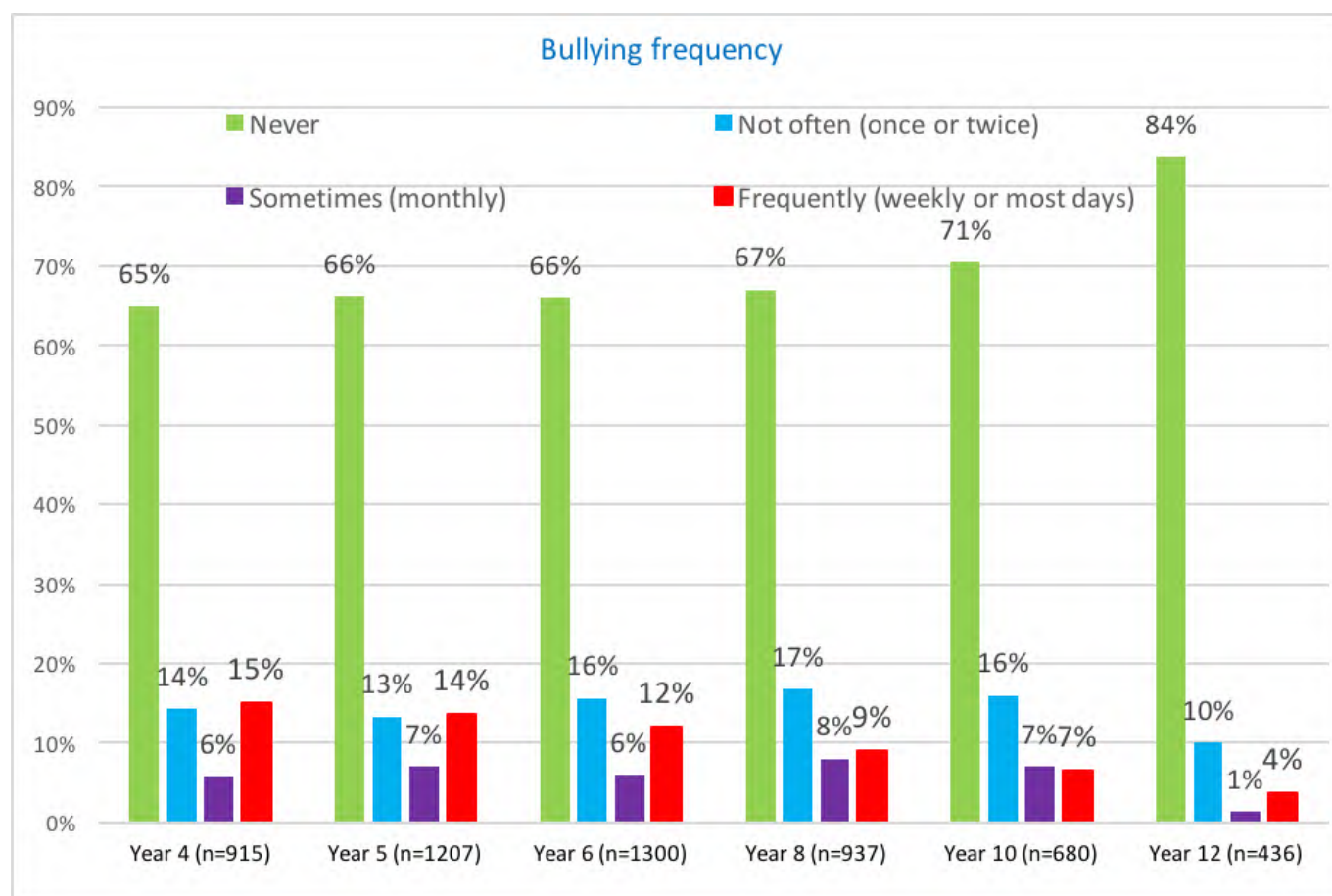
- 1.6. The majority (65%) of pupils in all year groups feel their school had dealt with bullying quite or extremely well. However there is a significant difference in year groups with a high point (77.8%) in year 4 and a low point (37.4%) in year 10. This is not correlated with the amount of actual bullying reported.
- 1.7. 11% of pupils report being bullied sometimes, quite often or most days. This is higher in primary than in secondary phases.
- 1.8. Reported bullying decreases as pupils get older but perception of school management in this area gets worse as pupils get older.



Fig. 3

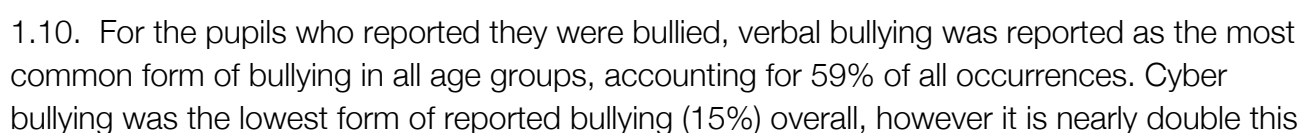
% Pupils seriously bullied in the last year	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12
Pupils seriously bullied in the last year, sometimes, quite often and most days	15%	13.6%	11.5%	9.3%	6.6%	3.9%
Pupils who think their school deals with bullying well or extremely well	77.8%	74.4%	70.5%	55.8%	37.4%	51.8%

Fig.4



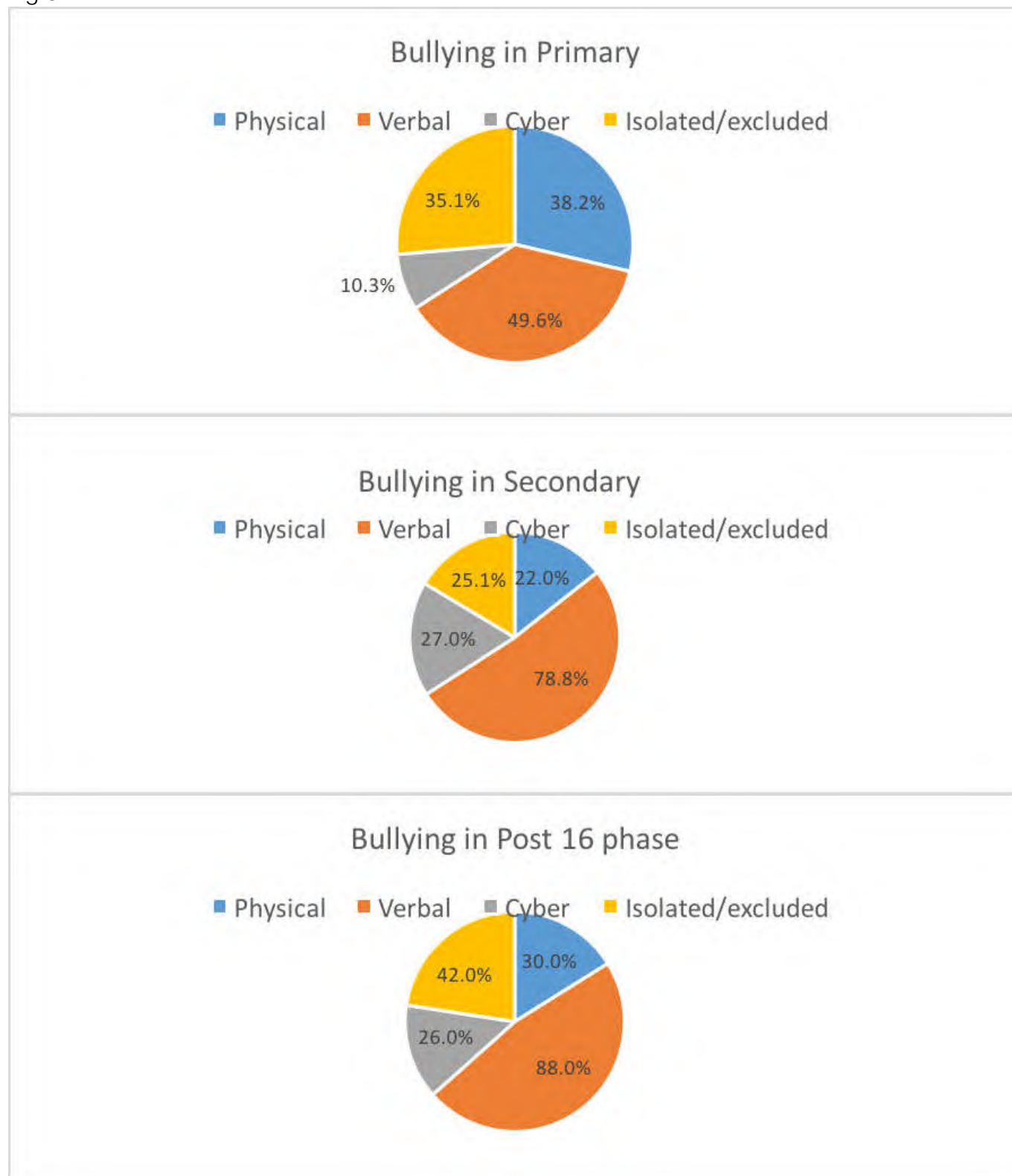
1.9. The most frequently cited reason for bullying in the primary phase was their friendship group and over a quarter (27%) didn't know the reason they were bullied. In the secondary phase the most frequently cited reason (by over a third) was because of their appearance (37%) and 33% said it was because of rumours about them. Year 12 showed a very similar pattern to secondary phase with the most commonly cited reasons being rumours about them and their appearance.

Word cloud showing reasons given for being bullied by primary pupils (n=1014)



rate (26%) by year 12.

Fig.6

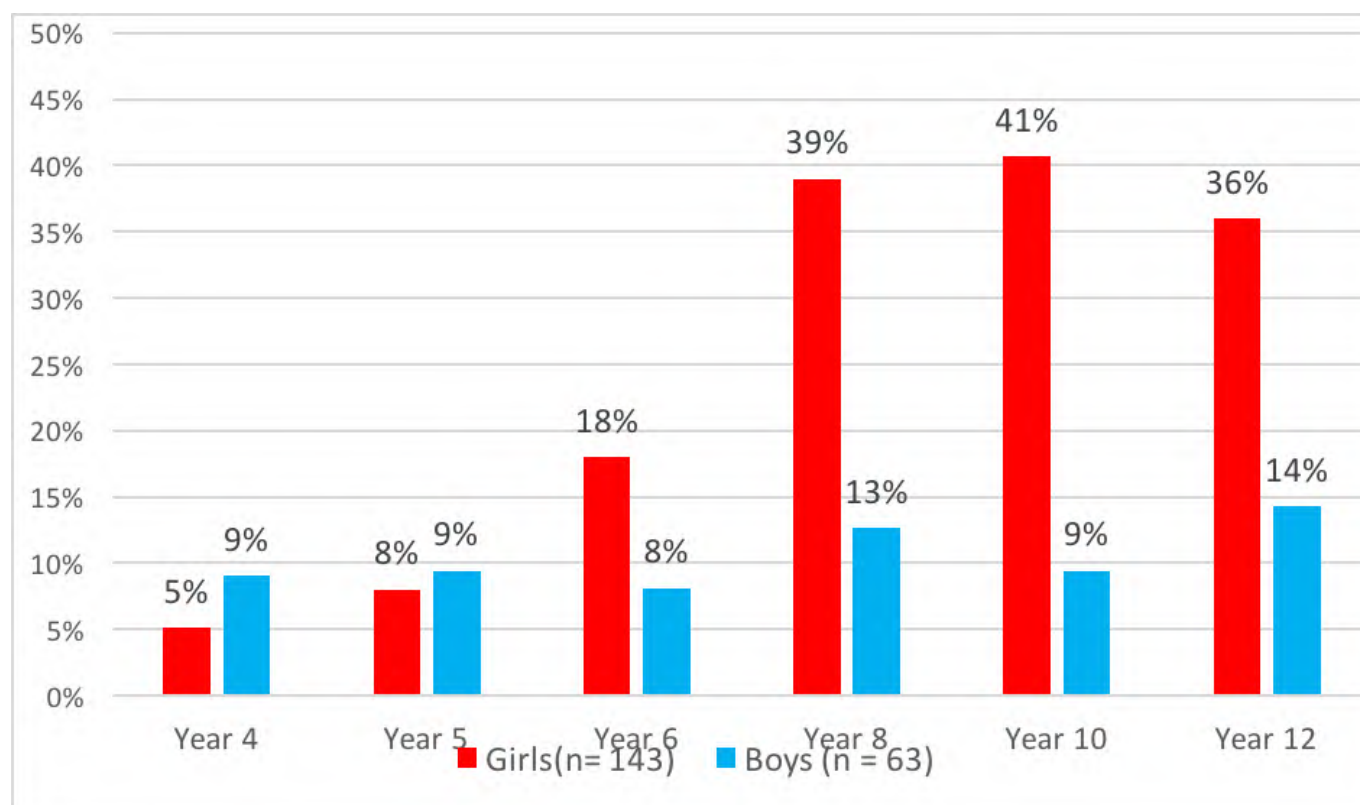


1.11. Although cyber bullying is the lowest type of bullying, it is a pernicious form and we noted large gender differences.

Fig.7



## Gender differences in reports of Cyber bullying (n=206)



## Grooming

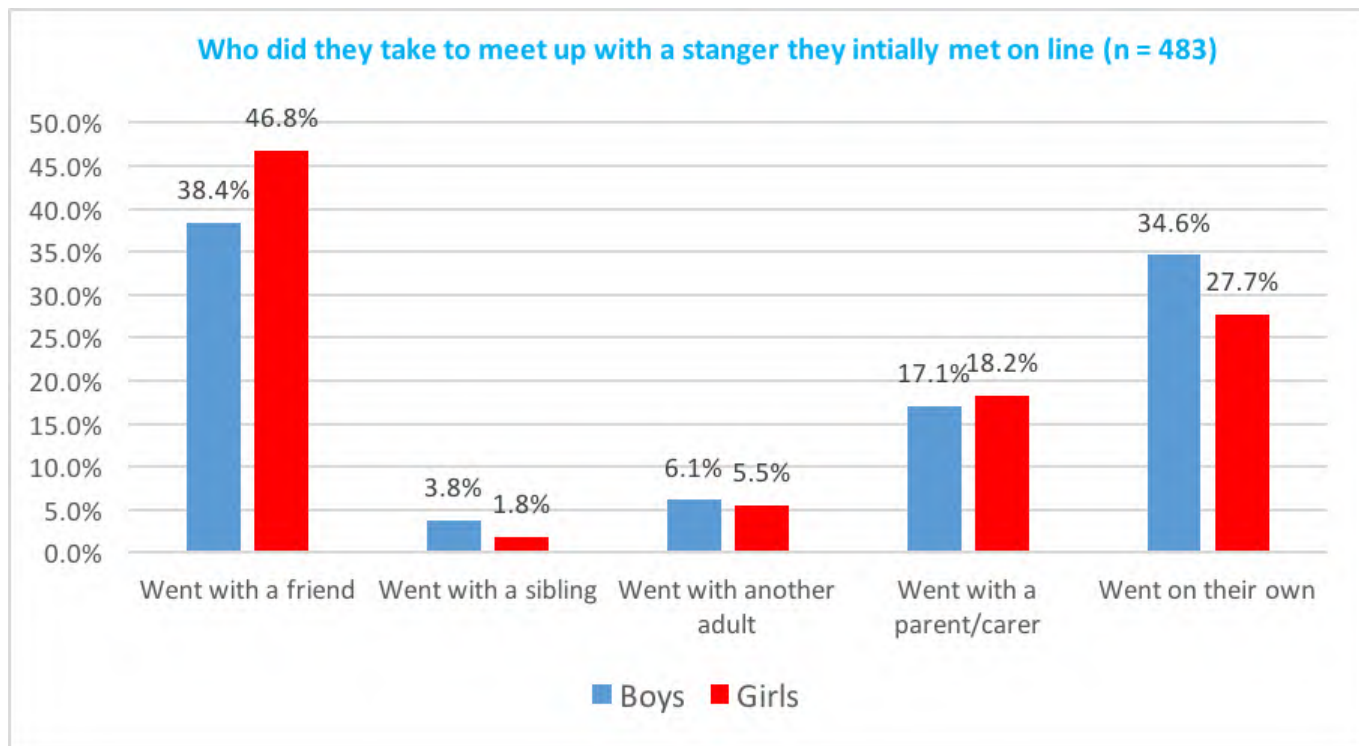
1.12. 2.7% reported as having been abused by a boyfriend or girlfriend (3.2% girls and 2.1% boys). Of these 8.7% (11 pupils) said it was still continuing. 4 pupils reported their abusive partner was older than them but none were an adult.

1.13. 9.4% (501) of pupils said they had met a stranger in the real world that they had first got to know online. 64 (7.2%) were in year 4. There was a small gender difference (8.4% girls compared to 10.3% boys). 31.5% reported that they went to meet them on their own. These included 26 year 4's, 30 year 5's and 14 year 6's.

1.14. 3.3% (189) pupils reported they have run away from home or the place where they live in the past 6 months. This level was fairly consistent across all year groups. There was a gender split - 2.6% girls and 4.0% boys

The majority, 58% of the runaways returned by themselves, 12% were returned by the police and 12% were found by parents or carers. 9% were found by other relatives or friends.

Fig.8



1.15. 3.2% of young people surveyed, reported that they had been in serious trouble with the police. This was consistent across the year groups and is the same as other regional data.

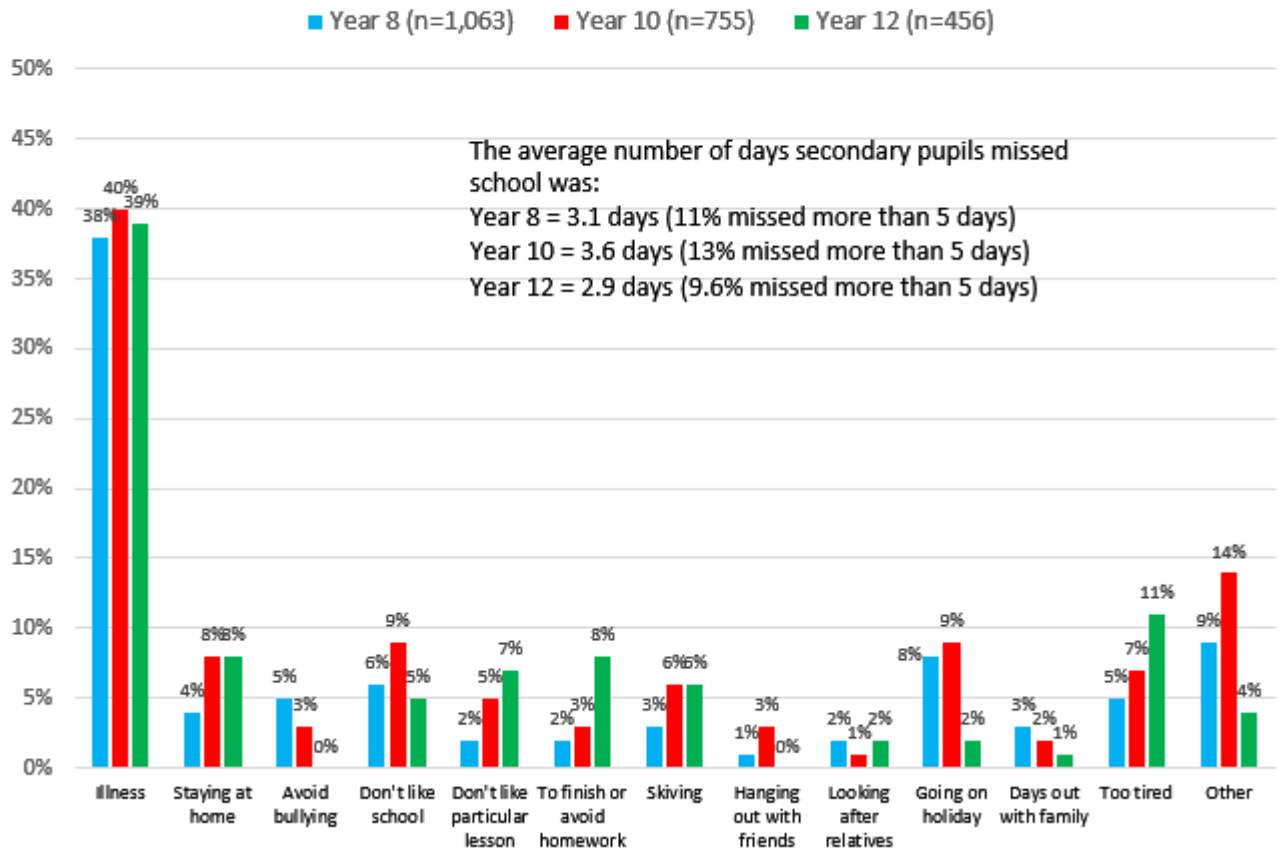
1.16. Boys were nearly twice as likely to have been in serious trouble with the police – 4% compared to 2.3% in girls.

1.17. The average secondary and 16 plus pupil missed 3 days of school in the previous term – 40% of these were due to illness.

Fig.9



## How many days did secondary phase pupils miss school last term & why?



## Key findings 2. The extent to which pupils adopt healthy lifestyles

*Significant improvements in health could be made by people making relatively small changes to their lifestyles. For example, half of the current heart disease deaths and half of all cancers could be prevented by adopting a healthier lifestyle, particularly by reducing smoking, reducing obesity, increasing physical activity and eating more healthily.*

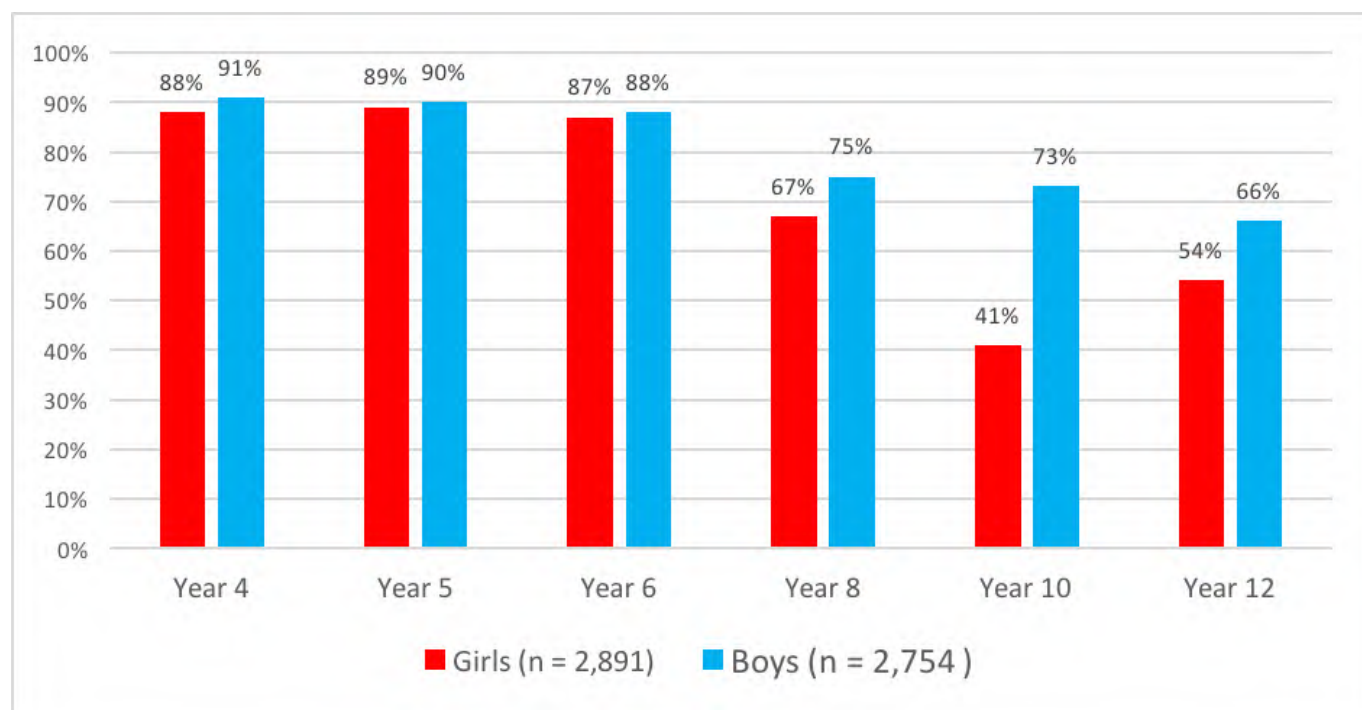
South Gloucestershire's Joint Health and Wellbeing Strategy 2013-16

### Healthy eating

2.1. The survey found that the 79.4% of pupils ate breakfast usually or every morning. The number of pupils who eat breakfast declines as pupils get older, especially when they leave primary education. Girls consistently eat breakfast less frequently than boys, particularly in year 10 where only 41% of girls reported eating breakfast regularly compared to 73% of boys.

Fig.10

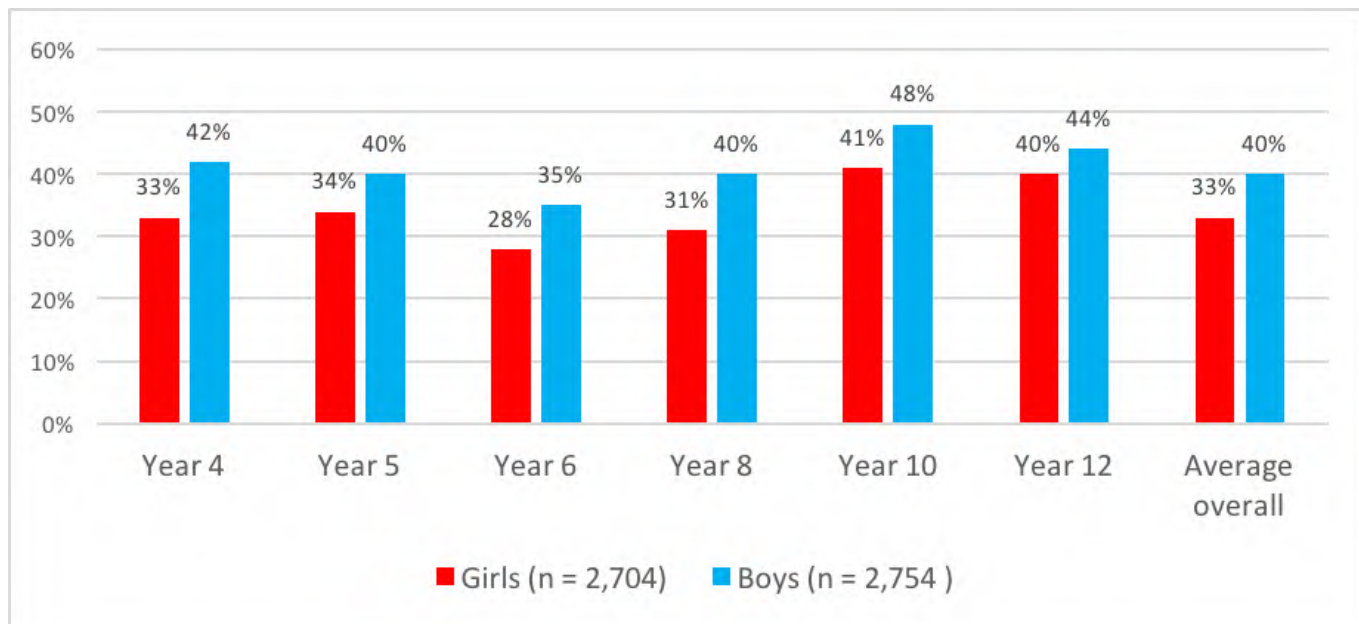
#### **Breakfast habits, % of CYP who eat breakfast usually and every morning**



2.2. 36.9% of pupils report having 3 or more snacks every day (e.g. sweets, chocolate, biscuits and crisps) and 22.3% report never eating snacks of once a week or less.

Fig.11

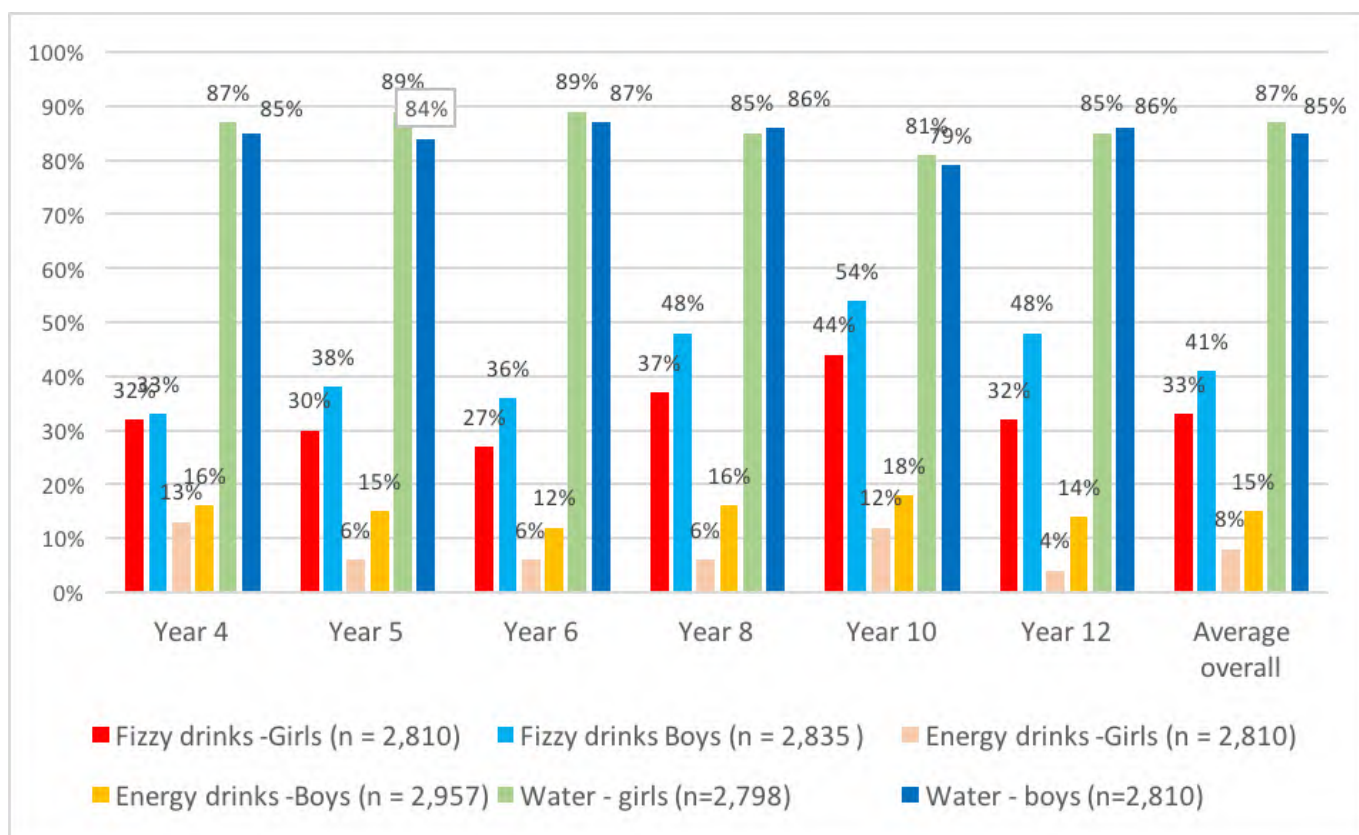
#### **Snacking habits, % of CYP who eat snacks such as sweets, chocolate, biscuits and crisps 3 or more times every day**



2.3. The majority (54.4%) of secondary and 16 plus young people never drink energy drinks, 12.1% of secondary pupils drink energy drinks (such as red bull) every day.

Fig.12

### Drinking habits, % of CYP who drink fizzy drinks (not water), energy drinks and water at least once a day or more



2.4. 85.8% of pupils in the survey said that the food provided at home enabled them to eat healthily usually or most of the time, this is very similar to regional data and consistent across

all year groups.

School lunch experience

2.5. The school lunch experience in both primary and secondary was favourable overall, with the exception of the length of time it takes them to queue for their lunch. Overall 41% of primary school pupils eat a school lunch most or every day. This falls to 25% of secondary aged pupils eating a school lunch most or every day and to below 10% of year 12 students.

65% of primary pupils eating a school lunch particularly liked the taste of their school lunches and (61%) how the food looks. However 30% found the time it takes for them to queue for their lunch unsatisfactory, only 37% felt it was good. There was a similar pattern at secondary level where 58% of pupils eating a school lunch particularly liked the taste of their school lunches. However 60% found the time it takes for them to queue for their lunch unsatisfactory, only 13% felt it was good.

Fig.13

School lunch experience at Primary level (year groups 4, 5 and 6)

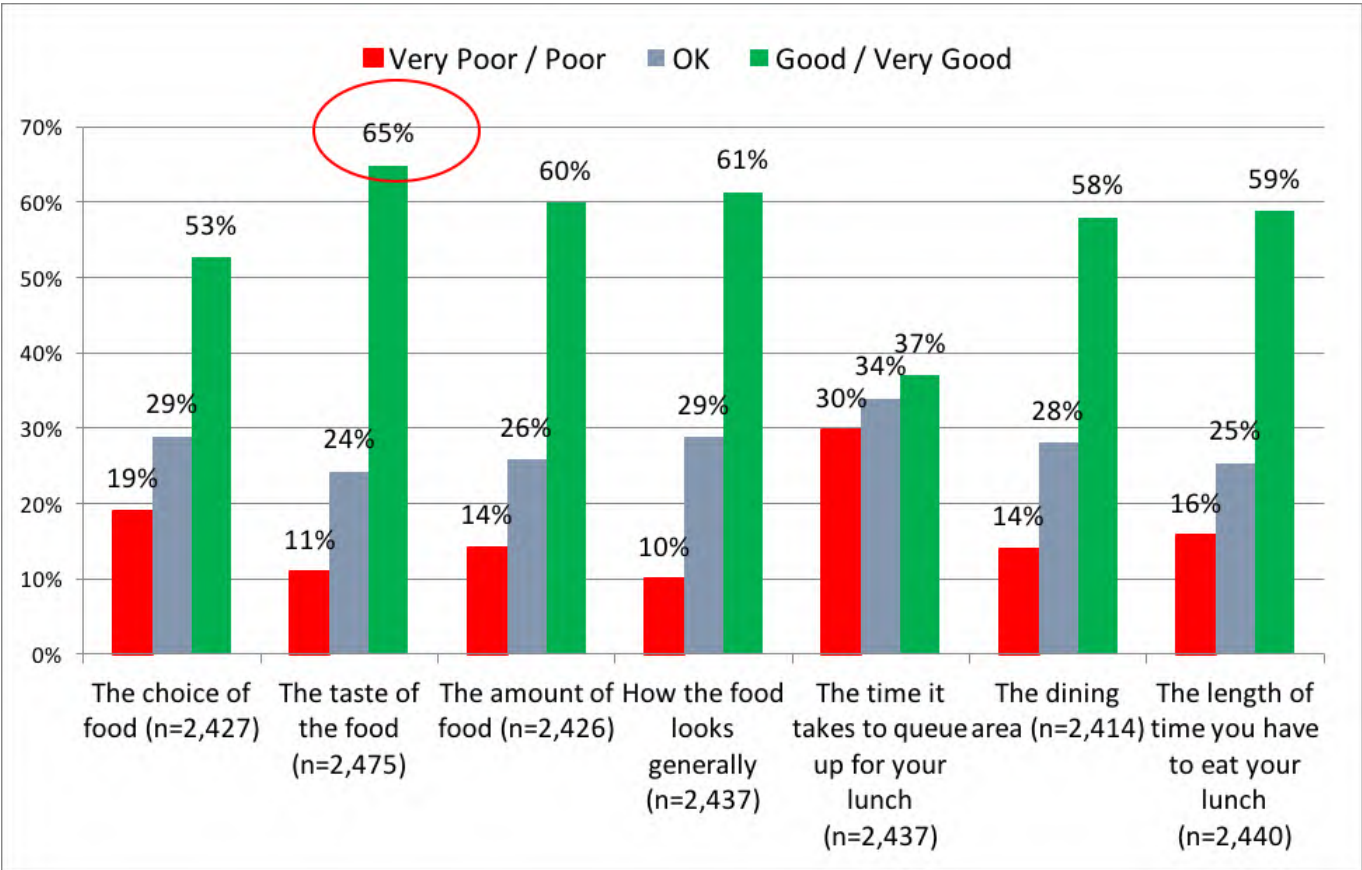
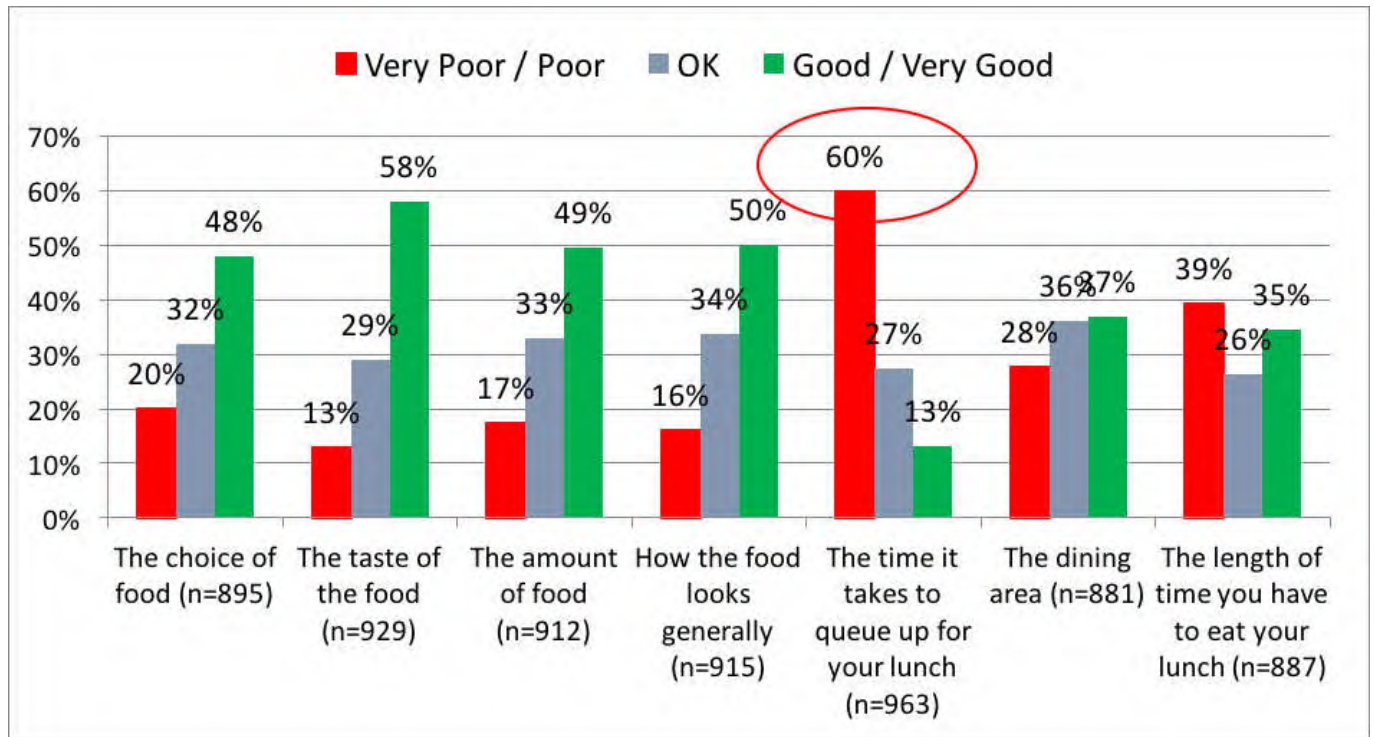


Fig.14

School lunch experience at Secondary level (year groups 8, 10 and 12)



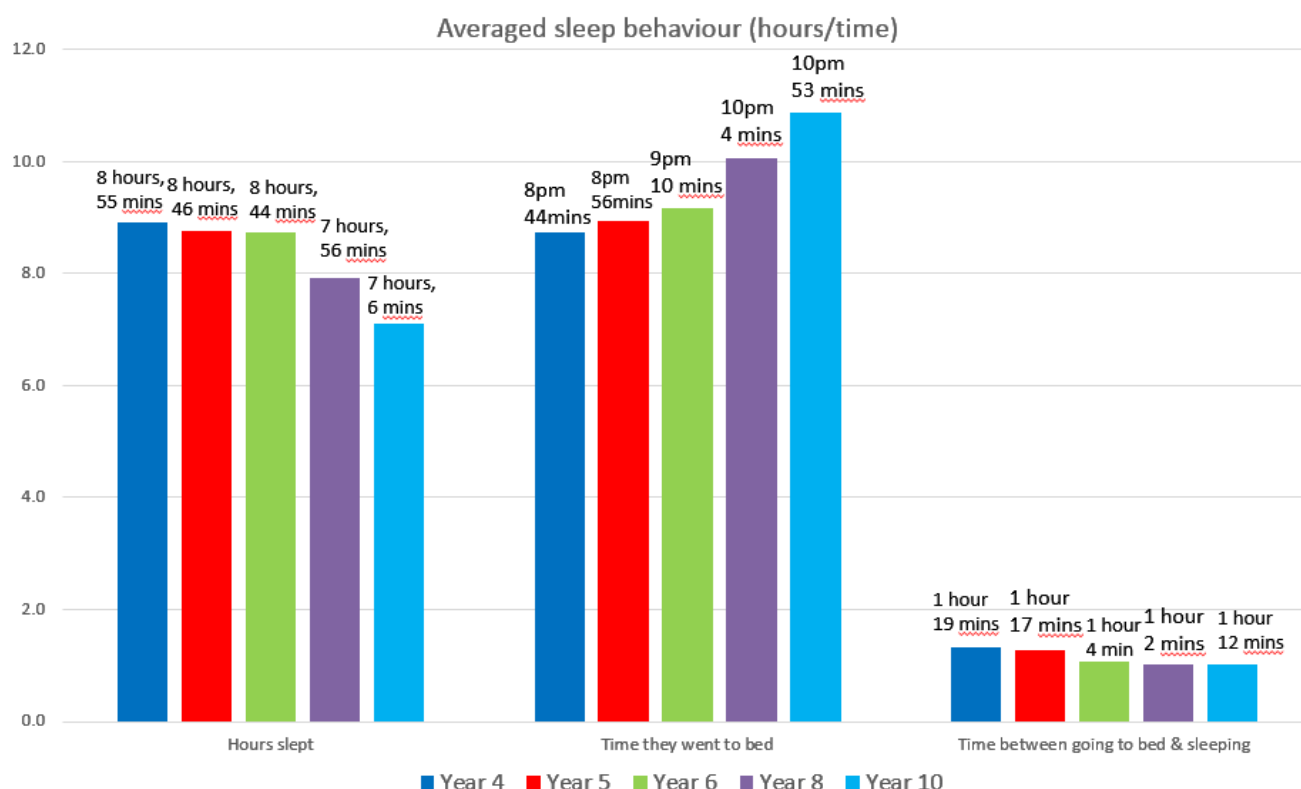
## Sleep behaviour

2.6. The average amount of sleep all pupils got the night before the survey was 8 hours and 23 minutes. Sleep experts recommend that children under 10 need at least ten hours of sleep a night and from the ages of 10 to 18 they need at least eight and half.

Fig.15



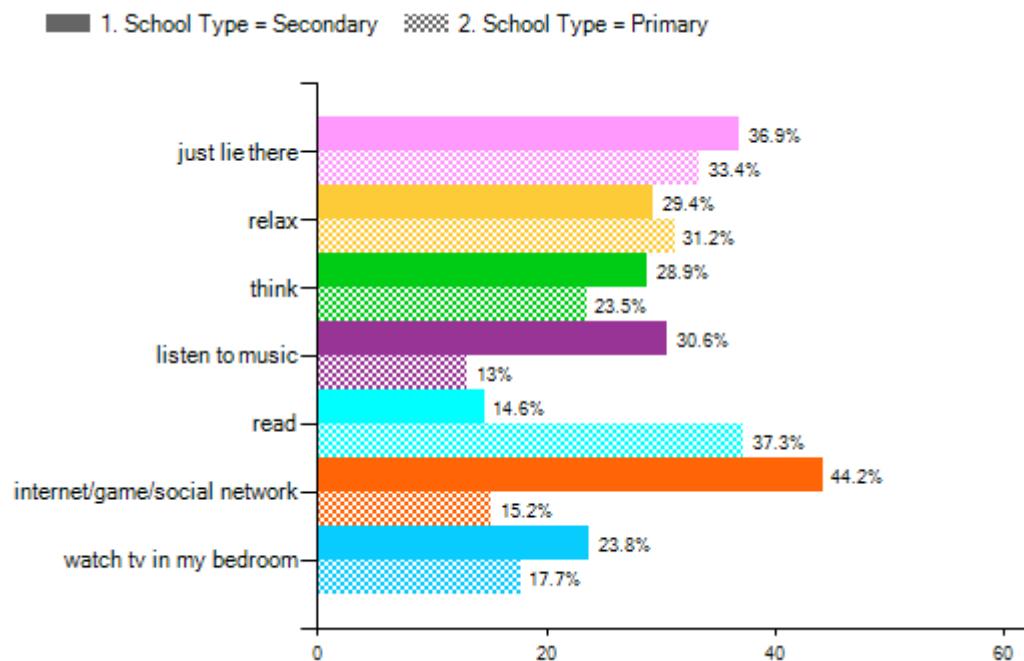
## Sleep behaviour in Children and Young people



*Sleep experts recommend that children under 10 need at least ten hours of sleep a night and from the ages of 10 to 18 they need at least eight and half.*

2.7 Pupils who reported it took them more than hour between going to bed and actually going to sleep were asked what they did before going to sleep. Most pupils reported that they were relaxing / just lying there or reading. However 18% of primary and 24% of secondary/Year 12'S were watching TV in their room and 15% of primary and 44% of secondary/Year 12'S were using the internet (e.g. gaming and/or social media) before they went to sleep.

Fig.16



## Physical activity

2.8. 66% of pupils (n = 5,819) across all age groups had at least 4 hours of physical activity (including play) each week. 73% of pupils in secondary schools took part in physical activity for at least 4 hours a week, compared to 63% of primary pupils and 64% of Year 12's.

Fig.17

### Physical Activity in Primary phase Gender differences

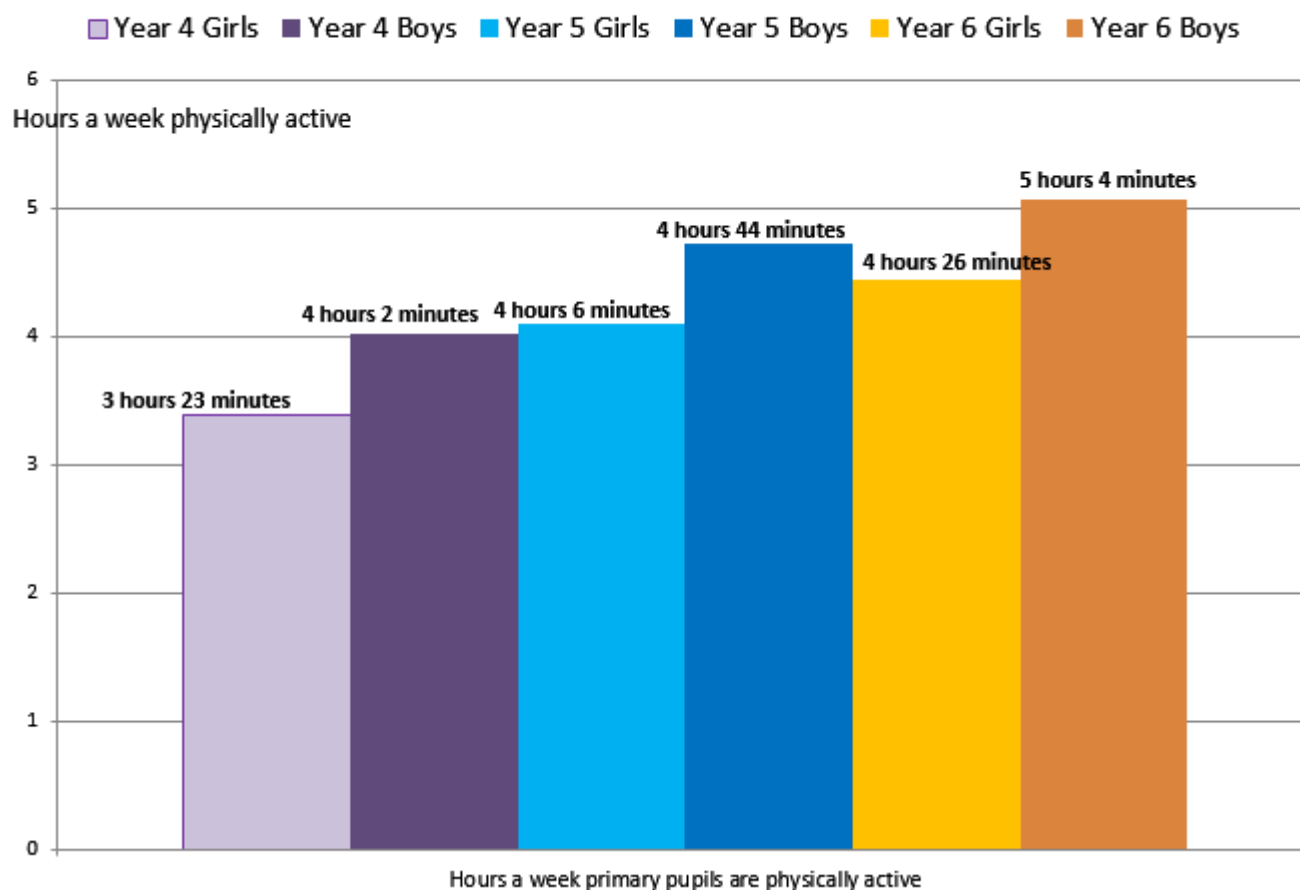
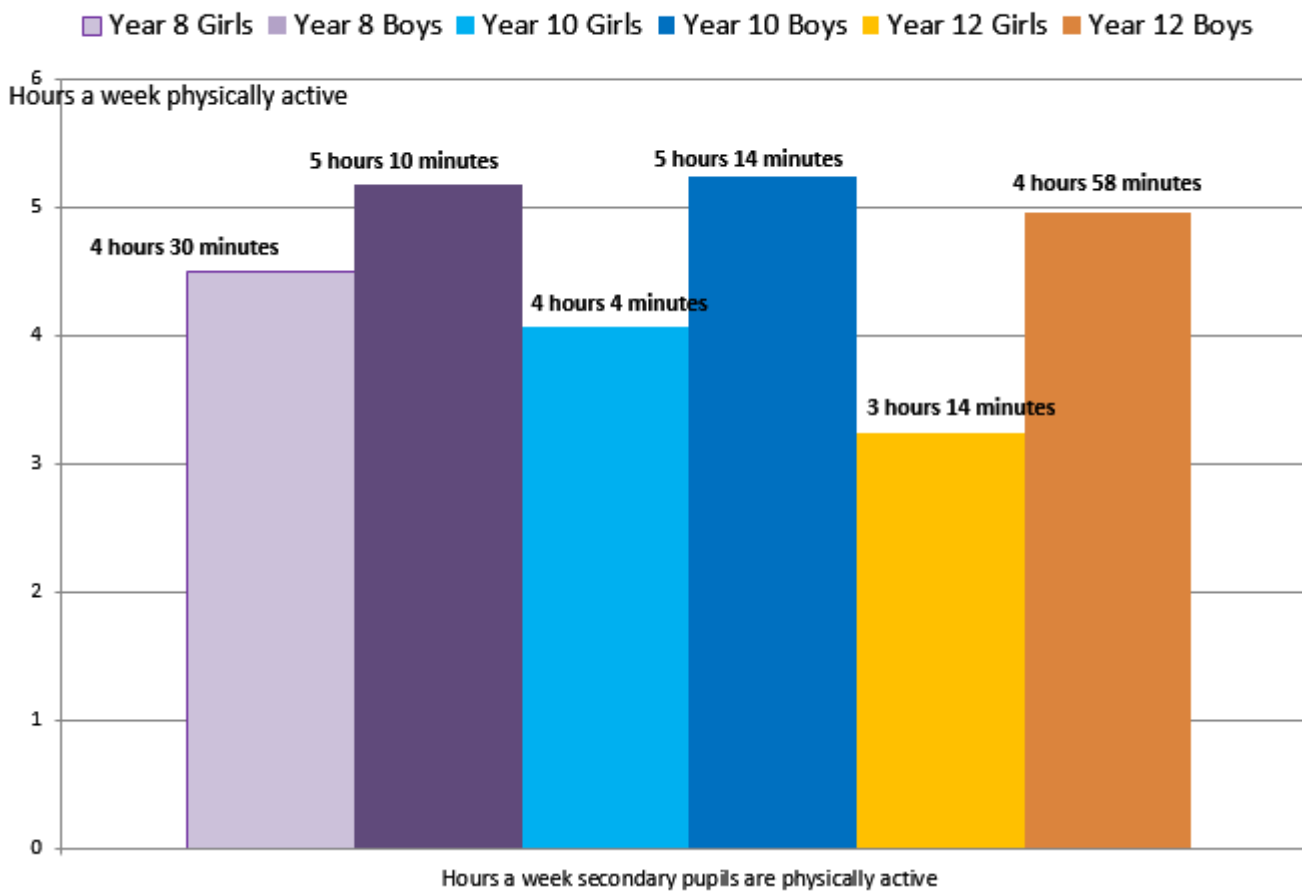


Fig.18

## Physical Activity in Secondary phase Gender differences



2.9. The survey found that the proportion of girls engaged in physical activity each week was lower than for boys overall; 60% of girls compared to 72% of boys do 4 or more hours of physical activity a week.

2.10. 58% of pupils overall felt they did enough exercise to keep them healthy quite often or always – a further 23% felt they did enough sometimes and 19% felt they did not do enough exercise to keep them healthy. There again was a difference in gender with 48% of girls reporting they felt they did enough exercise and 24% who did not do enough to keep them healthy compared to 67% of boys who felt they did enough and 15% who felt they did not do enough.

2.11. 32% of girls said there was something that would help them do more exercise compared to 26% of boys. The overall total for all pupils was 29%. Later on in the survey 25% of pupils cited “getting fit” as an area they wanted more knowledge in.

Fig.19

## Word clouds showing the comments by pupils of suggestions to help them do more exercise

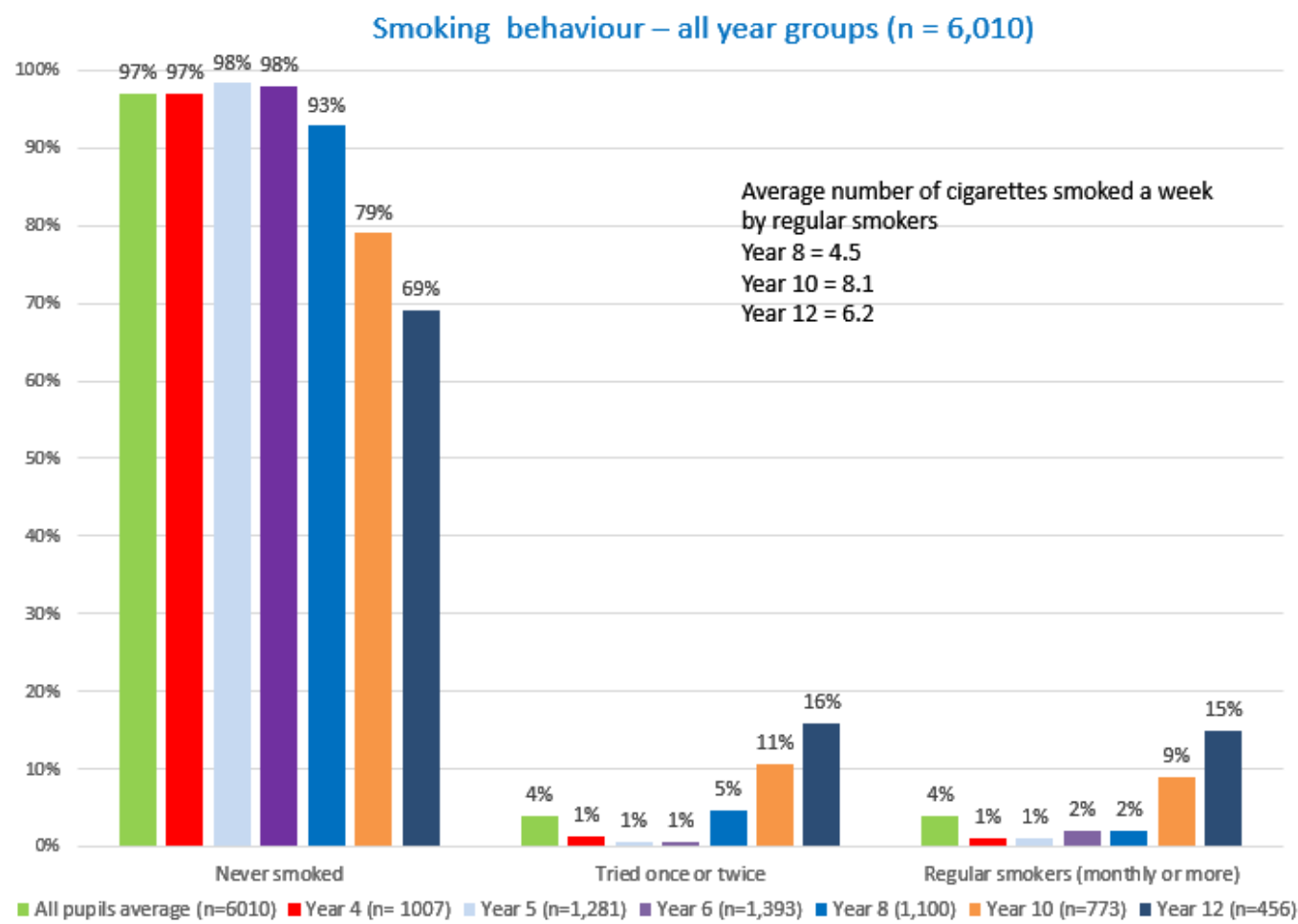
Boys (n=262)





2.13. Of those who smoke regularly – the average is 7 cigarettes a week. 48% of the pupils who smoke, said they would like to stop smoking, 52% did not and 17% wanted help in stopping smoking.

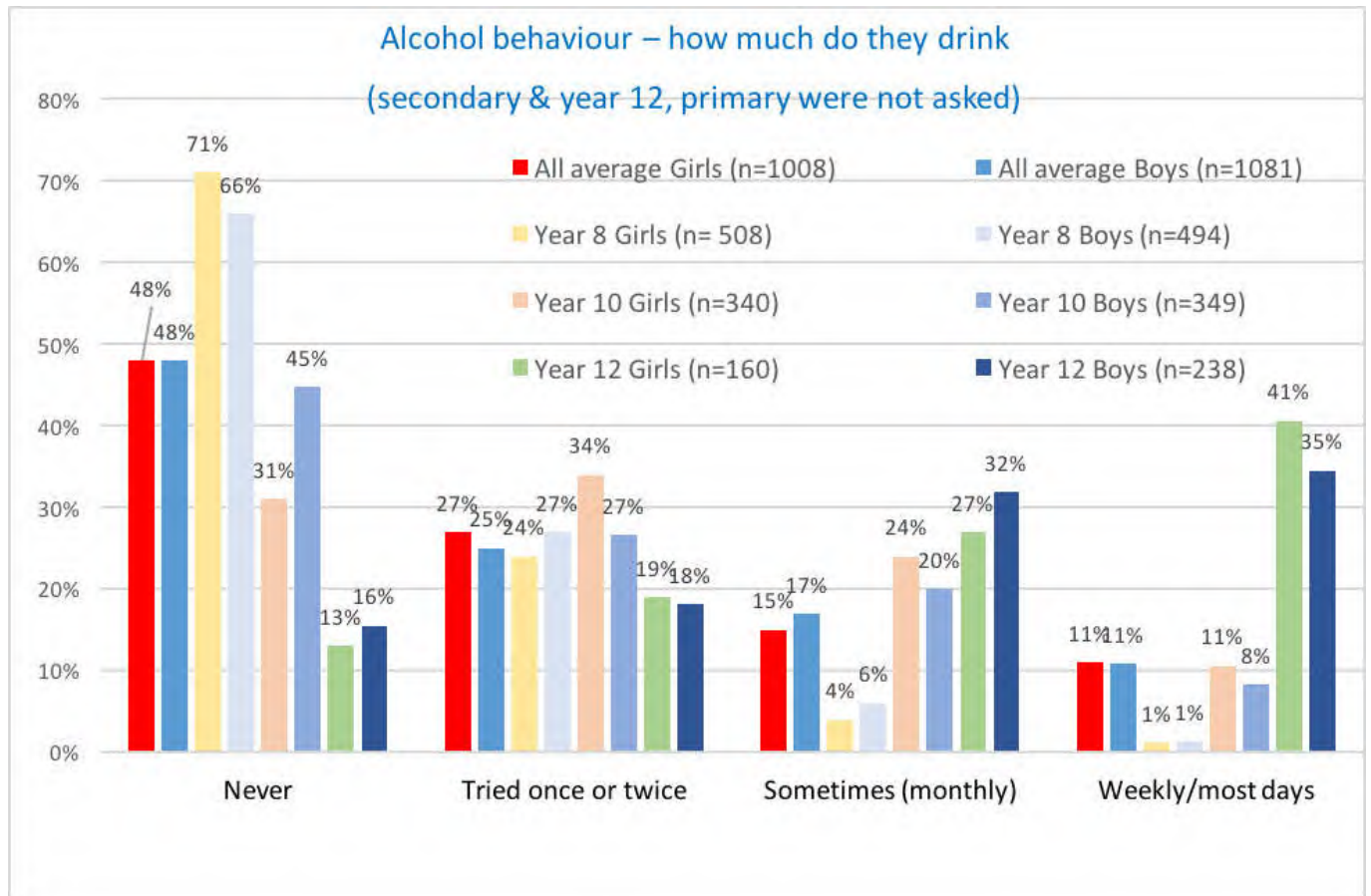
Fig.20



**Alcohol and Illegal Drug Use** (Only secondary and year 12 pupils were asked about alcohol and drugs; the primary version of the survey did not have the following questions.

2.14. 74% of secondary pupils and year 12 reported that either they have never drunk alcohol or only tried alcohol once or twice. The differences in age and gender is shown in the graph below.

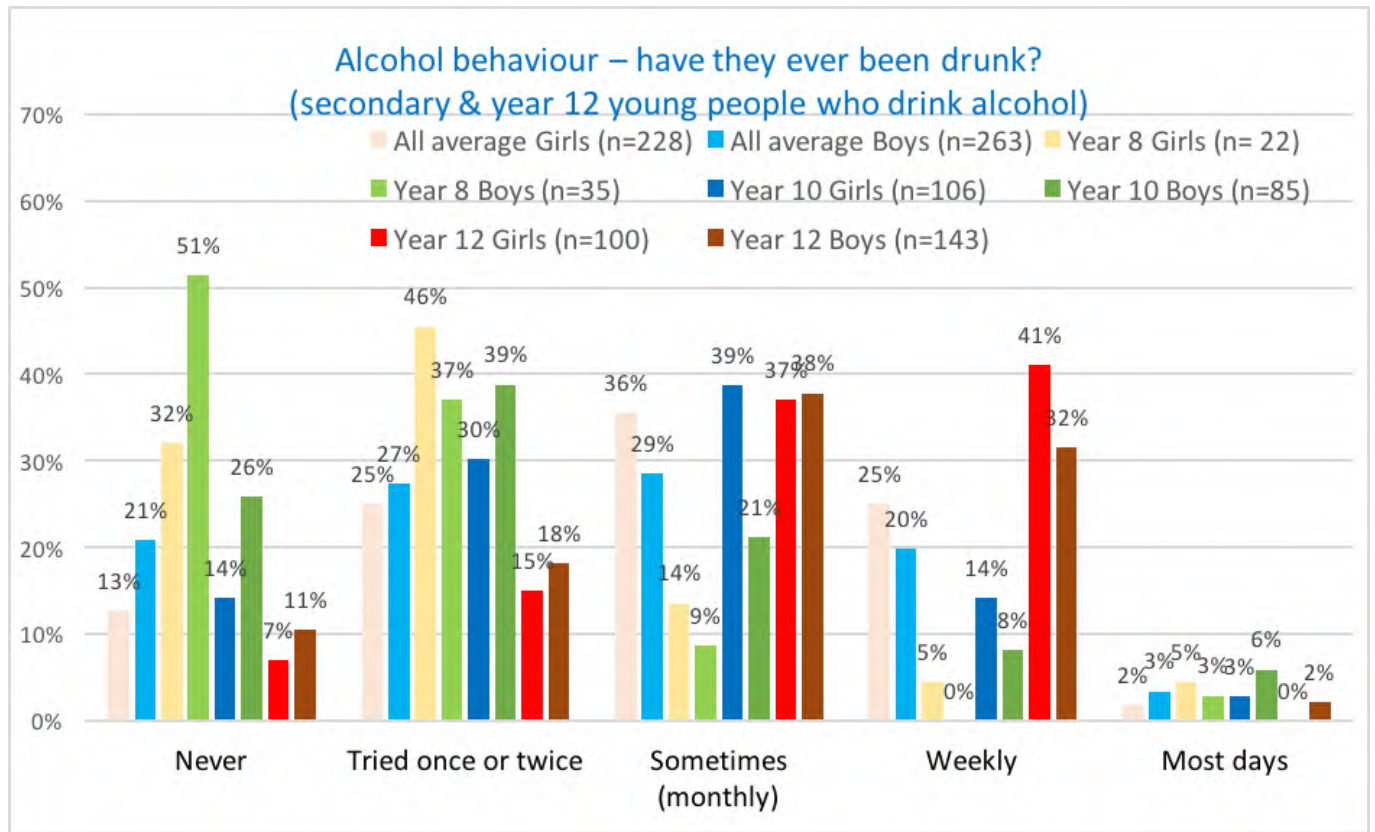
Fig.21



2.15. Of the pupils who drink, the percentage reporting getting drunk regularly (weekly and daily) is 25% though this is only 5.8% of the population asked and is similar to neighbouring Counties.

2.16. 44% reported that they have never or only once or twice got drunk. 25% said they drunk frequently (weekly or more). By year 12, 17% of girls reported getting drunk frequently (weekly or more)

Fig.22



2.17. There was a similar trend with regard to illegal drugs where more than 91% said they had never tried illegal drugs, although 22% have been offered them. 11% have been offered prescription drugs that were not their own (Pharming) and 9% had tried them.

Fig.23

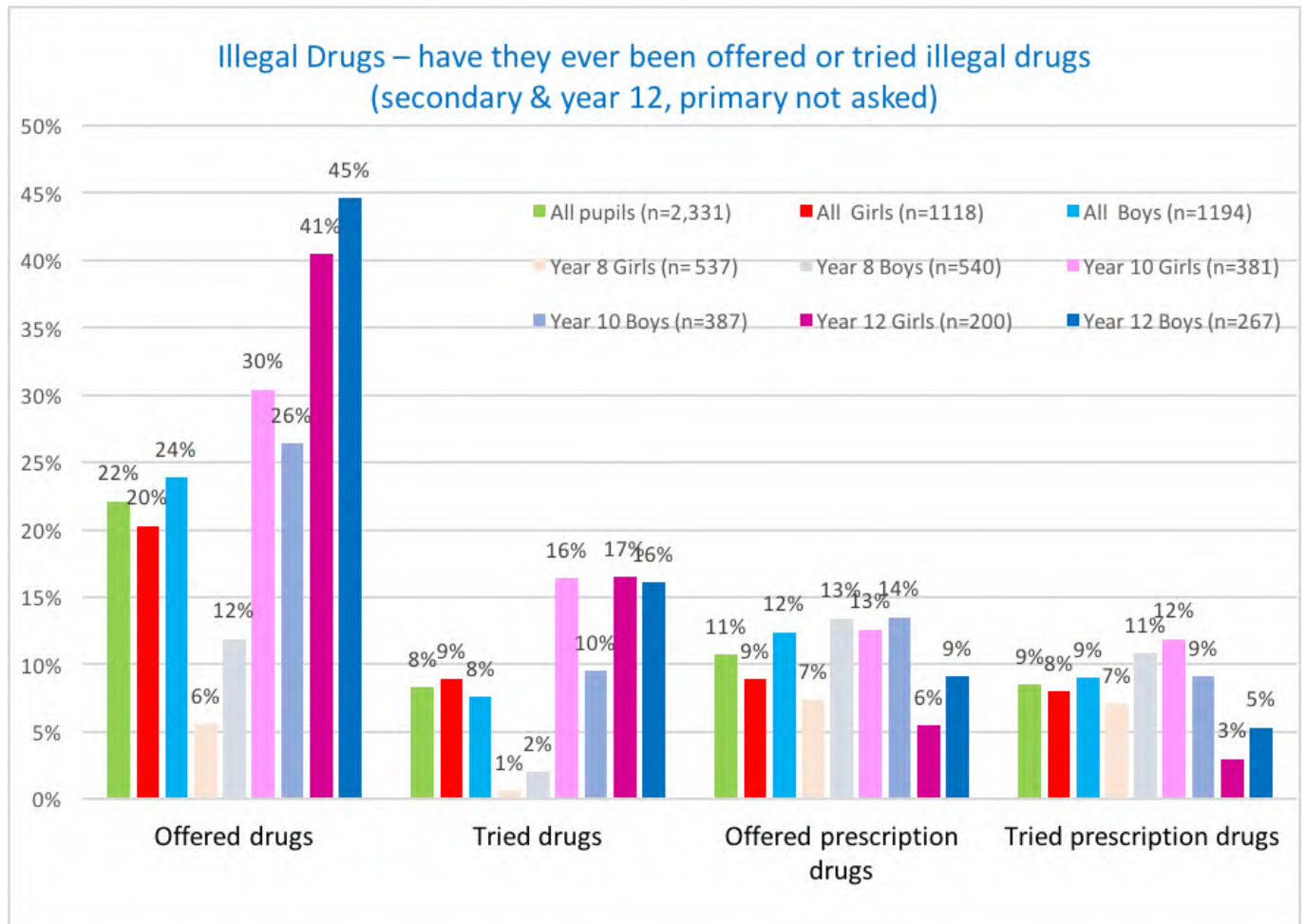


Fig.24

## What type of illegal drugs are they using?

■ Never ■ Occasional (not often/sometimes) ■ Regular (quite often/most days)

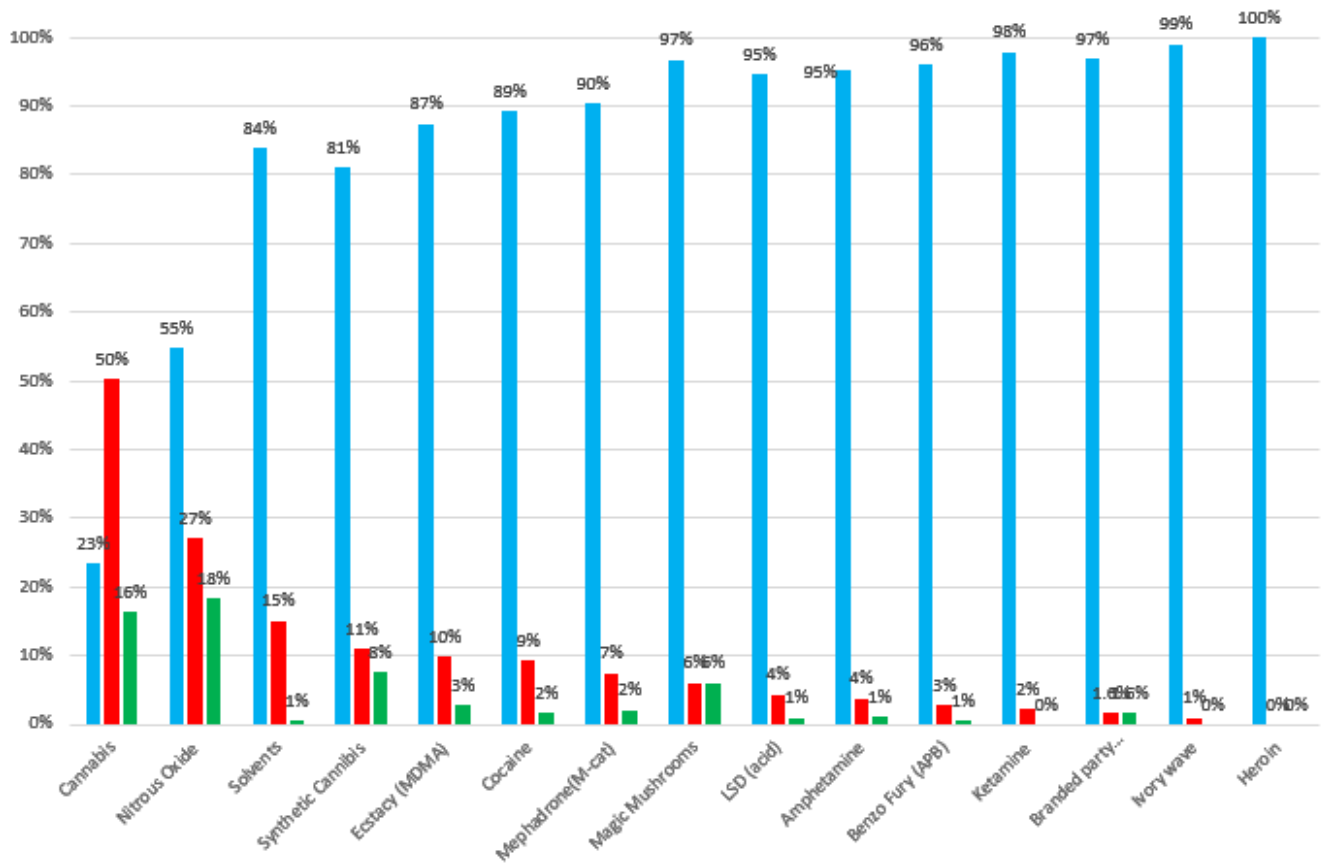
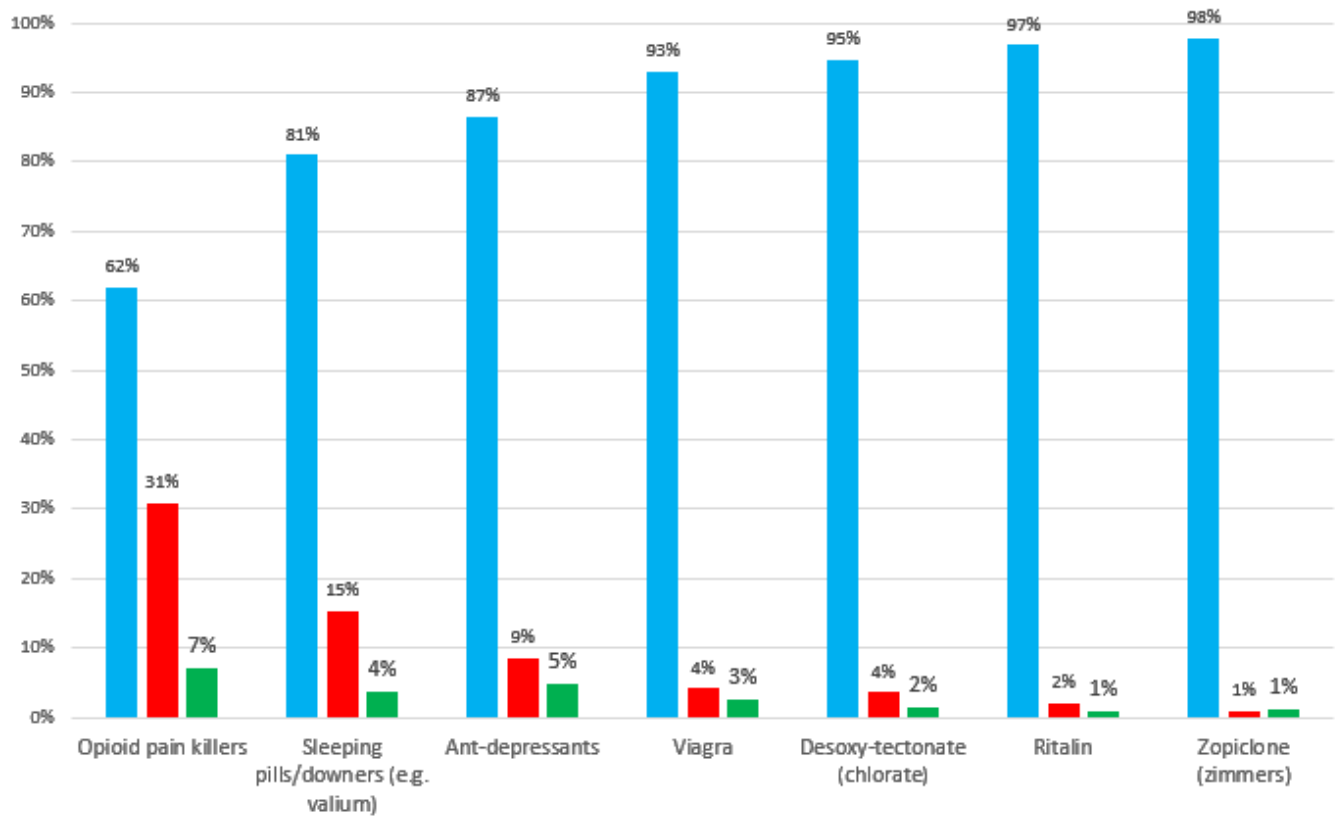


Fig.25



## What type of prescription drugs are they using (pharming)?

■ Never ■ Occasional (not often/sometimes) ■ Regular (quite often/most days)



## Key findings 3. Relationships and emotional wellbeing

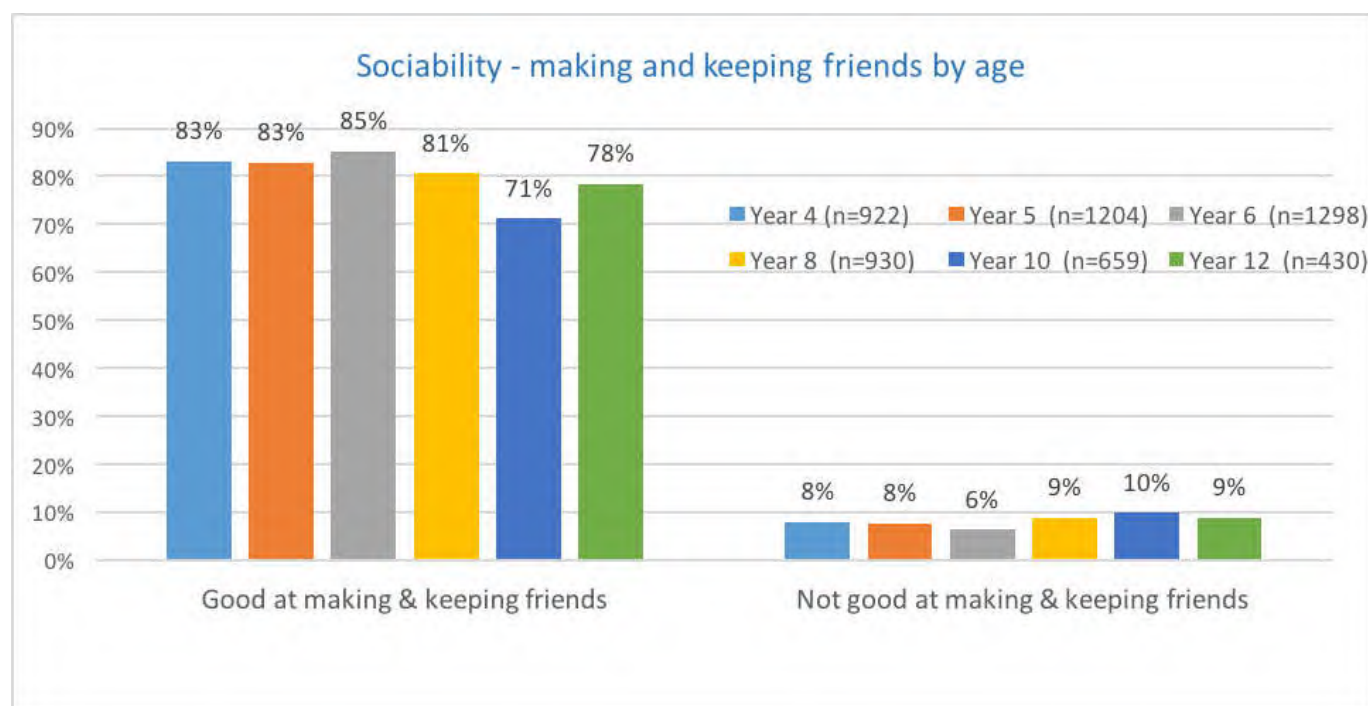
*Promoting the emotional wellbeing of all young people will improve academic attainment and help young people gain the skills to develop good relationships and cope with the ups and downs of life.*

South Gloucestershire's Joint Health and Wellbeing Strategy 2013-16

### Friendships

3.1. 81% of pupils said they were good at making and keeping friends. 8% said they felt they were not good.

Fig.26

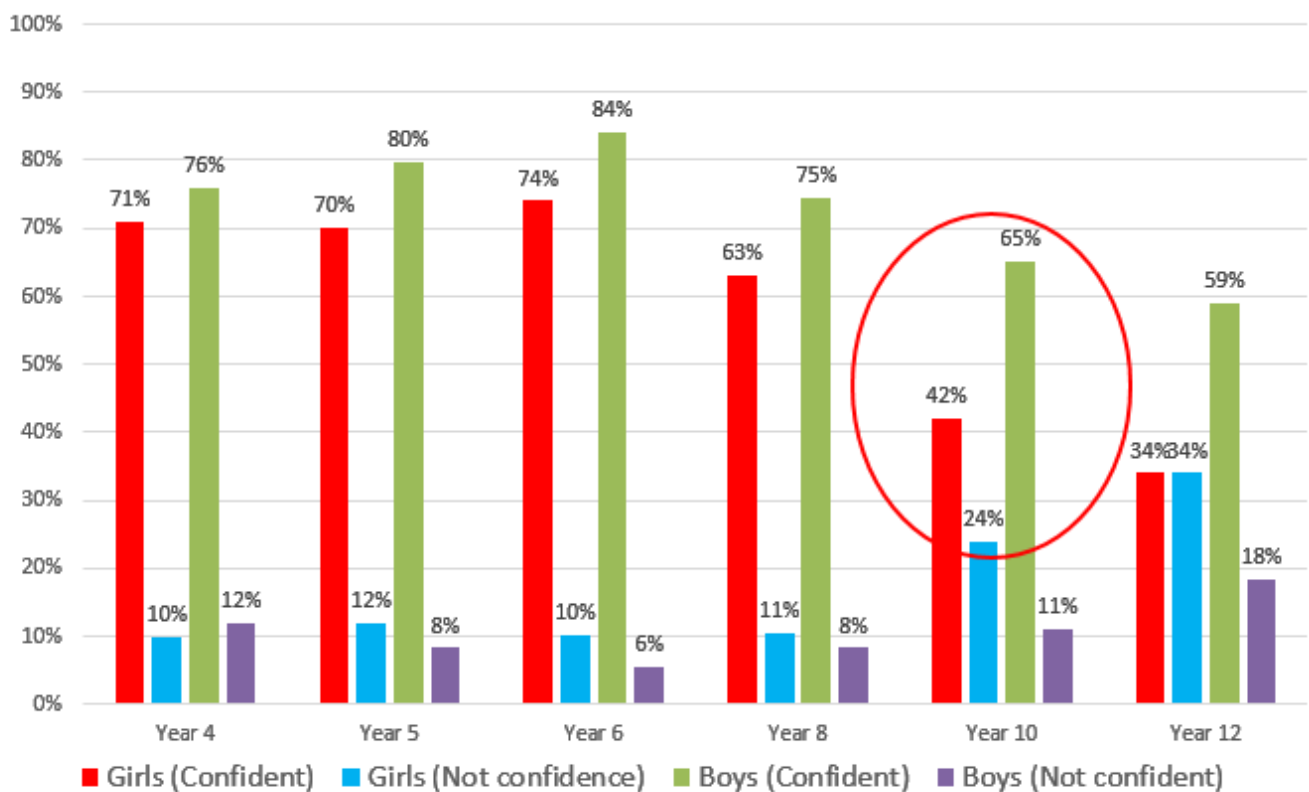


3.2. 91% of primary pupils reported they had at least 2 good friends, only 1.3% felt they had no good friends.

3.3. 34% of secondary and Year 12's are often so worried about something that they cannot sleep at night.

Fig. 27

### Confident about the future - Gender differences (n = 5,124)



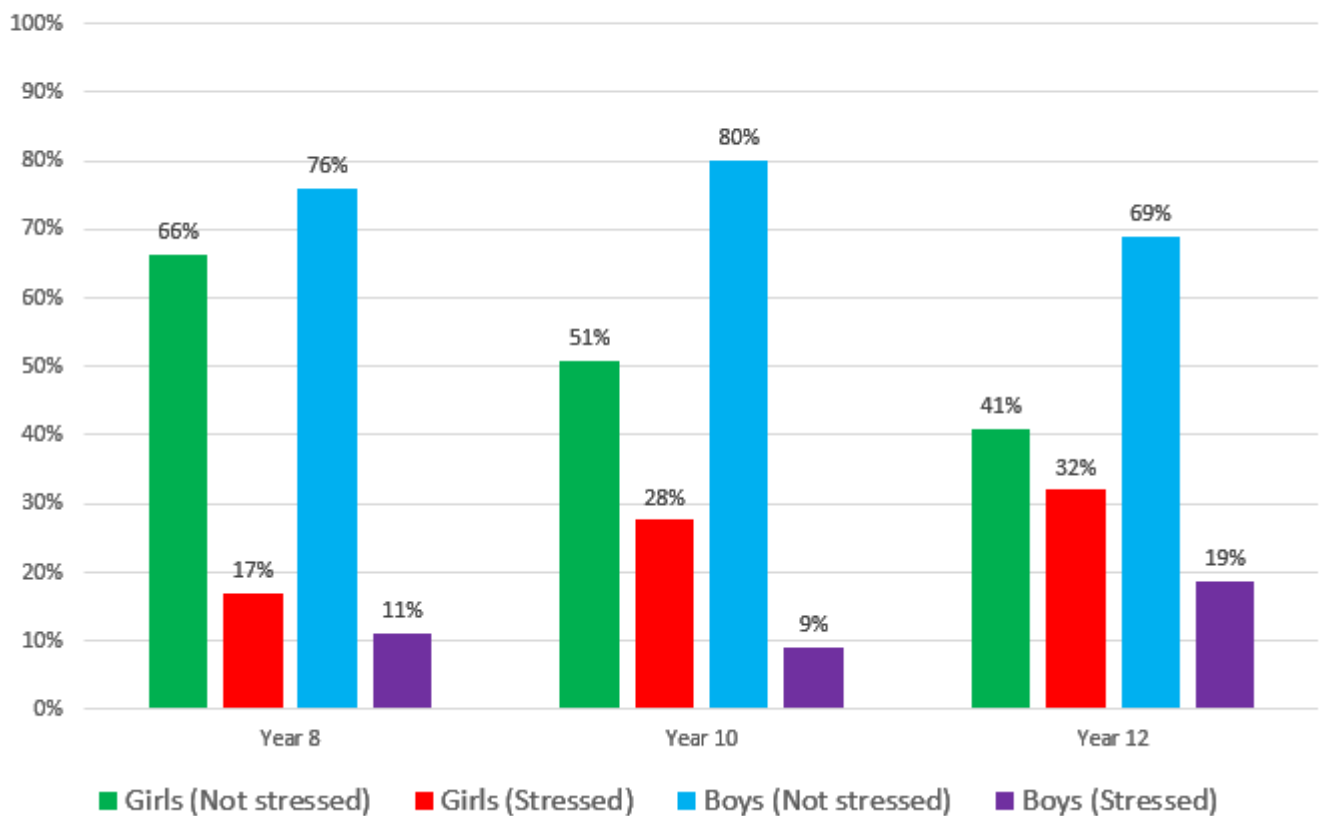
3.4. Families and relations were the main people who the majority of our pupils would go to when they felt unhappy or worried (82% for primary and 59% of secondary) followed by their friends (45% primary and 48% secondary). Professionals such as teachers, youth workers, medical professionals, social workers also had a key role to play; 28% of primary and 12% of secondary would talk to professionals about their worries. 10% of primary and 25% of secondary said they had no-one to talk

### Satisfaction with life and future goals

3.5. Overall, 75% pupils (secondary and year 12s only) said that they were satisfied or quite satisfied with their life. 63% said they are confident about the future; girls tend to be less confident than boys and it declines sharply in years 10 and 12

Fig.28

## Stress gender differences, how often are you so worried you can't sleep at night?



3.6. 78% of all pupils said they are quite or extremely proud of what they have achieved in their life. 8% were not proud. This level declines at secondary level and by year 10 less than half (48%) girls and 66% of the boys were proud of what they have achieved

Fig.29

### Proud of achievements- Gender differences ( $n = 5,163$ )

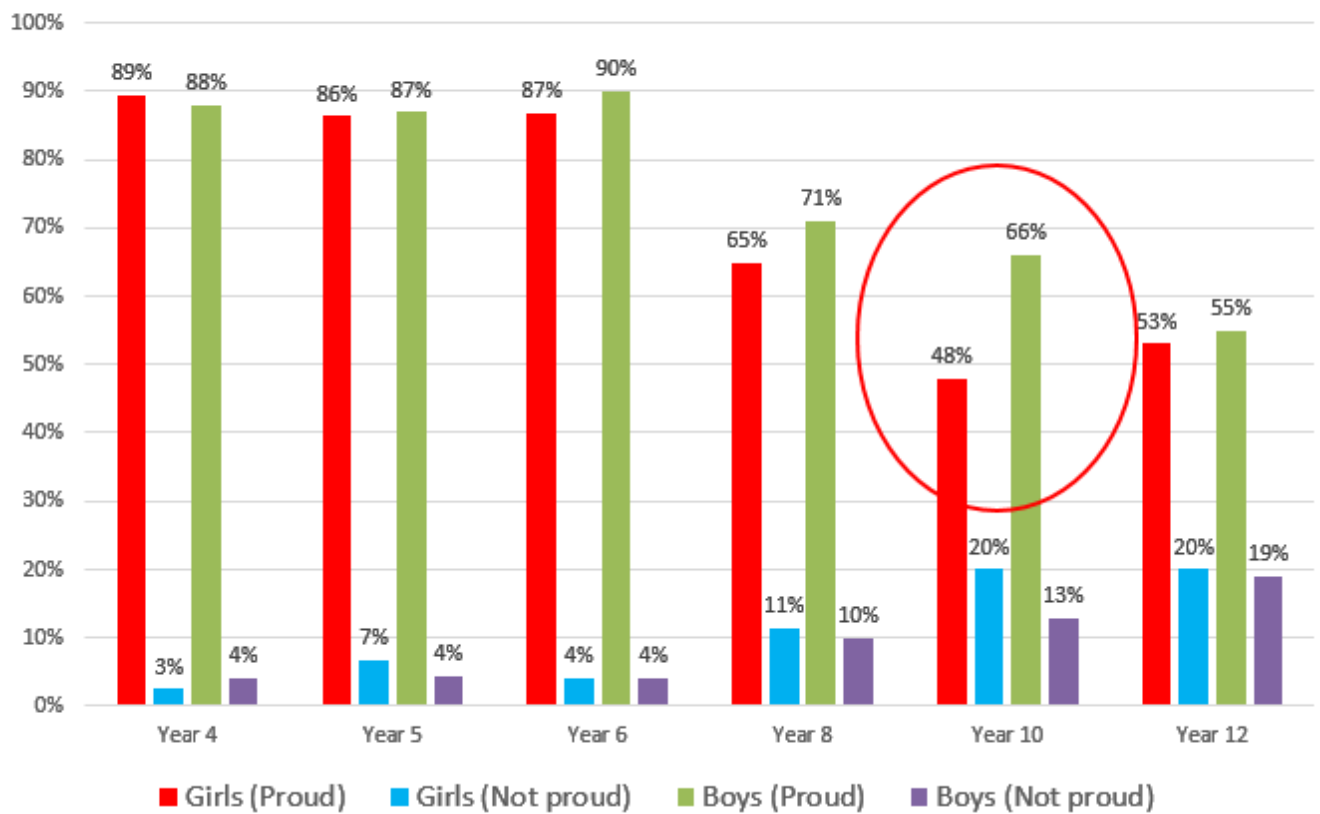


Fig.30



Word cloud of comments on the things year 8, 10 and 12 pupils in South Gloucestershire feel proud of achieving.

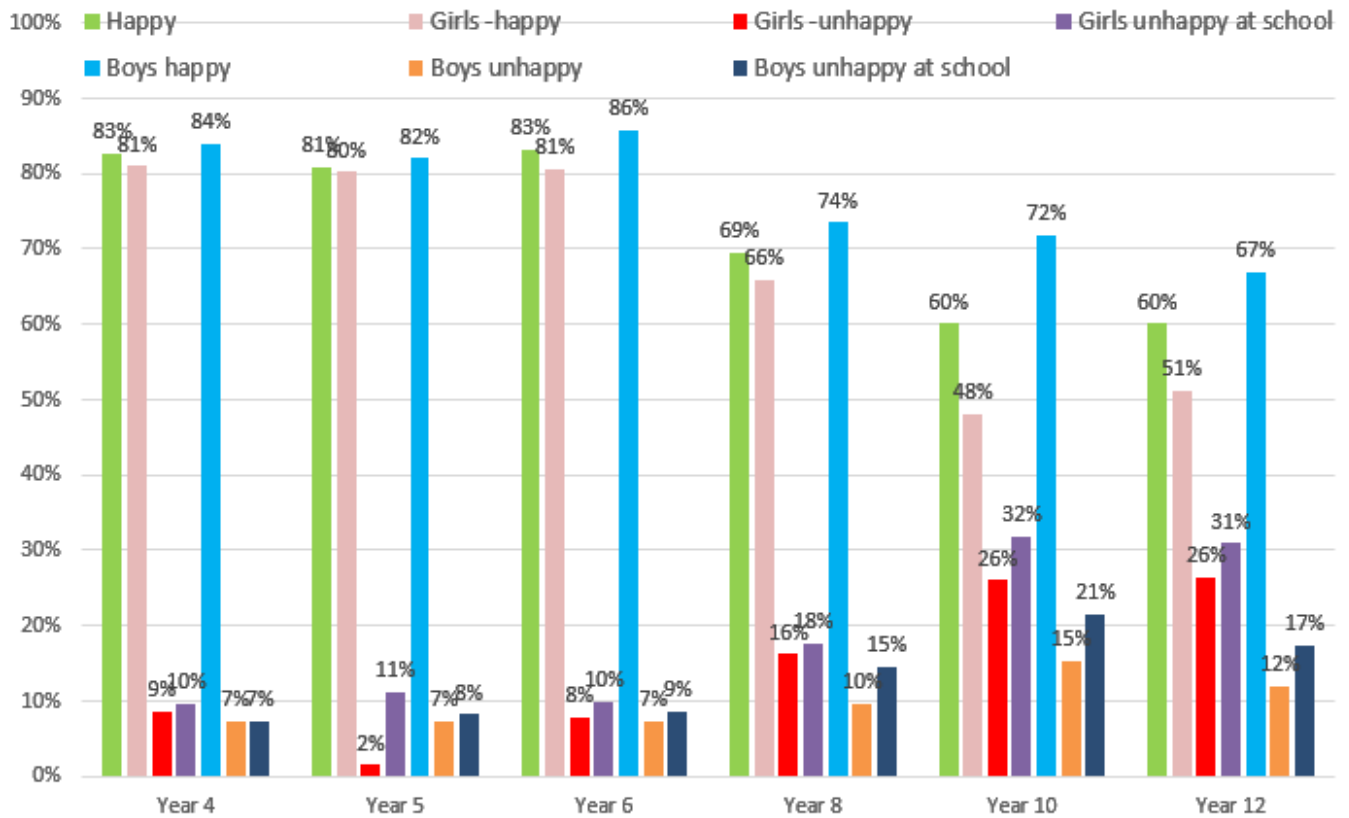


*n* = 787

3.7. Overall, 76% of the pupils said they were happy most of the time and 11% were unhappy. 71% said they were happy at school and 14% were unhappy. There were some gender differences, girls tending to be less happy than boys and happiness decreased as they got older particularly between years 6 and 8.

Fig.31

## Happiness - Gender differences (n = 5,246)



## Key findings 4. Citizenship and aspirations

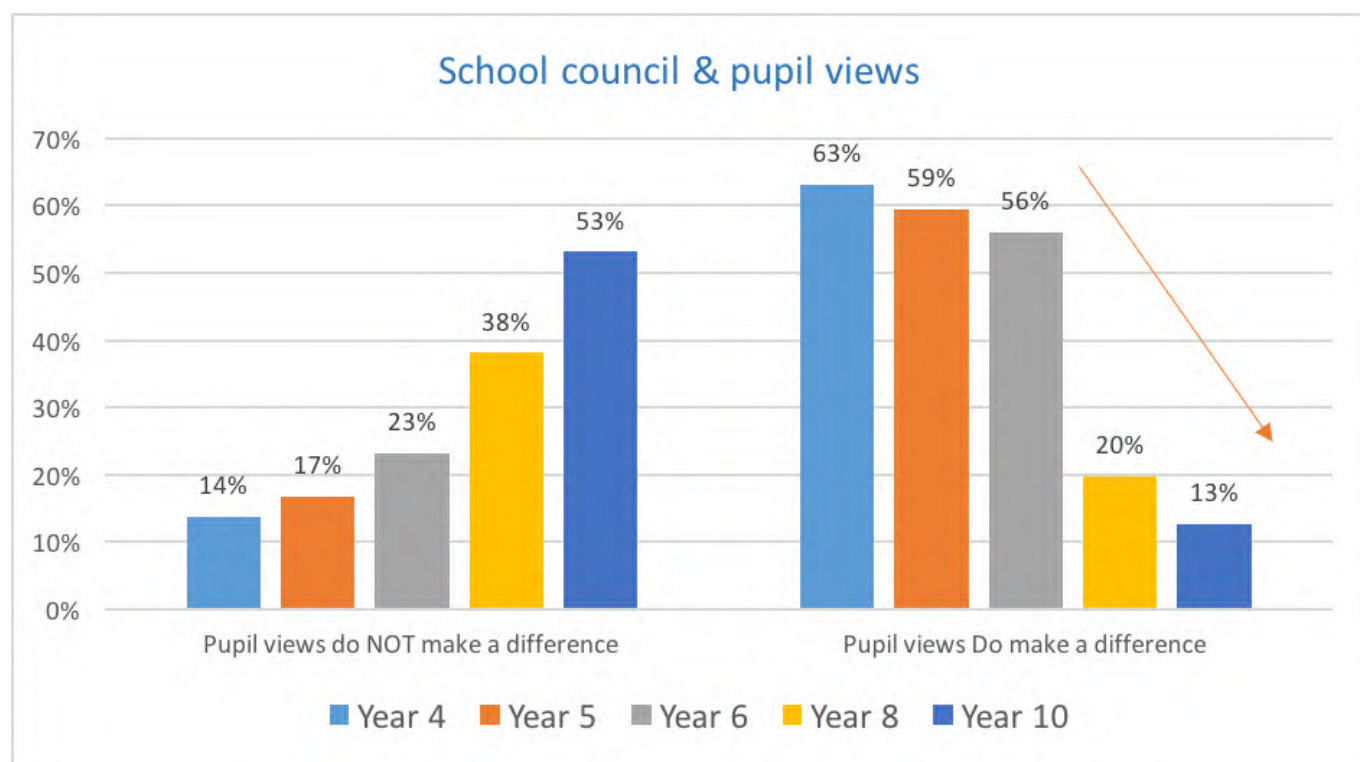
*All young people should thrive when leaving school by accessing opportunities for education, employment or training.*

South Gloucestershire's Joint Health and Wellbeing Strategy 2013-16

### Pupil voice

4.1. Less than half (46%) of young people surveyed felt that the pupil voice, for example through the school council, make a difference at their school or college. 59% of primary and only 22% of secondary felt this was the case. 28% of pupils did not know. Confidence in pupil voice decreased with age and by year 10 only 13% of pupils felt that their school council and pupil views made a difference in their school. The big drop off appears to be the move from primary to secondary schools.

Fig.32



### Careers

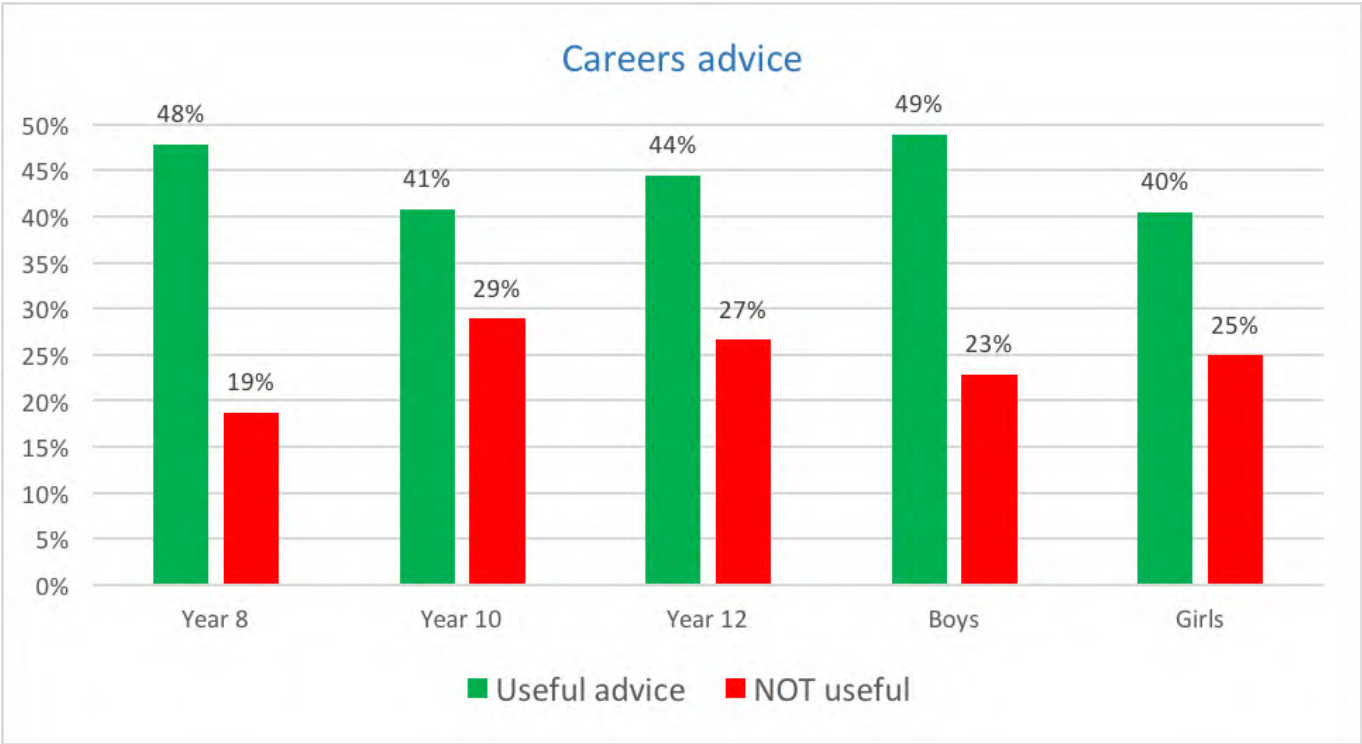
4.2. 22% of secondary and year 12's have a paid job outside school. Over half – 56% of Year 12's have a paid job in their free time. 14% do voluntary work in their free time – just under 1/5th – 19% of Year 12's do voluntary work. There was a gender difference with 24% of boys compared to 19% of girls having a paid job in their free time, whereas 16% of girls and 12% of boys do voluntary work.

4.3. 76% of year 8's and 10's expect to go into further education or training in year 11 (78%)

girls and 72% boys). 9% of year 8's and 10's think that in the future it is likely that they will become unemployed and NOT go into further education or training. A similar level of year 12's also believe this.

4.4. 45% of secondary and year 12 pupils feel their careers advice has been helpful and useful in planning for the future. There was a significant gender difference, 20% of girls and 49% of boys found the information they have received was useful.

Fig.33

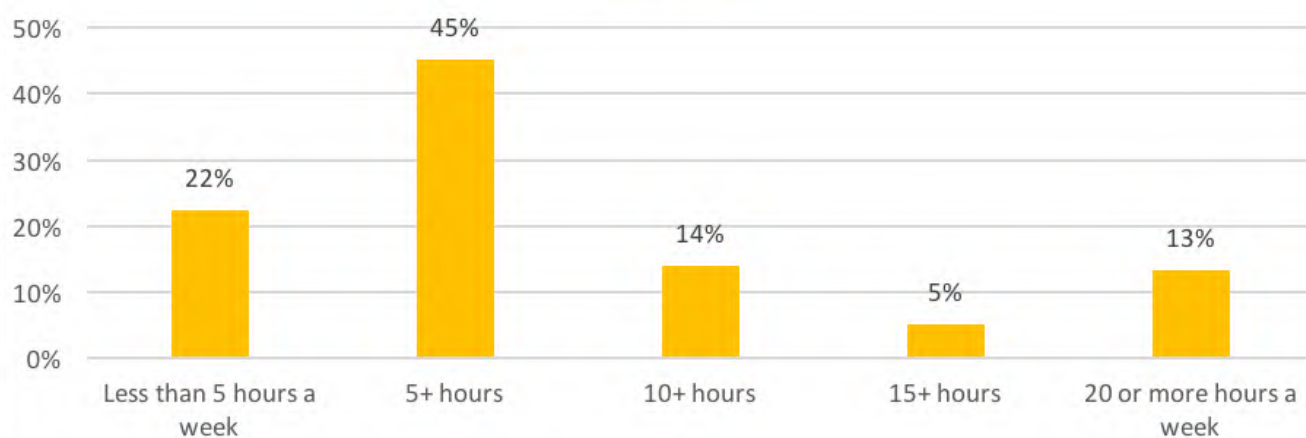


Young carers

4.5. 7% (164) of secondary and Year 12's identified themselves as Young Carers. However 35 pupils then went on to say they were a young carer less than 5 hours a week, which means 6% (129) are Young Carers 5 or more hours a week. The overall average caring time was just over 7 hours a week.

Fig.34

### Number of hours Young Carers spend caring per week (n=157)



■ Number of hours Young Carers spend caring per week (n=157)



## Key findings 5. Self-harm

*Effective early help may reduce the number of those children and young people at risk.*

South Gloucestershire's Joint Health and Wellbeing Strategy 2013-16

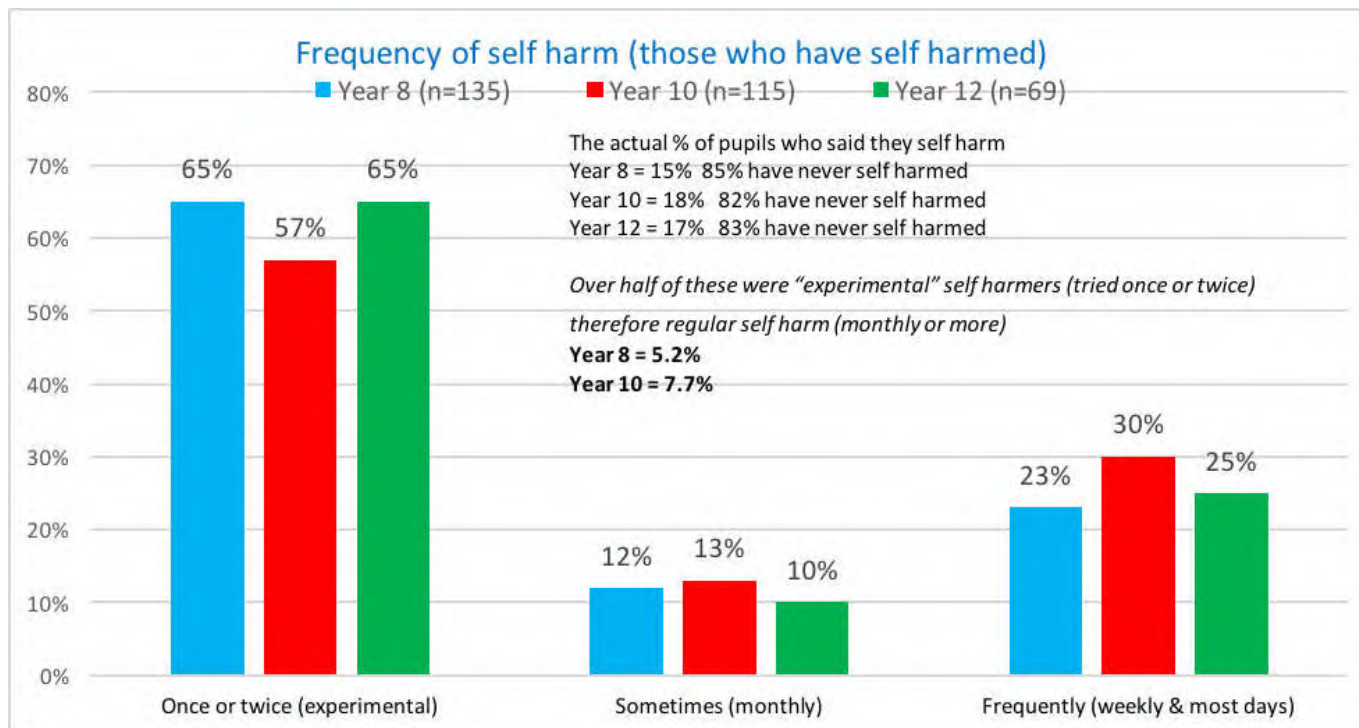
Secondary pupils and year 12 young people were asked if they had ever self-harmed. The 16.3% (357) who responded yes were then asked a series of questions about their self-harm, the first of which was how often they had self-harmed. 11% (36) replied "never" to this question – this means that the actual proportion of pupils who have self-harmed is actually 14.6% (357 minus the 36 "Nevers" = 321 divided by the number of pupils who responded 2,195).

A further 51.1% (163) pupils said they had self-harmed once or twice. In our experience these tend to be young people who have self-harmed as part of a game or challenge/dare and most do not go on to serious self-harm or related mental issues. We (Foster and Brown Research) call this group of young people "Experimental" self-harmers and do not include them in the analysis of habitual self-harmers. We are currently working with Professor Hawton<sup>[1]</sup> (Oxford University) and his team (who are central government advisors in this field) and he supports our approach.

Therefore the number of habitual self-harmers that we are concerned with in this study is actually 7.2% (158) – that is our 321 actual self-harmers minus 163 experimental self-harmers = 158 regular self-harmers. It is very important that this 7% figure is quoted when reporting self-harm and not the initial 16% which could be misleading. 7% is in line with national figures (also based on regular self-harm). Experimental self-harmers should be reported as a separate figure.

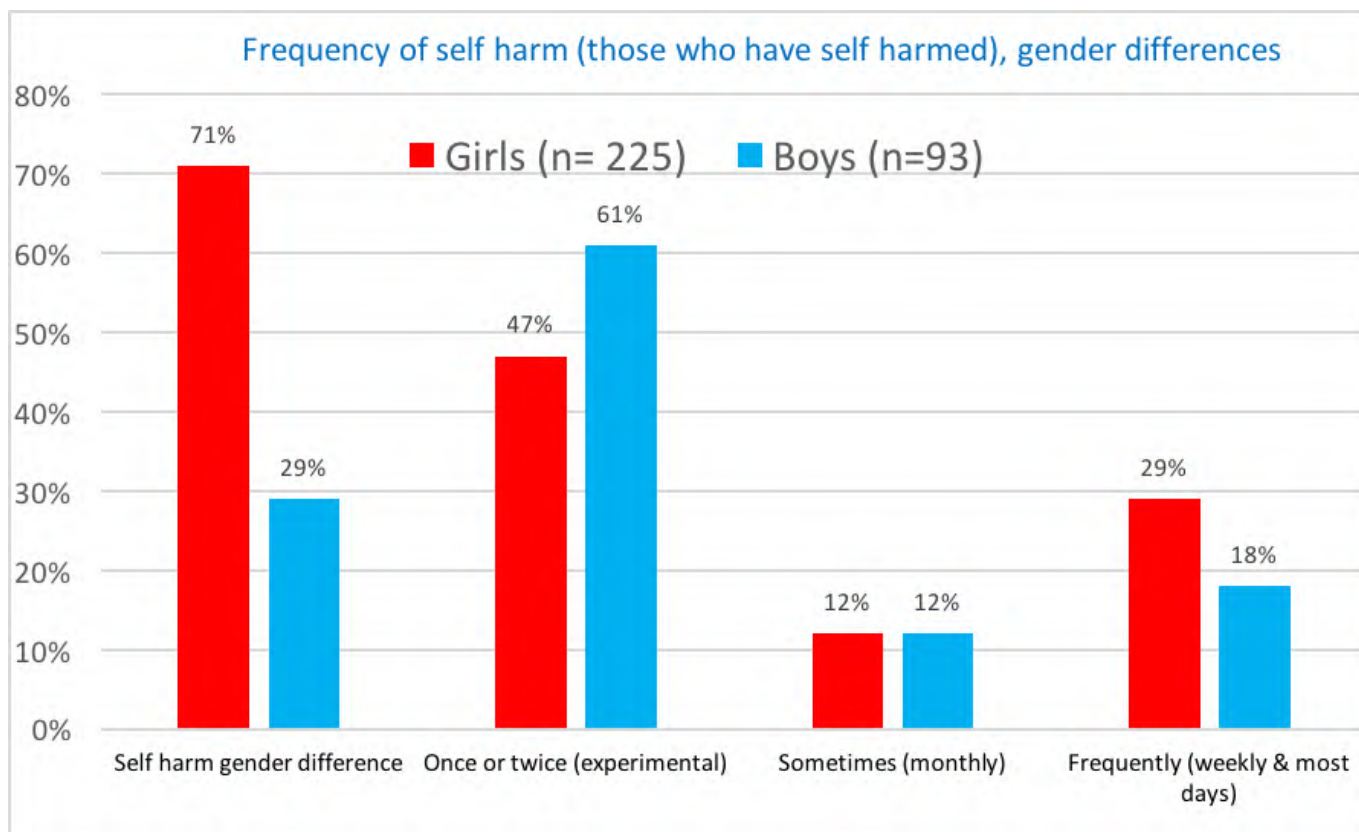
5.1. Considering the regular self-harmers – these can be subdivided into habitual self-harmers – those who self-harm sometimes – e.g. monthly (38 pupils, 1.7%) and chronic self-harmers – those who self-harm weekly or more (82 pupils, 3.7%).

Fig.35



5.2. In line with national trends and other local studies (OPS and in and around Bristol) the incidence of regular self-harm is about 3 times more prevalent in girls than in boys. Those boys who have self-harmed are more likely to have experimented than girls, and girls are more likely to be chronic self-harmers than boys.

Fig.36



5.3. There are also some gender differences in the methods they use to self-harm – girls

favouring cutting in the main and boys also using more physical means (e.g. punching walls etc.). This again, backs up data from the Bristol study.

Fig.37

Word cloud of comments on the way girls say they self-harm (secondary phase)  $n = 105$



Word cloud of comments on the way boys say they self-harm (secondary phase)  
n = 66



5.4. Just over half of self-harmers (51%, n=336) have told someone about their self-harm and

10% of all self-harmers said they have had medical treatment for their injury

5.5. A third (33%) of all self-harmers reported that they are still self-harming

5.6. Nearly half (49%) of young people who self-harmed felt they had no help or not enough help in knowing how to build good relationships with people close to them compared to 28% of young people who do not self-harm.

5.7. Over half (55%) of young people who self-harmed felt they had no help or not enough help in handling their feelings to them compared to 27% of young people who do not self-harm.

5.8. 18% of pupils, (20% of year 8's and 10's and 11% of Year 12's) felt they needed more knowledge about self-harming.

[1] Professor Hawton is considered a world expert in this field and has written numerous papers and books, for example K Hawton & K Rodham, By their own hand. Deliberate Self-harm and Suicidal ideas in Adolescents. Jessica Kingsley Publishers. 2008

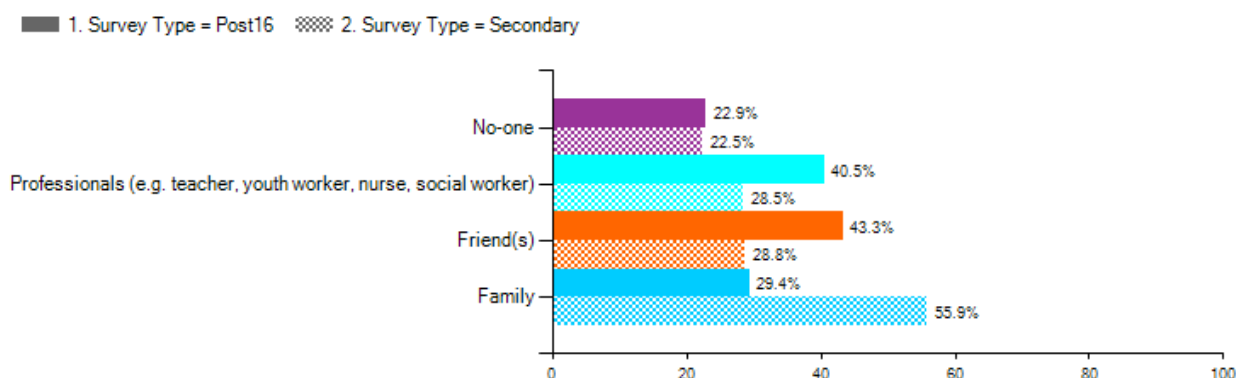
## Key findings 6. The effectiveness of care, support and guidance

Part of South Gloucestershire's Online Pupil Survey aim was to gather views from our young people on the support and guidance that they had obtained or sought on areas that mattered to them. The findings are important for schools and all agencies to review how effective the care and support is that they currently provide to our young people, and to help identify areas where improvements are needed in the future.

6.1. Secondary pupils and year 12 young people were asked who they were most likely to go to for further help and advice when they are unhappy about a personal issue. Family were the main source of support and guidance, but again as pupils got older, friends became the main people they would go to (56% by year 12). Parents, siblings and other family members however still remained key for older pupils (49% in year 12). 34% of year 12 and 25% of secondary phase reported they had no-one to go to for advice.

6.2. Secondary pupils and year 12 young people were asked who they were most likely to go to for further help and advice about contraception/ not getting pregnant or preventing STI's. Again, as with more general personal issues as pupils got older, friends became the main people they would go to for further help or advice about sex and relationships. Parents, siblings and other family members also remained key sources of guidance for older pupils. 23% of both year 12 and secondary phase reported they had no-one to go to for advice.

Fig.38





# Recommendations

The South Gloucestershire Health and Wellbeing Online Pupil Survey is based on a similar survey that has been running in Gloucestershire biennially since 2006. Neighbouring local authority Wiltshire have also run the survey for the first time this year (2015). Overall the results are very similar in most areas – in some cases within a decimal point of the regional neighbours and are following predicted trends that we have observed in longitudinal data in Gloucestershire. There is scope for the three local authorities to work in partnership to benchmark and track trends, identifying commonalities and local anomalies in order to better support commissioning of health and wellbeing services.

It's anticipated that with sufficient funding the OPS will run biannually and over time provide data to demonstrate effectiveness of targeted and universal health and wellbeing services.

## Next steps:

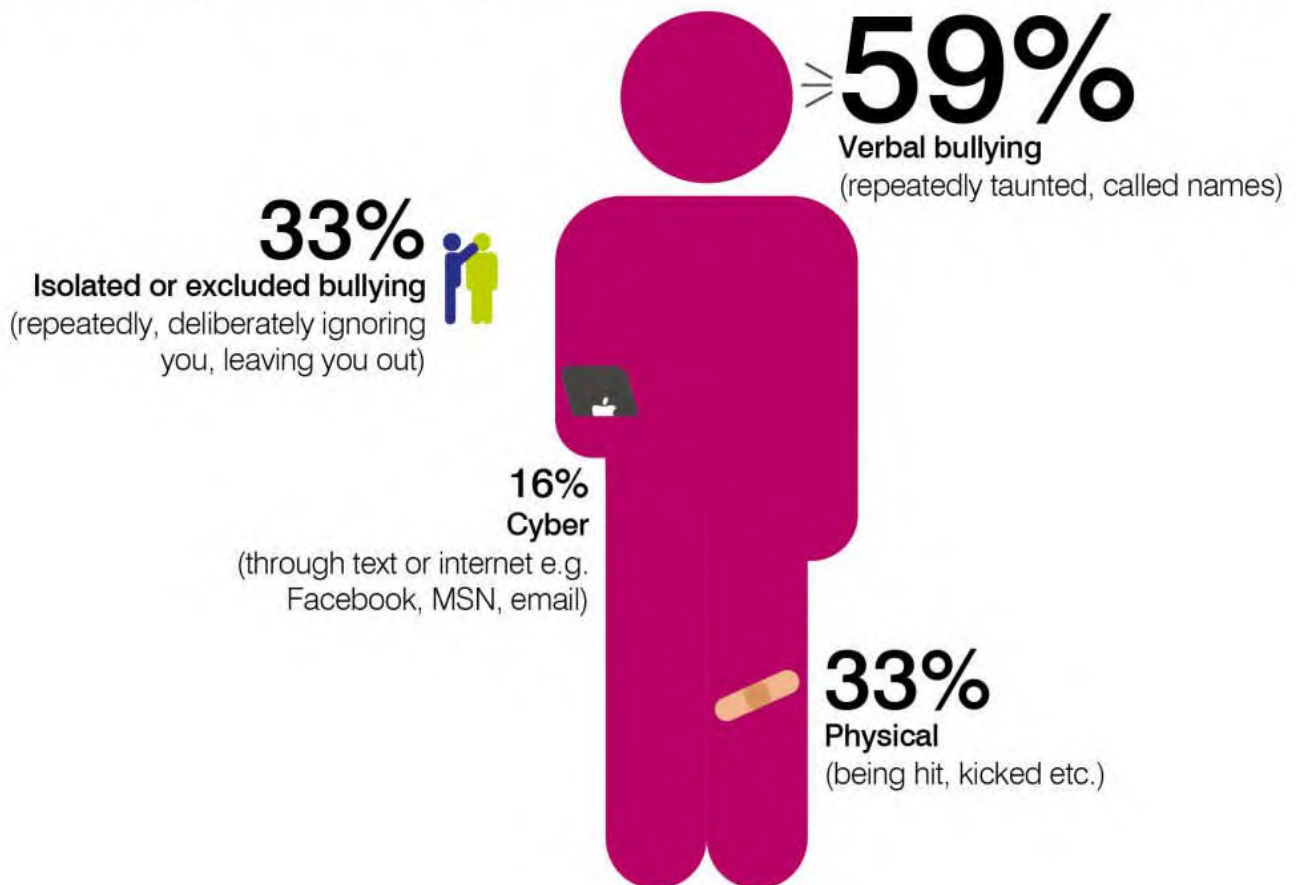
- Generally boys feel safer outside than girls – interventions that develop (girl's) resilience and confidence to feel safe outdoors should be explored (page 8).
- The majority of children and young people who report being bullied indicated this was verbal and physical bullying (Fig.6). E-safety support is being put into schools to safeguard children and young people cyber bullying. In addition the data suggests that strategies to combat verbal and physical bullying are equally as important and should not be ignored.
- Whilst the majority of children and young people report eating breakfast regularly, this reduces as age increases (Fig.10). In addition there is a direct comparison between not eating breakfast and an increase in snacking habits. Breakfast club interventions could be extended to more schools.
- Secondary aged pupils are much less satisfied with their lunch time experience (Fig.13). This supports findings from an earlier study that identified the ambience of the school dining hall as a fundamental to staying to eat in school.
- Children and young people's physical activity each week does not meet the recommended 6 hours (Figs. 17 & 18). Girls report taking part in less physical activity than boys and the amount of time spent taking part in physical activity in secondary school decreases as age increases.
- One in three girls report being so worried they cannot sleep compared to 1 in 10 boys (Fig.27).
- Overall being a year 10 girl is a risk factor for: not eating breakfast; monthly/weekly alcohol use; experiencing cyber bullying; regular self-harm; being unhappy at school, less proud of their achievements.

Our Health and Wellbeing Online Pupil Survey 2015 –

<http://edocs.southglos.gov.uk/onlinepupilsurvey2015/> provided a comprehensive picture of how children and young people behave and what they really think about a range of health-related issues in South Gloucestershire.

**Below are key areas that have been identified for further consideration:**

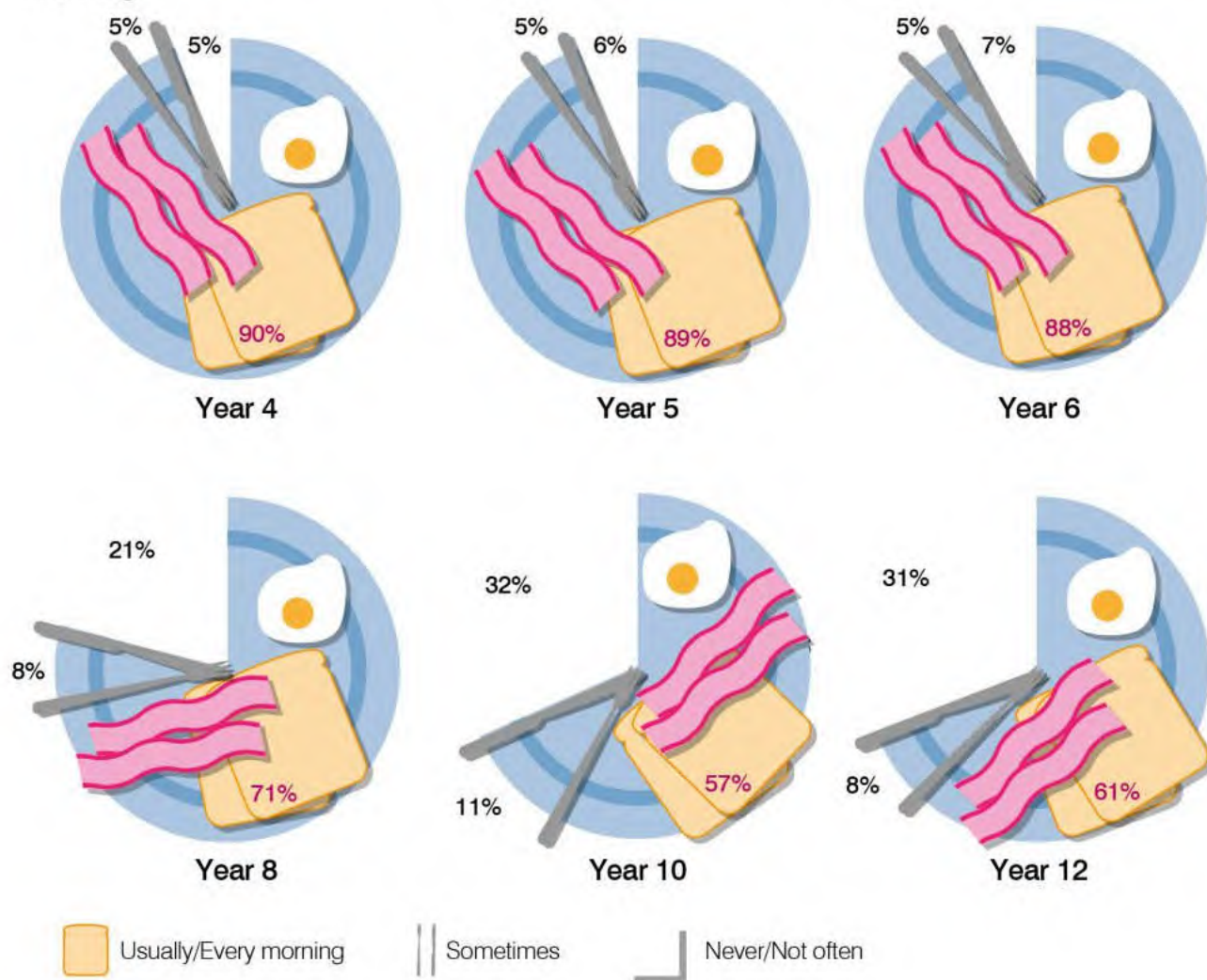
Children and young people who report being bullied, 59% indicated this was verbal bullying:



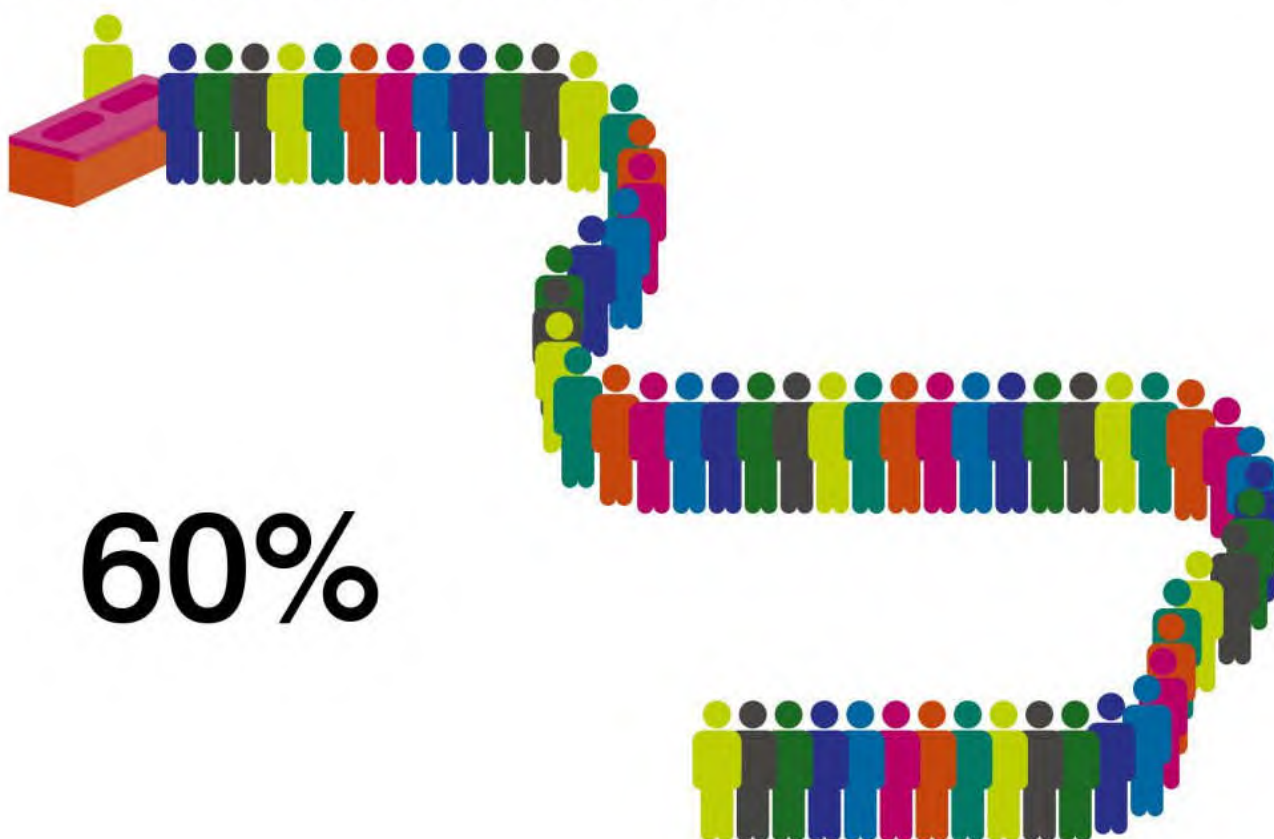
Secondary and year 12 pupils who report being bullied, more girls report being cyber bullied than boys of the same age - 39% girls compared to 12% boys.



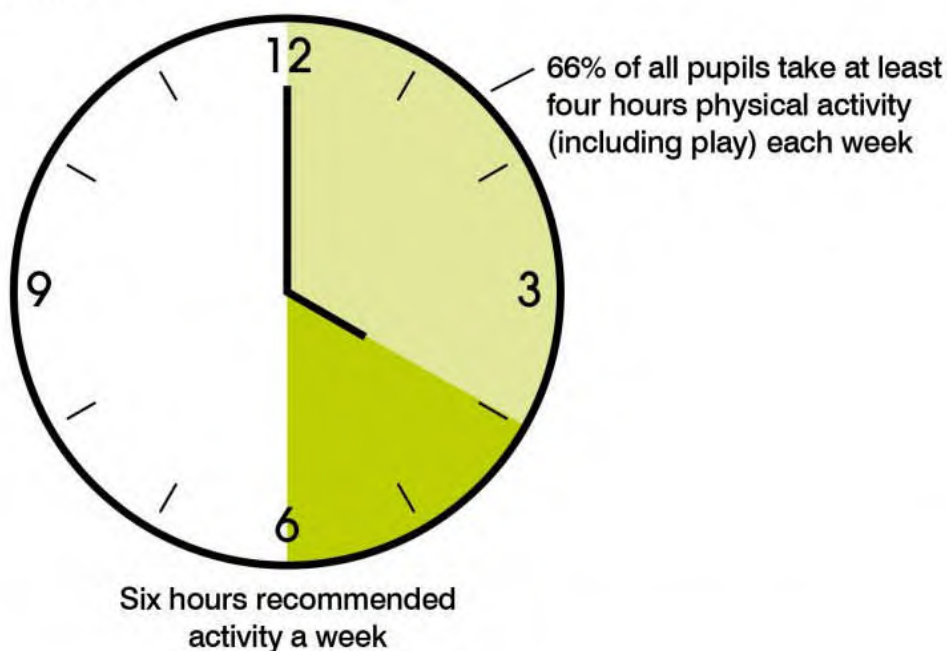
The majority of children and young people report eating breakfast regularly, but this reduces as children grow older, with only 57% of year 10 students eating breakfast usually or every morning.



Secondary aged pupils are much less satisfied with their lunchtime experience - 60% found the time it takes for them to queue for their lunch unsatisfactory.



Children and young people's activity each week does not meet the recommended six hours, with most only achieving four hours - 66% of all pupils had at least four hours of physical activity (including play) each week.

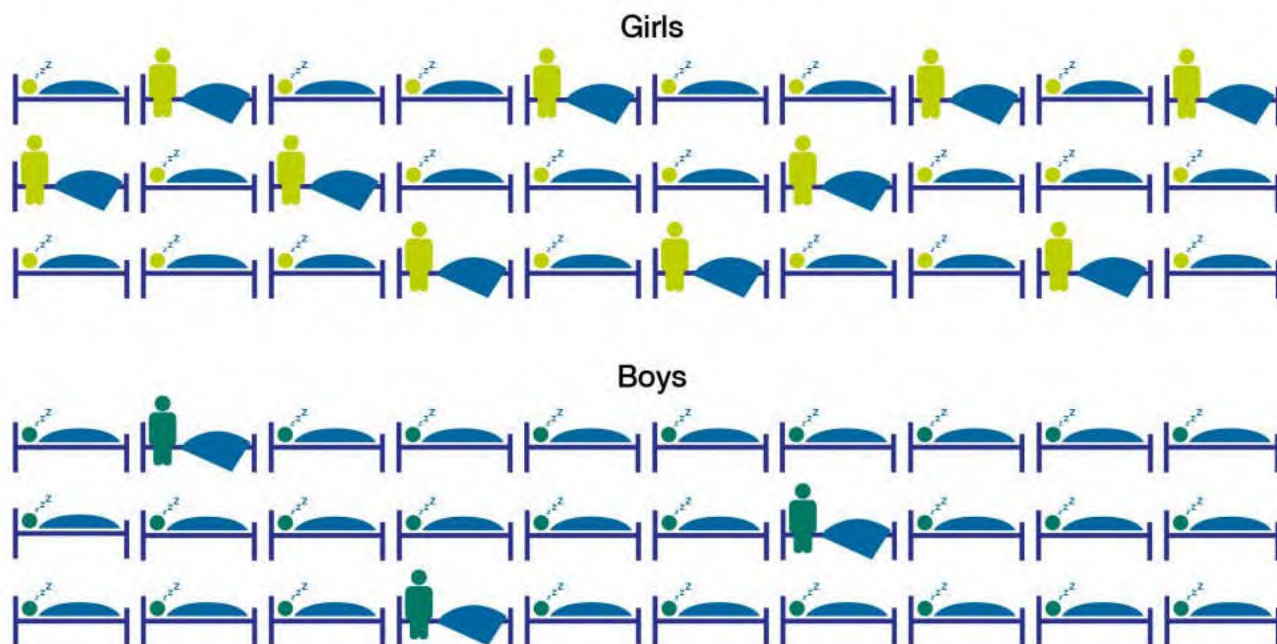




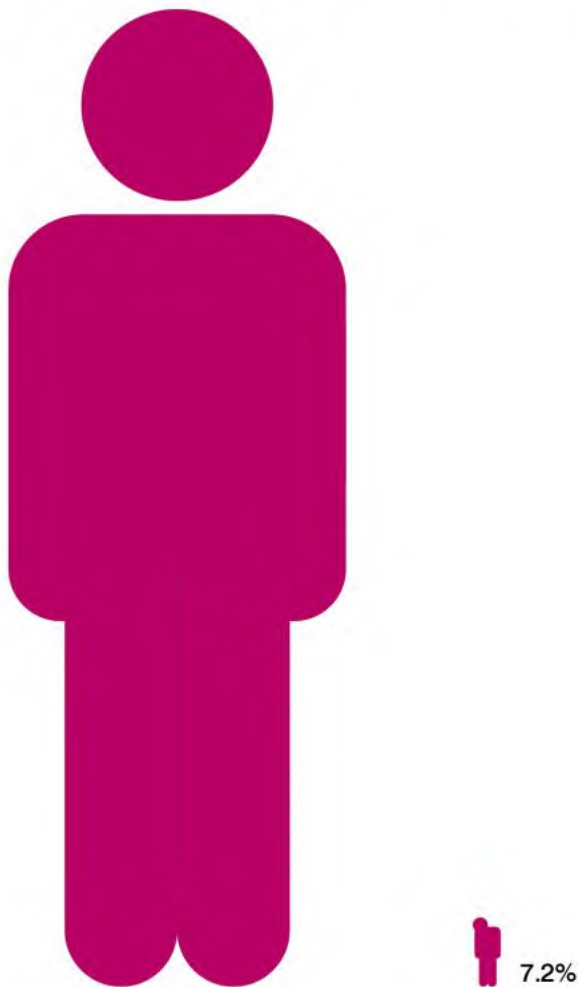
Girls report taking part in less physical activity than boys - 60% girls compared to 72% of boys do four or more hours of physical activity a week.



Worry and sleep: 1 in 3 secondary and year 12 girls report being so worried they cannot sleep compared to 1 in 10 boys of the same age



The number of secondary/year 12 pupils who report regularly self-harming (those who harm monthly/weekly or more is 7.2%



We will use the survey to improve our young people's health and wellbeing and their future life chances. For more information and to view the complete report or summary report visit [www.southglos.gov.uk/healthinschools](http://www.southglos.gov.uk/healthinschools)



# Appendix 1

Key demographics	Number of respondents	% of total survey (%)	% of target CYP population (n=12,948)
Total number of respondents	6,151	100.0%	47.5%
Year 4 (aged 8 -9)	1,037	16.9%	8.0%
Year 5 (9 – 10)	1,301	21.2%	10.0%
Year 6 (aged 10 -11)	1,415	23.0%	10.9%
Year 8 (aged 12 -13)	1,132	18.4%	8.7%
Year 10 (aged 14 -15)	794	12.9%	6.1%
Year 12 (age 16+)	472	7.7%	3.6%
Male	3,078	50.0%	23.8%
Female	2,993	48.7%	23.1%
Ethnicity – White British	5,106	83.0%	39.4%
Ethnicity – Other	735	11.9%	5.7%
Eligible for free school meals	640	10.4%	4.9%
Locality 1*	2,512	40.8%	19.4%
Locality 2*	1,412	23.0%	10.9%
Locality 3*	2,196	35.7%	17.0%
Parent(s) in armed forces	179	2.9%	1.4%
School phase - Primary	3,753	61.0%	29.0%
School type - Secondary	1,926	31.3%	14.9%

Key demographics	Number of respondents	% of total survey (%)	% of target CYP population (n=12,948)
School phase – Year 12/ FE college	472	7.7%	3.6%