

Safe and Well at School Survey 2013

Introduction

The Brighton & Hove Safe and Well at School Survey (SAWSS) is an anonymous online survey conducted annually by primary and secondary schools during lesson time. This briefing gives results for the secondary school survey. Teachers/school staff go through the survey with students to remind them of its purpose, confidentiality and explain where they can go for help and support if the questions lead to them feeling concerned about themselves, a friend or a family member. The 14-16 year olds school survey has additional lifestyle questions not asked in the 11-14 year olds version.¹

The SAWSS results were analysed and this briefing written by, Brighton & Hove City Council's Public Health Team. This process included the removal of responses that had been spoiled. Each school has received their own data summary (which is confidential) alongside a citywide report and is using these to develop good practice.

This is the sixth SAWSS. In November 2013 a total of 8,139 young people aged 11-16 years took part across 12 different educational establishments in Brighton & Hove. This is 72% of young people in these school years.

The purpose of this summary is to present key findings from the 2013 SAWSS within secondary schools to help Brighton & Hove's practitioners better understand young people's experiences.

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Bullying

There has been a significant fall in pupils saying they have been bullied - from 26% in 2005 to 13% in 2013

Those who receive extra help are significantly more likely to state that they have experienced bullying (24%), as are Lesbian, Gay or Bisexual (LGB) students (30%) and students unsure of their sexual orientation (20%)

There has been a significant reduction over the past eight years in students reporting bullying reflecting the work done in schools to develop understanding of the definition of bullying and to prevent it from taking place.

There is more work to do in improving how good schools are in dealing with bullying or in some cases to increase student perceptions of how good schools are in resolving issues.

The most common type of bullying experienced by 11-16 year olds was verbal bullying (name-calling/teasing). The most commonly perceived reason for bullying was to do with appearance.

Bullying									
	2005	2006	2007	2008	2009	2010	2011	2012	2013
Been bullied this term	26%	25%	26%	22%	15%	17%	16%	14%	13%
My school is good at dealing with bullying	-	55%	63%	68%	69%	69%	63%	67%	68%

Who is more likely to experience bullying?

Those who receive extra help are significantly more likely to state that they have experienced bullying this term (24%) and also to state that they have bullied others (16% compared with 8% of all respondents). Girls are significantly more likely to state that they have experienced bullying (14%) than boys (11%). Those using another term to describe their gender are significantly more likely than boys, but not girls, to have experienced bullying (28%). Pupils who reported not or not always identifying with the gender they were assigned at birth are significantly more likely to report bullying (21% and 34%, respectively) than those who stated that they did (12%).

There is no significant difference between Black & Minority Ethnic (BME) students (15%) compared to those who identify as White British (14%). Lesbian, Gay or Bisexual (LGB) students (30%) and students unsure of their sexual orientation (20%), are significantly more likely to be bullied than heterosexual students (11%). However, these figures have reduced from 2012 (2012 figures: LGB = 36%, unsure = 31%).

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Emotional wellbeing

77% of students reported they enjoyed coming to school

89% of students reported they feel safe at school

80% of students reported 'my school helps me to get on with others including people from different religious and cultural backgrounds'

93% reported they are happy often (62%) or sometimes (32%)

50% reported they are anxious often (13%) or sometimes (37%)

Levels of happiness, anxiety, enjoying coming to school and thinking that 'my school helps me to get on with others including people from different religious and cultural backgrounds' are all significantly associated with age. The percentage of pupils who:

- Are often or sometime happy falling from 95% in 11-12 year olds to 92% in 15-16 year olds.
- Are often or sometime anxious rising from 45% in 11-12 year olds to 57% in 15-16 year olds (8% to 17% for often anxious).
- Often or sometimes enjoy coming to school falling from 87% in 11-12 year olds to 74% in 15-16 year olds.
- Strongly agree or agree that 'my school helps me to get on with others including people from different religious and cultural backgrounds' falling from 87% in 11-12 year olds to 78% in 15-16 year olds.

There was no association for feeling safe (92% for 11-12 year olds and 91% for 15-16 year olds).

Who is less likely to be happy?

As well as being age related, the following groups of students were significantly less likely say they were often happy: girls, young carers, those who need extra help, LGB and unsure pupils, students who had tranted, been bullied, and those who have tried alcohol, taken drugs, or are current smokers, and students who have had sex.

There was little difference by ethnic group.

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Physical activity and diet

According to the 2009/10 national PE and Sport Survey 62% of students aged 11-14 and 49% of pupils aged 14-16 years participated in at least three hours of high quality physical education and out of hours school sport. Across England, boys are more likely to be physically active than girls, and physical activity levels fall with increasing age. Overall, Brighton & Hove does slightly better than nationally.

In the 2013 Safe and Well at School Survey, boys, both in and out of school, are more likely to be physically active.

There has been a significant increase in the percentage of pupils who usually travel to school by any form of active travel (walking, cycling or scooter/skateboard) from 44% in 2010 to 49% in 2013.

Who is less likely to be physically active?

In the 2013 Safe and Well at School Survey, boys, both in and out of school, are more likely to be physically active:

- 32% of pupils aged 11-14 years old took part in three or more hours of physical activity per week in school (38% of boys and 25% of girls)
- 23% of pupils aged 14-16 years old took part in three or more hours of physical activity per week in school (29% of boys and 18% of girls)
- 22% of pupils aged 11-14 years old took part in more than five hours of out of school physical activity per week (31% of boys and 14% of girls)
- 18% of pupils aged 14-16 years old took part in more than five hours of out of school physical activity per week (26% of boys and 11% of girls)

As well as older students and girls, other groups of students in secondary schools more likely to have done less than an hour of physical activity in school in the last week include: LGB students and students unsure of their sexual orientation, those who need extra help, those who say they are not happy, those who have truanted, been excluded or bullied and those who have tried alcohol, drugs or had sex. There is little difference in participation by ethnic group for low physical activity participation within school.

Travel to school

There has been a significant increase in the percentage of pupils who usually travel to school by any form of active travel (walking, cycling or scooter/skateboard) from 44% in 2010 to 50% in 2013.

The biggest increase has been seen in walking, from 43% of pupils to 49%. Older pupils are more likely to walk, with 48% of students aged 11-14 years walking to school and 51% of those aged 14-16 years.

Just 91 (1%) secondary school students use a bicycle as their main method of travel to school, with an additional 42 (0.5%) travelling to school by scooter/skateboard. It should be

noted that the survey is carried out in November and so more students may walk or cycle in the spring/summer term.

How do you usually travel to school					
	SAWSS				
	2010	2011	2012	2013	
	%	%	%	%	N
Any form of active travel	44%	45%	49%	50%	4,209
Walk	43%	44%	47%	49%	4,093
Cycle	1%	1%	1%	1%	74
Scooter / Skateboard	-	-	0.8%	0.5%	42
Bus	34%	34%	31%	30%	2,484
Car	18%	18%	18%	18%	1,490
Taxi	2%	2%	0.9%	0.8%	64
Train	2%	1%	1%	1	90
Total					8,337

Diet

18% of secondary school pupils say that they ate five or more portions of fruit or vegetables the previous day, the same as 2011 and 2012.

This falls from 20% of 11-12 year olds to 14% of 15-16 year olds.

Who is more likely to eat five a day?

There were only small differences in fruit and vegetable consumption between different groups of students:

Younger students aged 11-12 years are significantly more likely to eat five a day (20%) than those aged 15-16 years (14%) and there is a significant reduction in the consumption of five or more portions of fruits and vegetables associated with increasing age.

Girls are significantly less likely to eat five a day (16%) compared with boys (19%). There was little difference in consuming five or more portions of fruits or vegetables between BME students (19%) and White British students (17%).

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Smoking

86% of students aged 11-14 years have never tried a cigarette and 10% have tried a cigarette only once or twice

55% of students aged 14-16 years have never tried a cigarette and 21% have tried a cigarette only once or twice

23% of students stated that someone smokes in their household, down from 37% in 2011

5% of students aged 14-16 years smoke regularly and would like to give up (half of those who smoke regularly)

Smoking increases with age and in is also more common in the following groups of students: LGB students; those who say they are not happy; those who have truanted or been excluded; and those who have tried alcohol, drugs or had sex. Whilst having ever smoked is similar for boys and girls, girls are more likely to be regular or occasional smokers than boys.

Over the last four years, the percentage of pupils aged 11-14 years who have **never** tried a cigarette has increased (from 80% to 86% - a statistically significant improvement), although the equivalent for 14-16 year olds has remained similar (51% in 2010 and 55% in 2013).

For all 11-16 year olds this is 74% who have never smoked compared with 77% across England in 2012 (from the Survey of Smoking, Drinking and Drug Use among Young People in England).

Percentage of pupils who have never smoked

	2010	2011	2012	2013
11-14 year olds	80%	83%	85%	86%
14-16 year olds	51%	47%	50%	55%
11-16 year olds	71%	70%	72%	74%
England	71%	75%	77%	

Who is more likely to smoke?

Older students - 95% of 11-12 year old students said they have **never** smoked, falling to 48% for 15-16 year old students.

Whilst having ever smoked is similar for boys and girls, girls are more likely to smoke occasionally or regularly than boys (boys 8%, girls 11%). This difference is not apparent for 11-14 year olds (boys 3%, girls 4%) but is large for 14-16 year old pupils (boys 16%, girls 21%).

Smoking is also significantly more common in the following groups of students: LGB students; those who say they are not happy; those who have truanted or been excluded; and those who have tried alcohol, drugs or had sex. There was little difference by ethnic group, though Asian or Asian British pupils (84%) and pupils from Other ethnic background (83%) are significantly more likely to have **never** smoked.

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Relationships and sexual health

The majority of students aged 14-16 years in Brighton & Hove are not having sex (81%); those who are generally know how to access free contraception, get tested for Chlamydia and know about Emergency Hormone Contraception.

52% of all students and 74% of sexually active students know where to get free condoms. 86% of students feel confident about using condoms correctly.

31% of all students and 55% of sexually active students know where to get Emergency Hormonal Contraception (EHC) (75% of girls and 36% of boys).

41% of students know where to get tested for Chlamydia, a fall of 4% from 2012.

The proportion of under 16s having sex (19%) is lower than England (28%).

Sexual health trends (14-16 year olds)

	2010	2011	2012	2013
Have not had sex	77%	79%	80%	81%
Know about Chlamydia testing	43%	40%	45%	41%
Know where to get free condoms	52%	52%	53%	52%
Know where to get EHC	33%	28%	33%	31%

Who is more likely NOT to have had sex?

Boys (81%) and girls (82%) are equally statistically likely not to have had sex. BME girls (87%) are less likely to have had sex compared to White British girls (81%). Having had sex was also related to age - 88% of 14-15 year olds had not had sex compared to 75% of 15-16 year olds. Those who are more likely to engage in sexual activity at an earlier age were more vulnerable e.g. received extra help, have been bullied in the last term, are using drugs or alcohol, have truanted or been excluded from school.

Those who have experienced at least one problem behaviour¹ within their own relationships were more likely to be sexually active (44%) than those not who have not experienced these behaviours (11%).

Who is more likely to know about sexual health services?

Female students aged 15-16 years and those who are sexually active. White British students are significantly more likely to be aware of C-Card services and health-based

¹ **Problem behaviours:** Being yelled at, being put down and / or humiliated, hit, kicked, pushed, or slapped, exchange of sexualised/naked pictures or photos, forced into having sex, forced into getting married, being threatened if didn't do something your partner wanted, being constantly checked up on.

school drop-ins (84% & 70%, respectively) than BME students (79% & 65%, respectively) but there were no differences for other sexual health services. Overall:

- 83% of students were aware of C-Card (90% of sexually active students)
- 60% of students were aware of the young people's contraception and sexual health (CASH) service at Morley Street (75% of sexually active students)
- 69% of students in schools with health-based school drop-ins were aware of them
- 71% of students were aware of the Brighton & Hove Youth Service
- 61% of students were aware of the SWISH website (67% of sexually active students)
- 61% of students were aware of the SWAG (Contraceptive and Health Service at Youth Centre Hove (69% of sexually active students).

Relationships

Almost two thirds (65%) of 14-16 year olds have ever been, or are, in a relationship where they have had a boyfriend or girlfriend. Of these:

- 21% had been yelled at
- 15% been put down and / or humiliated
- 11% hit, kicked, pushed or slapped
- 12% exchanged sexualised/naked pictures or photos
- 5% threatened if they didn't want to do something their partner wanted
- 15% been constantly checked up on

Pupils could have completed more than one response above

Of all 14-16 year old pupils, 78% had not experienced any of the relation problem behaviours asked about.

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Drugs and alcohol

69% of 11-14 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (59%)

24% of 14-16 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (18%)

79% of 14-16 year olds have never taken non-prescribed drugs: 21% have and 18% have tried Cannabis

Of 14-16 year olds, 51% of reported being given alcohol and 5% drugs, by a family member or family friend

The majority of 11-14 year olds (69%) and the minority of 14-16 year olds (24%) have **never** tried alcohol. In addition:

- 90% of 11-14 year olds and 50% of 14-16 year olds said they had never been drunk
- 89% of 11-14 year olds and 66% of 14-16 year olds said they did not drink alcohol in the previous week.
- 38% of 14-16 year olds said they 'drink to get drunk' often or every time they drink.

The majority of 14-16 year olds have **never** taken drugs not prescribed for them or available in a chemist (77%), and this has changed little since 2010. Those who had taken drugs had mostly used Cannabis (80%), and of these 52% first used it aged 14 or older.

Drugs and alcohol trends				
11-14 year olds	2010	2011	2012	2013
Never tried a whole alcoholic drink	40%	59%	65%	69%
14-16 year olds	2010	2011	2012	2013
Never tried a whole alcoholic drink	15%	18%	21%	24%
Drank in the last 7 days*	-	37%	34%	27%
Drink to get drunk every time they drink/often*	23%	35%	38%	35%
Never taken drugs not prescribed for them	77%	75%	77%	79%
Never tried alcohol 11-16 years	32%	44%	49%	51%
Never had alcoholic drink, England , ages 11-15	55%	55%	57%	-

(*Percentage of those who have tried alcohol)

Who is more likely to have tried alcohol and drugs?

Whilst having tried alcohol is similar for boys (50%) and girls (47%) for 11-16 year olds, girls (39%) aged 14-16 years are more likely than boys (30%) to report 'drinking to get drunk' either often or every time they drink. Having tried alcohol is also significantly related to age, 14% of pupils aged 11-12 had tried alcohol and this increases to 83% of 15-16 year olds.

Having tried drugs was similar for boys (21%) and girls (20%). Those aged 15-16 years (25%) were significantly more likely to have tried drugs than pupils aged 14-15 years (16%).

These groups were more likely to have tried:

Alcohol: White British pupils, with Asian or Asian British and Black or Black British pupils significantly less likely to smoke; those who have tried drugs

Drugs: Those who get extra help or tried alcohol

Both drugs and alcohol: LGB pupils and pupils who have truanted, been excluded, bullied someone, and those who smoke, have or have had sex, plus pupils and those who are not happy.

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Additional trend data

Additional trend data - Brighton & Hove

	2010	2011	2012	2013	Direction 2012- 2013
Bullying					
Been bullied this term - KS2	24%	21%	19%	19%	▲ 0%
Been bullied this term - KS3	19%	19%	17%	15%	▲ -2%
Been bullied this term - KS4	14%	12%	11%	9%	● -2%
Been bullied this term - All secondary	17%	16%	14%	12%	▲ -2%
Seen anyone else bullied this term - KS2	41%	39%	29%	28%	▲ -1%
Seen anyone else bullied this term - KS3	41%	44%	40%	34%	● -6%
Seen anyone else bullied this term - KS4	46%	42%	38%	31%	● -7%
Seen anyone else bullied this term - All secondary	42%	44%	38%	33%	● -5%
Ever bullied someone - KS2	9%	8%	8%	8%	▲ -1%
Ever bullied someone - KS3	11%	10%	8%	7%	▲ -1%
Ever bullied someone - KS4	17%	14%	12%	10%	● -2%
Ever bullied someone - All secondary	13%	11%	10%	8%	● -2%
My school is good at dealing with bullying - KS2	84%	86%	87%	87%	▲ 0%
My school is good at dealing with bullying - KS3	69%	67%	72%	73%	▲ 1%
My school is good at dealing with bullying - KS4	54%	56%	56%	60%	● 4%
My school is good at dealing with bullying - All secondary	64%	63%	66%	68%	▲ 2%
Safety					
Feel very or quite safe when outside in your local area - KS2	-	-	84%	84%	▲ 0%
Feel very or quite safe when outside in your local area - KS3	-	-	84%	85%	▲ 1%
Feel very or quite safe when outside in your local area - KS4	-	-	82%	83%	▲ 1%
Feel very or quite safe when outside in your local area - All secondary	-	-	83%	84%	▲ 1%
School					
I enjoy coming to school - KS2	87%	90%	90%	90%	▲ 0%
I enjoy coming to school - KS3	77%	78%	81%	81%	▲ 0%
I enjoy coming to school - KS4	73%	72%	73%	72%	▲ -1%
I enjoy coming to school - All secondary	76%	76%	78%	77%	▲ 0%
I enjoy learning at school - KS2	89%	91%	91%	92%	▲ 1%
I enjoy learning at school - KS3	76%	79%	81%	83%	▲ 2%
I enjoy learning at school - KS4	75%	74%	75%	77%	▲ 2%
I enjoy learning at school - All secondary	76%	77%	79%	80%	▲ 1%
I feel safe at school - KS2	-	92%	94%	94%	▲ 0%
I feel safe at school - KS3	-	84%	88%	89%	▲ 1%
I feel safe at school - KS4	-	86%	88%	89%	▲ 1%
I feel safe at school - All secondary	-	85%	88%	89%	▲ 1%
School helps me to get on with others* - KS2	85%	88%	89%	88%	▲ 0%
School helps me to get on with others* - KS3	77%	81%	82%	83%	▲ 1%
School helps me to get on with others* - KS4	71%	75%	75%	76%	▲ 0%
School helps me to get on with others* - All secondary	75%	79%	80%	80%	▲ 1%
Ever deliberately missed lessons - KS3	-	15%	13%	11%	▲ -1%
Ever deliberately missed lessons - KS4	-	36%	33%	30%	● -3%
Ever deliberately missed lessons - All secondary	-	23%	20%	19%	▲ -1%
Ever been excluded from school for a day or more - KS3	-	8%	6%	6%	▲ 0%
Ever been excluded from school for a day or more - KS4	-	16%	15%	14%	▲ -1%
Ever been excluded from school for a day or more - All secondary	-	11%	10%	9%	▲ 0%
Friends and happiness					
I have one or more good friends at school - KS2	97%	98%	97%	97%	▲ 1%
I have one or more good friends at school - KS3	97%	97%	97%	98%	▲ 1%
I have one or more good friends at school - KS4	98%	97%	97%	97%	▲ 0%
I have one or more good friends at school - All secondary	97%	97%	97%	98%	▲ 0%
I have one or more good friends out of school - KS2	90%	91%	91%	91%	▲ 0%
I have one or more good friends out of school - KS3	92%	94%	94%	94%	▲ 0%
I have one or more good friends out of school - KS4	92%	94%	91%	90%	▲ -1%
I have one or more good friends out of school - All secondary	92%	94%	93%	92%	▲ 0%
Overall I am happy with my life at the moment- KS2	-	93%	93%	93%	▲ 0%
Often or sometimes happy- KS3	-	-	95%	95%	▲ 0%
Often or sometimes happy- KS4	-	-	93%	91%	▲ -2%
Often or sometimes happy- All secondary	-	-	94%	93%	▲ -1%

Additional trend data - Brighton & Hove

	2010	2011	2012	2013	Direction 2012- 2013
Travel to school					
Usually travel to school by walking, cycling, park and stride or scooter/skateboard	60%	60%	59%	62%	● 4%
Usually travel to school by walking, cycling or scooter/skateboard - KS3	45%	46%	48%	49%	▲ 2%
Usually travel to school by walking, cycling or scooter/skateboard - KS4	44%	44%	51%	52%	▲ 1%
Usually travel to school by walking, cycling or scooter/skateboard - All secondary	44%	45%	49%	50%	▲ 1%
Physical activity					
3 or more hours physical activity in school - KS2	33%	35%	29%	29%	▲ 0%
3 or more hours physical activity in school - KS3	29%	32%	31%	32%	▲ 1%
3 or more hours physical activity in school - KS4	23%	26%	23%	23%	▲ 0%
3 or more hours physical activity in school - All secondary	27%	30%	28%	28%	▲ 0%
More than 5 hours physical activity out of school - KS2	21%	23%	20%	20%	▲ 0%
More than 5 hours physical activity out of school - KS3	20%	23%	22%	22%	▲ 0%
More than 5 hours physical activity out of school - KS4	19%	18%	18%	18%	▲ 0%
More than 5 hours physical activity out of school - All secondary	20%	21%	20%	21%	▲ 0%
Diet					
Had breakfast this morning - KS2	96%	96%	96%	96%	▲ 0%
Eat five or more portions of fruit and vegetables per day - KS3	20%	19%	20%	20%	▲ 0%
Eat five or more portions of fruit and vegetables per day - KS4	20%	17%	14%	14%	▲ 0%
Eat five or more portions of fruit and vegetables per day - All secondary	20%	18%	18%	18%	▲ 0%
Smoking					
Noone (family/visitors but not yourself) regularly smokes inside at home - KS2	76%	69%	76%	78%	● 2%
Noone (family/visitors but not yourself) regularly smokes inside at home - KS3	-	64%	75%	78%	● 2%
Noone (family/visitors but not yourself) regularly smokes inside at home - KS4	-	61%	70%	76%	● 6%
Noone (family/visitors but not yourself) regularly smokes inside at home - All secondary	-	63%	73%	77%	● 4%
Never smoked - KS2	96%	97%	97%	97%	▲ 0%
Never smoked - KS3	80%	83%	85%	86%	▲ 1%
Never smoked - KS4	51%	47%	50%	55%	● 5%
Never smoked - All secondary	71%	70%	72%	74%	● 2%
Alcohol					
Never tried alcohol - KS2	53%	84%	86%	86%	▲ 0%
Never tried alcohol - KS3	40%	59%	65%	69%	● 4%
Never tried alcohol - KS4	15%	18%	21%	24%	● 3%
Never tried alcohol - All secondary	32%	44%	49%	51%	● 2%
Never been drunk - KS3	-	-	-	90%	
Never been drunk - KS4	-	-	-	50%	
Never been drunk - All secondary	-	-	-	74%	
Drugs					
Never taken drugs - KS4	77%	75%	77%	79%	● 2%
Sexual health					
Not had sex - KS4	77%	79%	80%	81%	▲ 1%
Know about chlamydia and where to get a test - KS4	43%	40%	45%	41%	◆ -4%
Confident about using condoms correctly now or in the future - KS4	-	85%	88%	87%	▲ -1%
Know where to get condoms free of charge - KS4	52%	52%	53%	53%	▲ 0%
Know where to get emergency hormonal contraception - KS4	33%	28%	33%	31%	▲ -2%
Demographics					
BME - KS2	25%	25%	25%	26%	⇒ 1%
BME - KS3	22%	22%	20%	22%	⇒ 2%
BME - KS4	21%	22%	21%	20%	⇒ 0%
BME - All secondary	22%	22%	21%	21%	⇒ 1%
English not the first language spoken at home - KS2	-	-	12%	13%	⇒ 1%
English not the first language spoken at home - KS3	-	-	9%	10%	⇒ 1%
English not the first language spoken at home - KS4	-	-	9%	9%	⇒ 0%
English not the first language spoken at home - All secondary	-	-	9%	9%	⇒ 1%
Young carer - KS2	-	-	-	9%	
Young carer - KS3	-	-	-	7%	
Young carer - KS4	-	-	-	7%	
Young carer - All secondary	-	-	-	7%	
Get extra help - KS2	37%	32%	29%	27%	⇩ -3%
Get extra help - KS3	20%	21%	12%	12%	⇒ 0%
Get extra help - KS4	14%	15%	11%	11%	⇒ 1%
Get extra help - All secondary	18%	19%	12%	12%	⇒ 0%

