

Safe and Well at School Survey 2015

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.

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 seventh SAWSS. In November 2015 a total of 9206 young people aged 11-16 years took part across the 10 different secondary schools in Brighton & Hove. This is 81% of young people in these school years.

The purpose of this summary is to present key findings from the 2015 SAWSS within secondary schools to help Brighton & Hove's practitioners better understand young people's experiences.

Safe and Well at School Survey 2015

Bullying

There has been a significant fall in pupils saying they have been bullied - from 26% in 2005 to 14% in 2015

Those who receive extra help are significantly more likely to state that they have experienced bullying (30%), as are Lesbian, Gay or Bisexual (LGB) students (28%) and students unsure of their sexual orientation (22%)

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										
	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Been bullied this term	25%	26%	22%	15%	17%	16%	14%	13%	12%	14%
My school is good at dealing with bullying	55%	63%	68%	69%	69%	63%	67%	68%	69%	63%

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 (30%) and also to state that they have bullied others (13% compared with 7% of all respondents). Girls are significantly more likely to state that they have experienced bullying (16%) than boys (12%). Those using another term to describe their gender are significantly more likely than boys and girls, to have experienced bullying (35%). 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 35%, respectively) than those who stated that they did (13%).

In general there is no significant difference between Black & Minority Ethnic (BME) students compared to those who identify as White British (16% and 13%), but Chinese students are significantly more likely to state having been bullied (30%). Lesbian, Gay or Bisexual (LGB) students (28%) and students unsure of their sexual orientation (22%), are significantly more likely to be bullied than heterosexual students (13%).

Safe and Well at School Survey 2015

Emotional wellbeing

75% of students reported they enjoyed coming to school

88% of students reported they feel safe at school

82% of students reported they feel they belong in their school

83% of students reported 'my school helps me to get on with others including people from different religious and cultural backgrounds'

83% reported they are happy with their life at the moment, strongly agree (38%) or agree (45%)

Levels of happiness, 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:

- Strongly agree or agree they are happy falls from 90% in 11-12 year olds to 76% in 15-16 year olds.
- Strongly agree or agree they enjoy coming to school falls from 86% in 11-12 year olds to 67% 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' falls from 88% in 11-12 year olds to 78% in 15-16 year olds.

There was no association for feeling safe (90% for 11-12 year olds and 87% 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 to say they were often or sometimes happy: girls, those who use another word to describe their gender, young carers, those who need extra help, LGB and unsure pupils, students who had truanted, those who have been excluded, been bullied or bullied someone else, and those who have tried alcohol, tried smoking, taken drugs, and students who have had sex.

There was no difference by ethnic group.

Harmful behaviours

For 14-16 year olds, 15% said they often or sometimes have suicidal thoughts. Those who use another word to describe their gender were more likely to report this (35%), compared to girls (18%) and boys (10%).

Safe and Well at School Survey 2015

Emotional wellbeing

8% of 14-16 year olds reported taking risks with their sexual health often or sometimes. Those who used another word to describe their gender were the most likely (13%), compared to girls and boys (both 7%).

11% of 14-16 year olds said they often or sometimes hurt or harm themselves. Those who use another word to describe their gender were more likely to report this (28%), compared to girls (16%) and boys (7%).

Common worries

The amount young people worry about certain issues varies by age, generally with older students worrying more often about most topics. The exceptions to this are puberty and bullying.

Percentage of pupils who often or sometimes worry about this topic		
	Age 11-14	Age 14-16
School work	66%	76%
Exams	75%	85%
Being healthy	57%	64%
The future in work and education	66%	77%
Problems with friends	49%	49%
Family	41%	47%
Money	39%	45%
Own looks	53%	62%
Puberty and growing up	31%	30%
Bullying	30%	20%
Sexual orientation	10%	12%
Own alcohol / drug use	7%	14%
Alcohol / drug use at home	10%	11%

Safe and Well at School Survey 2015

Physical activity and diet

According to the 2014 survey 'What About YOUth?' 14% of 15 year olds participated in at least one hour of moderate-to-vigorous physical activity on all seven days of the last week. Boys were twice as likely as girls to have done so (18% and 9% respectively). Brighton & Hove does slightly better than nationally with 16% participating for at least an hour for the seven previous days (21% boys, 11% girls).

In the 2015 Safe and Well at School Survey, boys 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 51% in 2015.

Who is less likely to be physically active?

In the 2015 Safe and Well at School Survey, boys are more likely to be physically active:

- 26% of pupils aged 11-14 years old took part in a team sport most days or every day (37% of boys and 16% of girls)
- 18% of pupils aged 14-16 years old took part in a team sport most days or every day (26% of boys and 10% of girls)
- 36% of pupils aged 11-14 years old took part in a solo sport most days or every day (42% of boys and 31% of girls)
- 28% of pupils aged 14-16 years old took part in a solo sport most days or every day (35% of boys and 23% of girls)

As well as older students and girls, other groups of students in secondary schools less likely to take part more than once a week in a team or solo sport 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 bullied and those who have tried smoking, alcohol, drugs. There is little difference in participation by ethnic group for team and solo sports.

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 51% in 2015.

The biggest increase has been seen in walking, from 43% of pupils to 50%. Older pupils are more likely to walk, with 49% of students aged 11-14 years walking to school and 52% of those aged 14-16 years.

Safe and Well at School Survey 2015

Physical activity and diet

Just 101 (1%) secondary school students use a bicycle as their main method of travel to school, with an additional 65 (0.7%) 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	2014	2015	
	%	%	%	%	%	%	N
Any form of active travel	44%	45%	49%	50%	51%	52%	4,707
Walk	43%	44%	47%	49%	50%	50%	4,541
Cycle	1%	1%	1%	1%	1%	1%	101
Scooter / Skateboard	-	-	0.8%	0.5%	0.5%	0.7%	65
Bus	34%	34%	31%	30%	30%	29%	2,655
Car	18%	18%	18%	18%	17%	17%	1,569
Taxi	2%	2%	0.9%	0.8%	0.6%	0.5%	48
Train	2%	1%	1%	1%	1%	1%	107
Total							9,086

Diet

22% of secondary school pupils say that they ate five or more portions of fruit or vegetables the previous day, an increase of 3% from 2014.

This falls from 26% of 11-12 year olds to 19% 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 (26%) than those aged 15-16 years (19%).

There was little difference in consuming five or more portions of fruits or vegetables between girls and boys (21% and 23%) and between BME students (23%) and White British students (22%).

Safe and Well at School Survey 2015

Smoking

87% of students aged 11-14 years have never tried a cigarette and 9% 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

19% of students stated that someone regularly smokes inside their house, down from 37% in 2011

4% of students aged 14-16 years smoke regularly and would like to give up (46% of those who smoke regularly)

Smoking increases with age and in is also more common in the following groups of students: girls, 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.

Over the last five years, the percentage of pupils aged 11-14 years who have **never** tried a cigarette has increased (from 80% to 87% - a statistically significant improvement); this is also the case among 14-16 year olds (51% in 2010 and 55% in 2015).

For all 11-16 year olds this is 76% 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). Recently released estimates from the What about YOUth survey suggest that 15% of 15 year olds in Brighton & Hove currently smoke (10% are regular smokers, 5% occasional smokers), which is significantly higher than England (8%) and the South East (9%), and is the highest rate in England.

Percentage of pupils who have <u>never</u> smoked						
	2010	2011	2012	2013	2014	2015
11-14 year olds	80%	83%	85%	86%	87%	87%
14-16 year olds	51%	47%	50%	55%	58%	55%
11-16 year olds	71%	70%	72%	74%	77%	76%
England	71%	75%	77%	-	-	-

Smoking

Who is more likely to smoke?

Older students - 95% of 11-12 year old students said they have **never** smoked, falling to 49% for 15-16 year old students.

For pupils aged 11-14, there is not much difference between girls and boys who have tried smoking (girls 13%, boys 12%). However this changes with age and for pupils aged 14-16, girls are more likely to have smoked (49%) compared to boys (39%). Also for pupils aged 14-16, girls are more likely to be regular smokers (12%) compared to boys (7%).

Smoking is also significantly more common in the following groups of students: LGB students (but not those unsure of their sexuality); those who do not always identify with the gender they were assigned at birth (but not those who do not); young carers; those who receive extra help; those who have been bullied and those who have bullied someone else; 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.

Safe and Well at School Survey 2015

Relationships and sexual health

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

44% of all students and 65% of sexually active students know where to get free condoms. 86% of students feel confident about using condoms correctly.

26% of all students and 47% of sexually active students know where to get Emergency Hormonal Contraception (EHC) (67% of girls and 29% of boys).

37% of all students and 53% of sexually active students know where to get tested for Chlamydia.

Sexual health trends (14-16 year olds)						
	2010	2011	2012	2013	2014	2015
Have not had sex	77%	79%	80%	81%	82%	81%
Know about Chlamydia testing	43%	40%	45%	41%	45%	37%
Know where to get free condoms	52%	52%	53%	52%	49%	44%
Know where to get EHC	33%	28%	33%	31%	28%	26%

Who is more likely NOT to have had sex?

Girls (83%) are more likely than boys (79%) not to have had sex. Those who use another word to describe their gender are significantly less likely than girls but not boys, not to have had sex (61%). There is no difference between ethnic groups. Having had sex is related to age: 86% of 14-15 year olds had not had sex compared to 74% of 15-16 year olds. LGB pupils are more likely to have had sex. Those who are more likely to engage in sexual activity at an earlier age were more vulnerable e.g. 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 (47%) than those not who have not experienced these behaviours (11%).

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.

Safe and Well at School Survey 2015

Relationships and sexual health

Who is more likely to know about sexual health services?

Female students, students aged 15-16 years and those who are sexually active. Overall:

- 79% of students were aware of C-Card (85% of sexually active students)
- 58% of students in schools with health-based school drop-ins were aware of them (64% of sexually active students)
- 63% of students were aware of the Brighton & Hove Youth Service (63% of sexually active students)
- 50% of students were aware of the SWISH website (62% of sexually active students)
- 49% of students were aware of the SHAC (Sexual Health and Contraception Service) (60% of sexually active students).

Relationships

Around two thirds (65%) of 14-16 year olds have got, or have ever had, a boyfriend or girlfriend. Of these:

- 22% had been yelled at
- 14% been put down and / or humiliated
- 10% hit, kicked, pushed or slapped
- 17% exchanged sexualised/naked pictures or photos
- 6% threatened if they didn't want to do something their partner wanted
- 13% been constantly checked up on

Pupils could have completed more than one response above

Of all 14-16 year old pupils, who had ever had a boyfriend or girlfriend 79% had not experienced any of the relation problem behaviours asked about.

Safe and Well at School Survey 2015

Drugs and alcohol

74% of 11-14 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (59%)

27% of 14-16 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (18%)

96% of 11-14 year olds have never taken non-prescribed drugs

77% of 14-16 year olds have never taken non-prescribed drugs: 23% have and 21% have tried Cannabis

19% of 11-16 year olds have reported being given alcohol and 2% drugs, by a family member

The majority of 11-14 year olds (74%) and the minority of 14-16 year olds (27%) have **never** tried alcohol. In addition:

- Of those who have drunk alcohol in the last four weeks, 10% of 14-16 year olds said they had never been drunk and 21% hadn't been drunk in the last four weeks.
- Of those who have tried alcohol, 87% of 11-14 year olds and 73% of 14-16 year olds said they did not drink alcohol in the previous week.
- Of those who have drunk alcohol in the last four weeks, 38% of 14-16 year olds said they 'drink to get drunk' often or every time they drink.

The vast majority of 11-14 year olds (96%) and 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 50% first used it aged 14 or older.

Drugs and alcohol trends						
11-14 year olds	2010	2011	2012	2013	2014	2015
Never tried a whole alcoholic drink	40%	59%	65%	69%	71%	74%
Never taken drugs not prescribed	-	-	-	-	96%	96%
14-16 year olds	2010	2011	2012	2013	2014	2015
Never tried a whole alcoholic drink	15%	18%	21%	24%	26%	27%
Drank in the last 7 days*	-	37%	34%	27%	25%	28%
Drink to get drunk every time they drink/often**	23%	35%	38%	35%	36%	38%
Never taken drugs not prescribed for them	77%	75%	77%	79%	79%	77%
Never tried alcohol 11-16 years	32%	44%	49%	51%	55%	57%
Never had alcoholic drink, England , ages 11-15	55%	55%	57%	-	-	-

(*Percentage of those who have tried alcohol)

(**Percentage of those who have drunk alcohol in the last four weeks)

Safe and Well at School Survey 2015

Drugs and alcohol

Who is more likely to have tried alcohol and drugs?

Whilst having tried alcohol is similar for boys and girls (42% and 43%) for 11-16 year olds who have reported drinking alcohol in the last four weeks, girls (40%) aged 14-16 years are more likely than boys (34%) to report 'drinking to get drunk' either often or every time they drink. Having tried alcohol is also significantly related to age, 11% of pupils aged 11-12 had tried alcohol and this increases to 80% of 15-16 year olds.

Among pupils aged 11-16, there is not much difference between boys and girls who have tried non-prescribed drugs (11% and 10% respectively). Those aged 15-16 years (29%) were significantly more likely to have tried drugs than pupils aged 14-15 years (19%) and all younger ages.

These groups were more likely to have tried:

Alcohol: White British; those who have tried drugs

Drugs: Those who have tried alcohol

Both drugs and alcohol: LGB pupils; pupils who have truanted, been excluded, bullied someone, tried smoking, had sex, tried gambling and those who are not happy; those who have sex

Safe and Well at School Survey 2015

Social media

86% of all pupils use social media, 84% of boys and 88% of girls

82% of 11-14 year olds and 94% of 14-16 year olds use social media

54% feel confident in their skills to keep safe on social media very or fairly often

70% have never received negative comments/abuse/bullying

92% have never or not very often been surprised by who has access to what they post on social media

The most commonly used social media apps were Youtube, Instagram and Snapchat. The most popular reason for using social media was to talk to friends and family.

The amount of time spent on social media is significantly associated with age, gender and happiness. The percentage of pupils who spend more than 5 hours on social media:

- On a school day increases from 5% of 11-12 year olds to 16% of 15-16 year olds.
- On a weekend day rises from 11% of 11-12 year olds to 32% of 15-16 year olds.
- On a school day is 13% for girls compared to 8% of boys.
- On a weekend day is 27% for girls compared to 17% of boys.
- On a school day is 8% for those who agreed or strongly agreed with being happy at the moment, compared to 21% of those who didn't.
- On a weekend day is 19% for those who agreed or strongly agreed with being happy at the moment, compared to 37% of those who didn't.

Who is more likely to use social media?

Those who are unsure of, or prefer not to say their sexual orientation are less likely (71%) than heterosexual (87%) and LGB (91%) students to use social media. There is no difference by ethnic group.

Girls (88%) are more likely than boys (84%) to use social media, as are those who are not happy (83%) compare to those who are (78%). Use also increases with age, from 71% of 11-12 year olds compared to 95% of 15-16 year olds.

Safe and Well at School Survey 2015

Social media

11-14 year olds	More than 5 hours	4-5 hours	2-3 hours	Less than 2 hours	I do not use social media	Number of respondents
On a school day	8%	8%	22%	46%	15%	5,243
On a weekend day	18%	17%	28%	30%	7%	4,933

14-16 year olds	More than 5 hours	4-5 hours	2-3 hours	Less than 2 hours	I do not use social media	Number of respondents
On a school day	14%	14%	29%	36%	6%	2,787
On a weekend day	29%	22%	27%	19%	3%	2,654

Safe and Well at School Survey 2015

Additional trend data

Additional trend data - Brighton & Hove

	2011	2012	2013	2014	2015	Direction 2014- 2015
Bullying						
Been bullied this term - KS2	21%	19%	19%	15%	17%	◆ 2%
Been bullied this term - KS3	19%	17%	15%	14%	15%	▲ 1%
Been bullied this term - KS4	12%	11%	9%	9%	12%	◆ 3%
Been bullied this term - All secondary	16%	14%	12%	12%	14%	◆ 2%
Seen anyone else bullied this term - KS2	39%	29%	28%	23%	26%	◆ 3%
Seen anyone else bullied this term - KS3	44%	40%	34%	32%	32%	▲ 0%
Seen anyone else bullied this term - KS4	42%	38%	31%	30%	34%	◆ 4%
Seen anyone else bullied this term - All secondary	44%	38%	33%	31%	33%	◆ 2%
Ever bullied someone - KS2	8%	8%	8%	6%	7%	▲ 1%
Ever bullied someone - KS3	10%	8%	7%	7%	6%	▲ -1%
Ever bullied someone - KS4	14%	12%	10%	10%	10%	▲ 0%
Ever bullied someone - All secondary	11%	10%	8%	8%	7%	▲ -1%
My school is good at dealing with bullying - KS2	86%	87%	87%	88%	87%	▲ -1%
My school is good at dealing with bullying - KS3	67%	72%	73%	75%	70%	◆ -5%
My school is good at dealing with bullying - KS4	56%	56%	60%	57%	50%	◆ -7%
My school is good at dealing with bullying - All secondary	63%	66%	68%	69%	63%	◆ -6%
Safety						
Feel very or quite safe when outside in your local area - KS2	-	84%	84%	84%	83%	▲ -1%
Feel very or quite safe when outside in your local area - KS3	-	84%	85%	85%	85%	▲ 0%
Feel very or quite safe when outside in your local area - KS4	-	82%	83%	85%	83%	◆ -2%
Feel very or quite safe when outside in your local area - All secondary	-	83%	84%	85%	84%	▲ -1%
School						
I enjoy coming to school - KS2	90%	90%	90%	90%	90%	▲ 0%
I enjoy coming to school - KS3	78%	81%	81%	80%	78%	◆ -2%
I enjoy coming to school - KS4	72%	73%	72%	76%	69%	◆ -7%
I enjoy coming to school - All secondary	76%	78%	77%	79%	75%	◆ -4%
I enjoy learning at school - KS2	91%	91%	92%	92%	92%	▲ 0%
I enjoy learning at school - KS3	79%	81%	83%	83%	81%	▲ -2%
I enjoy learning at school - KS4	74%	75%	77%	80%	75%	◆ -5%
I enjoy learning at school - All secondary	77%	79%	80%	82%	79%	◆ -3%
I feel safe at school - KS2	92%	94%	94%	94%	91%	◆ -3%
I feel safe at school - KS3	84%	88%	89%	91%	88%	◆ -3%
I feel safe at school - KS4	86%	88%	89%	90%	86%	◆ -4%
I feel safe at school - All secondary	85%	88%	89%	91%	87%	◆ -4%
School helps me to get on with others* - KS2	88%	89%	88%	89%	88%	▲ -1%
School helps me to get on with others* - KS3	81%	82%	83%	83%	85%	● 2%
School helps me to get on with others* - KS4	75%	75%	76%	81%	79%	◆ -2%
School helps me to get on with others* - All secondary	79%	80%	80%	83%	83%	▲ 0%
Ever deliberately missed lessons - KS3	15%	13%	11%	12%	14%	◆ 2%
Ever deliberately missed lessons - KS4	36%	33%	30%	31%	32%	▲ 1%
Ever deliberately missed lessons - All secondary	23%	20%	19%	19%	20%	▲ 1%
Ever been excluded from school for a day or more - KS3	8%	6%	6%	6%	6%	▲ 0%
Ever been excluded from school for a day or more - KS4	16%	15%	14%	10%	12%	▲ 2%
Ever been excluded from school for a day or more - All secondary	11%	10%	9%	8%	8%	▲ 0%
Friends and happiness						
I have one or more good friends at school - KS2	98%	97%	97%	97%	97%	▲ 0%
I have one or more good friends at school - KS3	97%	97%	98%	98%	97%	▲ -1%
I have one or more good friends at school - KS4	97%	97%	97%	97%	97%	▲ 0%
I have one or more good friends at school - All secondary	97%	97%	98%	98%	97%	▲ -1%
I have one or more good friends out of school - KS2	91%	91%	91%	91%	91%	▲ 0%
I have one or more good friends out of school - KS3	94%	94%	94%	94%	94%	▲ 0%
I have one or more good friends out of school - KS4	94%	91%	90%	90%	89%	▲ -1%
I have one or more good friends out of school - All secondary	94%	93%	92%	93%	92%	▲ -1%
Overall I am happy with my life at the moment- KS2	93%	93%	93%	93%	90%	◆ -3%
Often or sometimes happy- KS3	-	95%	95%	95%	86%	◆ -9%
Often or sometimes happy- KS4	-	93%	91%	92%	77%	◆ -15%
Often or sometimes happy- All secondary	-	94%	93%	94%	83%	◆ -11%

Safe and Well at School Survey 2015

Additional trend data

Additional trend data - Brighton & Hove

	2011	2012	2013	2014	2015	Direction 2014- 2015
Travel to school						
Usually travel to school by walking, cycling, park and stride or scooter/skateboard	60%	59%	62%	62%	64%	▲ 2%
Usually travel to school by walking, cycling or scooter/skateboard - KS3	46%	48%	49%	50%	51%	▲ 1%
Usually travel to school by walking, cycling or scooter/skateboard - KS4	44%	51%	52%	54%	54%	▲ 0%
Usually travel to school by walking, cycling or scooter/skateboard - All secondary	45%	49%	50%	51%	52%	▲ 1%
Physical activity						
3 or more hours physical activity in school - KS2	35%	29%	29%	33%	-	-
3 or more hours physical activity in school - KS3	32%	31%	32%	28%	-	-
3 or more hours physical activity in school - KS4	26%	23%	23%	23%	-	-
3 or more hours physical activity in school - All secondary	30%	28%	28%	27%	-	-
More than 5 hours physical activity out of school - KS2	23%	20%	20%	22%	-	-
More than 5 hours physical activity out of school - KS3	23%	22%	22%	24%	-	-
More than 5 hours physical activity out of school - KS4	18%	18%	18%	20%	-	-
More than 5 hours physical activity out of school - All secondary	21%	20%	21%	23%	-	-
Diet						
Had breakfast this morning - KS2	96%	96%	96%	96%	96%	▲ 0%
Eat five or more portions of fruit and vegetables per day - KS3	19%	20%	20%	20%	24%	▲ 4%
Eat five or more portions of fruit and vegetables per day - KS4	17%	14%	14%	17%	19%	▲ 2%
Eat five or more portions of fruit and vegetables per day - All secondary	18%	18%	18%	19%	22%	▲ 3%
Smoking						
Noone (family/visitors but not yourself) regularly smokes inside at home - KS2	69%	76%	78%	81%	83%	▲ 2%
Noone (family/visitors but not yourself) regularly smokes inside at home - KS3	64%	75%	78%	79%	82%	▲ 3%
Noone (family/visitors but not yourself) regularly smokes inside at home - KS4	61%	70%	76%	78%	79%	▲ 1%
Noone (family/visitors but not yourself) regularly smokes inside at home - All secondary	63%	73%	77%	79%	81%	▲ 2%
Never smoked - KS2	97%	97%	97%	98%	-	-
Never smoked - KS3	83%	85%	86%	87%	87%	▲ 0%
Never smoked - KS4	47%	50%	55%	58%	55%	◆ -3%
Never smoked - All secondary	70%	72%	74%	77%	76%	▲ -1%
Alcohol						
Never tried alcohol - KS2	84%	86%	86%	89%	-	-
Never tried alcohol - KS3	59%	65%	69%	71%	74%	▲ 3%
Never tried alcohol - KS4	18%	21%	24%	26%	27%	▲ 1%
Never tried alcohol - All secondary	44%	49%	51%	55%	57%	▲ 2%
Never been drunk - KS3	-	-	90%	91%	91%	▲ 0%
Never been drunk - KS4	-	-	50%	51%	56%	▲ 5%
Never been drunk - All secondary	-	-	74%	77%	79%	▲ 2%
Drugs						
Never taken drugs - KS3	-	-	-	96%	96%	▲ 0%
Never taken drugs - KS4	75%	77%	79%	79%	77%	◆ -2%
Never taken drugs - All secondary	-	-	-	90%	89%	▲ -1%
Sexual health						
Not had sex - KS4	79%	80%	81%	82%	80%	◆ -2%
Know about chlamydia and where to get a test - KS4	40%	45%	41%	45%	37%	◆ -8%
Confident about using condoms correctly now or in the future - KS4	85%	88%	87%	87%	86%	▲ -1%
Know where to get condoms free of charge - KS4	52%	53%	53%	49%	44%	◆ -5%
Know where to get emergency hormonal contraception - KS4	28%	33%	31%	28%	26%	◆ -2%
Gambling and sun bed use						
Never spent money on gambling - KS4	-	-	-	88%	-	-
Never used a sunbed - KS4	-	-	-	95%	-	-
Not been sunburned in the last year - KS4	-	-	-	38%	-	-
Demographics						
BME - KS2	25%	25%	26%	24%	26%	↑ 2%
BME - KS3	22%	20%	22%	23%	23%	⇒ 0%
BME - KS4	22%	21%	20%	20%	19%	⇒ -1%
BME - All secondary	22%	21%	21%	22%	22%	⇒ 0%
English not the first language spoken at home - KS2	-	12%	13%	13%	15%	⇒ 2%
English not the first language spoken at home - KS3	-	9%	10%	10%	11%	⇒ 1%
English not the first language spoken at home - KS4	-	9%	9%	9%	10%	⇒ 1%
English not the first language spoken at home - All secondary	-	9%	9%	9%	11%	↑ 2%
Young carer - KS2	-	-	9%	6%	8%	↑ 2%
Young carer - KS3	-	-	7%	7%	6%	⇒ -1%
Young carer - KS4	-	-	7%	5%	5%	⇒ 0%
Young carer - All secondary	-	-	7%	6%	6%	⇒ 0%
Get extra help - KS2	32%	29%	27%	25%	23%	⇒ -2%
Get extra help - KS3	21%	12%	12%	12%	11%	⇒ -1%
Get extra help - KS4	15%	11%	11%	9%	10%	⇒ 1%
Get extra help - All secondary	19%	12%	12%	11%	10%	⇒ -1%

*including people from different religious and cultural backgrounds to my own

Safe and Well at School Survey 2015

Additional trend data

	Actively travel to school	Team sports at least once a week	Solo sports at least once a week	Eating five fruit and vegetables	Lives with a regular smoker	Never smoked	Not smoked in previous 7 days	Never tried alcohol	Not drank alcohol in the previous 7 days	Have ever been drunk	Been drunk in the prior 4 weeks	Drank with the intention of getting drunk	Never tried non prescribed drugs	Never used Cannabis	Have not had sex	Knowledge of Chlamydia	Never experienced relationship problem behaviours	Often felt happy	Often felt anxious/worried	Been bullied this term	Spend 2+ hours on social media on a school day	Can speak with an adult at school about worries	
GENDER																							
Boy																							
Girl																							
I use another word to describe my gender																							
YEAR GROUP																							
Year 7																							
Year 8																							
Year 9																							
Year 10																							
Year 11																							
ETHNICITY																							
White - British																							
White - Any other white background																							
Asian / Asian British																							
Black / Black British																							
Mixed heritage																							
Chinese																							
Other ethnic background																							
Don't know / Prefer not to say																							
SEXUAL ORIENTATION																							
Heterosexual																							
Lesbian, Gay, Bisexual																							
Unsure or prefer not to say																							
YOUNG CARER																							
Young carer																							
Not a young carer																							
EXTRA HELP																							
Gets extra help																							
Does not get extra help																							
Key																							
	Significantly higher than all respondents																						
	No significant difference to all respondents																						
	Significantly lower than all respondents																						