

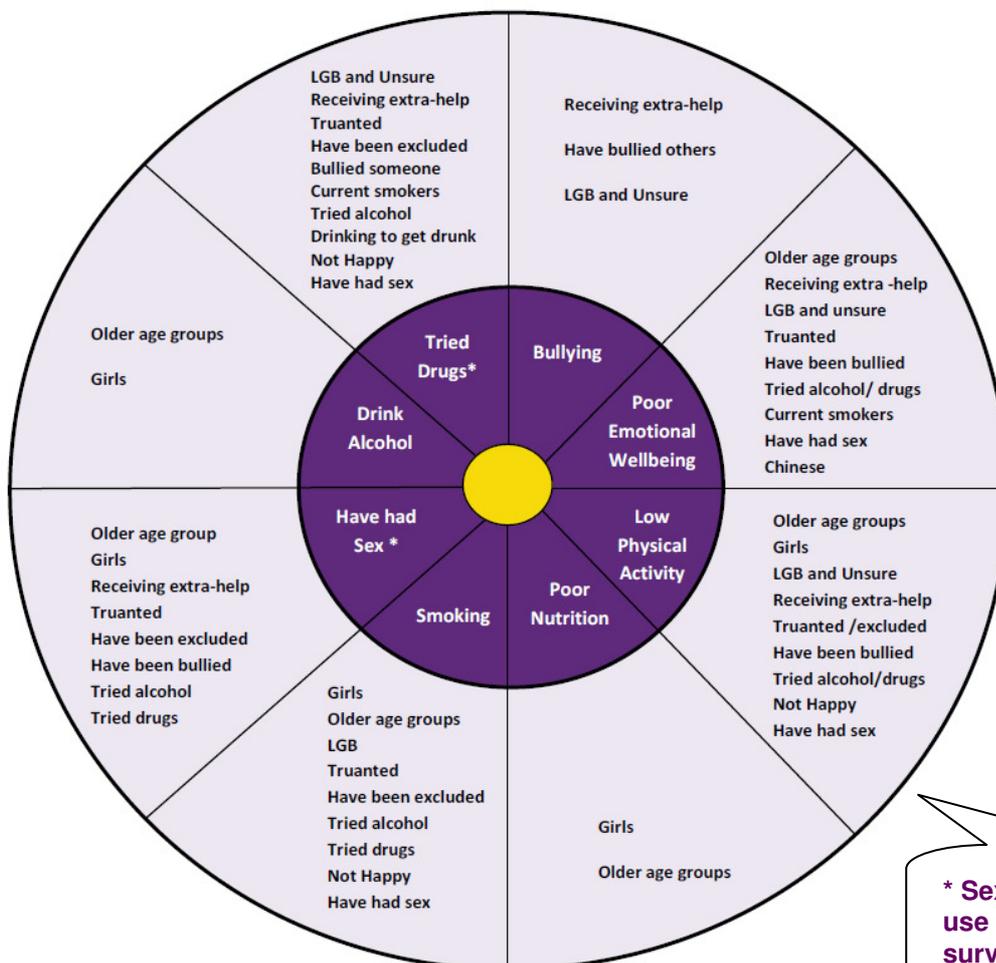
Safe and well at school survey 2012

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 by Brighton & Hove City Council's Policy, Performance & Analysis Team and this briefing written by the 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 2012 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 2012 SAWSS to help Brighton and Hove's practitioners better understand young people's experiences.



An important finding from the survey has been “clustering” of some indicators. The survey shows that young people from certain groups are more likely to be vulnerable to take risks with their health. The outer circle of the wheel identifies who the vulnerable young people for each topic.

* Sexual activity and substance use are only asked in the KS4 survey.

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Bullying

There has been a significant fall in pupils saying they have been bullied - from 26% in 2005 to 14% in 2012

Those who receive extra help are significantly more likely to state that they have experienced bullying (31%).

As are Lesbian, Gay or Bisexual (LGB) students (36%) and students unsure of their sexual orientation (31%)

There has been a significant reduction over the past seven years in students reporting bullying and this reflects 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
Been bullied this term	26%	25%	26%	22%	15%	17%	16%	14%
My school is good at dealing with bullying	-	55%	63%	68%	69%	69%	63%	67%

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 (31%) and also to state that they have bullied others (18% compared with 10% of all respondents). There was no significant difference between bullying reported by boys (14%) and girls (15%), or between Black & Minority Ethnic (BME) students (15%) compared to those who identified as White British (14%).

Lesbian, Gay or Bisexual (LGB) students (36%) and students unsure of their sexual orientation (31%), are significantly more likely to be bullied than heterosexual students (13%).

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Emotional wellbeing

78% of students reported they enjoyed coming to school

88% 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'

94% reported they are happy often (62%) or sometimes (32%)

48% reported they are anxious often (11%) 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 96% in 11-12 year olds to 93% in 15-16 year olds.
- Are often or sometime anxious rising from 41% in 11-12 year olds to 58% in 15-16 year olds (7% to 17% for often anxious).
- Often or sometimes enjoy coming to school falling from 85% in 11-12 year olds to 70% in 15-16 year olds.
- Often or sometimes thinking that 'my school helps me to get on with others including people from different religious and cultural backgrounds' falling from 85% in 11-12 year olds to 75% in 15-16 year olds.

There was no association for feeling safe (90% for 11-12 year olds and 89% 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 be happy: those who need extra help, LGB and unsure pupils, students who had truanted, been bullied, and those who have tried alcohol, taken drugs, or are current smokers, and students who have had sex.

There was little difference between males and females and by ethnic group, with exception of Chinese pupils (79%) who were significantly less likely to be happy (94% for both White British and all BME pupils). Although, it should be noted that the number of Chinese pupils is small.

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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 2012 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 2012.

Who is less likely to be physically active?

In the 2012 Safe and Well at School Survey, boys, both in and out of school, are more likely to be physically active:

- 31% of pupils aged 11-14 years old took part in three or more hours of physical activity per week in school (35% of boys and 26% of girls)
- 23% of pupils aged 14-16 years old took part in three or more hours of physical activity per week in school (30% of boys and 16% 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 (30% 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 10% 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 49% in 2012.

The biggest increase has been seen in walking, from 43% of pupils to 47%. Older pupils are more likely to walk, with 46% of students aged 11-14 years walking to school and 49% 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 66 (0.8%) 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	
	%	%	%	Pupils
Any form of active travel	44%	45%	49%	3,951
Walk	43%	44%	47%	3,794
Cycle	1%	1%	1%	91
Scooter / Skateboard	-	-	0.8%	66
Bus	34%	34%	31%	2,499
Car	18%	18%	18%	1,447
Taxi	2%	2%	0.9%	73
Train	2%	1%	1%	107
Total				8,077

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.

This falls from 20% of 11-12 year olds to 13% 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 (13%) 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 (18%) and White British students (17%).

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Smoking

85% of students aged 11-14 years have never tried a cigarette and 10% have tried a cigarette only once or twice

50% of students aged 14-16 years have never tried a cigarette and 24% have tried a cigarette only once or twice

27% of students stated that someone smokes in their household

6% of students aged 14-16 years smoke regularly and would like to give up (half of those who smoke regularly)

Smoking is more common amongst girls, 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.

Over the last three years, the percentage of pupils aged 11-14 years who have **never** tried a cigarette has increased (from 80% to 85% - a statistically significant improvement), although the equivalent for 14-16 year olds has remained constant (51% in 2010 and 50% in 2012).

Percentage of pupils who have <u>never</u> smoked			
	2010	2011	2012
11-14 year olds	80%	83%	85%
14-16 year olds	51%	47%	50%

Who is more likely to smoke?

Older students - 94% of 11-12 year old students said they have **never** smoked, falling to 42% for 15-16 year old students.

Girls are significantly more likely to smoke, occasionally or regularly, than boys (boys 8%, girls 12%). 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 25%).

Smoking 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. There was little difference by ethnic group, though Asian or Asian British pupils (84%) are significantly more likely to have **never** smoked.

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Sexual health

The majority of students aged 14-16 years in Brighton & Hove are not having sex (80%); those who are generally know how to access free contraception, get tested for Chlamydia and know about Emergency Hormone Contraception.

53% of all students and 73% of sexually active students know where to get free condoms. 87% of students feel confident about using condoms correctly.

33% of all students and 55% of sexually active students know where to get Emergency Hormonal Contraception (EHC) (77% of girls and 29% of boys).

45% of students know where to get tested for Chlamydia.

The proportion of under 16s having sex (20%) is lower than England (28%).

Sexual health trends (14-16 year olds)

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

Who is more likely NOT to have had sex?

Boys are less likely to have had sex (81%) than girls (78%). BME girls (84%) are less likely to have sex compared to White British girls (77%). Having had sex was also related to age - 87% of 14-15 year olds had not had sex compared to 72% 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.

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 (87%) are significantly more likely to be aware of C-Card than BME students (83%) but there were no differences for other sexual health services. Overall:

- 87% of students were aware of C-Card (92% of sexually active students)
- 66% of students were aware of the young people's contraception and sexual health (CASH) service at Morley Street (79% of sexually active students)
- 75% of students in schools with health-based school drop-ins were aware of them
- 73% of students were aware of the Brighton & Hove Youth Service
- 62% of students were aware of the SWISH website (67% of sexually active students)
- 63% of students were aware of the SWAG (Contraceptive and Health Service at Youth Centre Hove (70% of sexually active students).

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Substance misuse

65% of 11-14 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (59%)

21% of 14-16 year olds have never tried a whole alcoholic drink, a significant improvement from 2011 (18%)

77% of 14-16 year olds have never taken non-prescribed drugs: 23% 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 (65%) and the minority of 14-16 year olds (21%) have **never** tried alcohol. In addition:

- 83% 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
Never tried a whole alcoholic drink	40%	59%	65%
14-16 year olds	2010	2011	2012
Never tried a whole alcoholic drink	15%	18%	21%
Drank in the last 7 days*	-	37%	34%
Drink to get drunk every time they drink/often*	23%	35%	38%
Never taken drugs not prescribed for them	77%	75%	77%

(*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 (52%) and girls (50%) for 11-16 year olds, girls (42%) aged 14-16 years are more likely than boys (33%) to report 'drinking to get drunk' either often or every time they drink. Having tried alcohol is also significantly related to age, 20% of pupils aged 11-12 had tried alcohol and this increases to 85% of 15-16 year olds.

Having tried drugs was similar for boys (22%) and girls (24%). Those aged 15-16 years (28%) were significantly more likely to have tried drugs than pupils aged 14-15 years (18%).

These groups were more likely to have tried alcohol or drugs: LGB pupils and those unsure of their sexual orientation, pupils who have truanted, been excluded, bullied someone, and those who smoke, have tried alcohol*, had alcohol in the last week*, drink to get drunk*, or have had sex, plus pupils who get extra help and those who are not happy. (*tried drugs).