

# Safe and Well at School Survey 2018

The Safe and Well at School Survey (SAWSS) is an anonymous online survey conducted by Brighton & Hove City Council Public Health team, in partnership with the University of Sussex, across primary and secondary schools in the city. We thank schools for their active participation in this important survey.

In 2018 a total of 8,142 young people aged 11-16 took part in the 10 different secondary schools across the city (70% of pupils).

5,555 primary school children aged 8-11 years took part across 39 schools (69%).

The high participation in the survey from schools gives valuable information which is used to support communities and helps understand and meet the needs of children and young people in the city.

The survey data is used by schools, the Public Health Schools Programme team and the Families, Children and Learning directorate in the council, working together to further improve practice. This is just one data source and other data and qualitative information from children, young people and families is used alongside this to develop a fuller understanding.

This briefing gives a high level summary of key findings from the 2018 survey, with trends where available.

Interactive version available at: <http://www.bhconnected.org.uk/content/surveys>



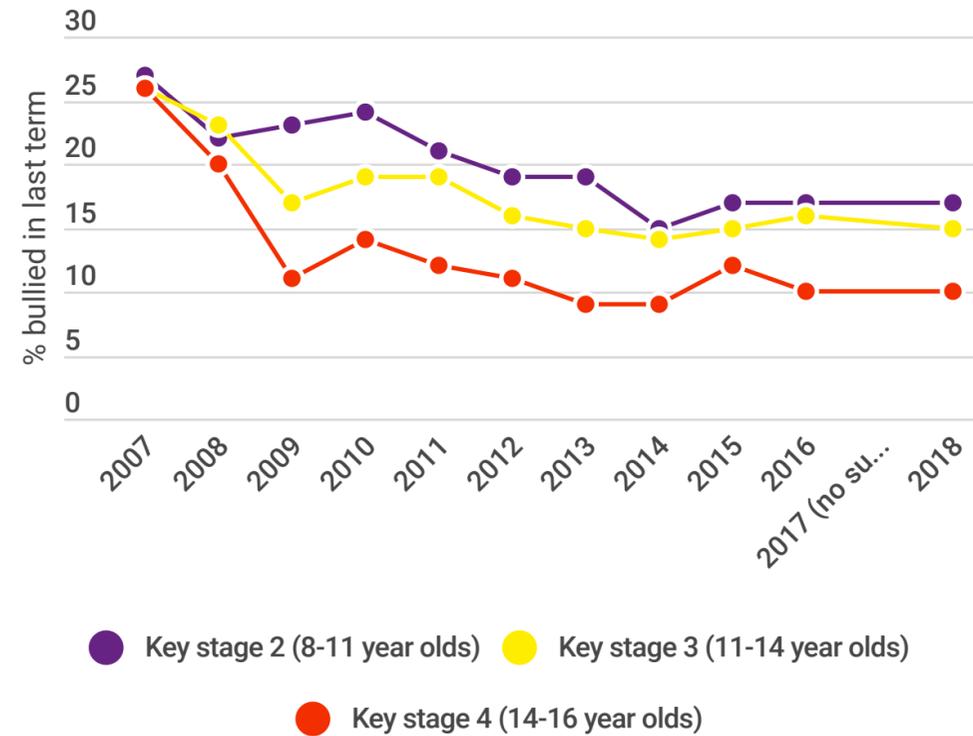
# Bullying

There has been a statistically significant fall in pupils saying that they have been bullied this term - from 27% in 2007 to 13% in 2018 for secondary school pupils and from 27% in 2007 to 17% in 2018 for primary school pupils.

Of those who had been bullied this term in secondary schools, the most common type of bullying was verbal (name-calling/teasing), followed by spreading nasty rumours/stories. In primary schools the most common type was verbal bullying, followed by hurting someone (kicking, hitting or punching).

The most commonly perceived reason for bullying was to do with appearance.

## The percentage of pupils who say they had been bullied in the last term



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## As well as younger pupils, the following groups of secondary school pupils are statistically significantly more likely to have been bullied (13% for all secondary pupils):



31%

Pupils who say they are adopted (31%) compared to other pupils (13%)



30%

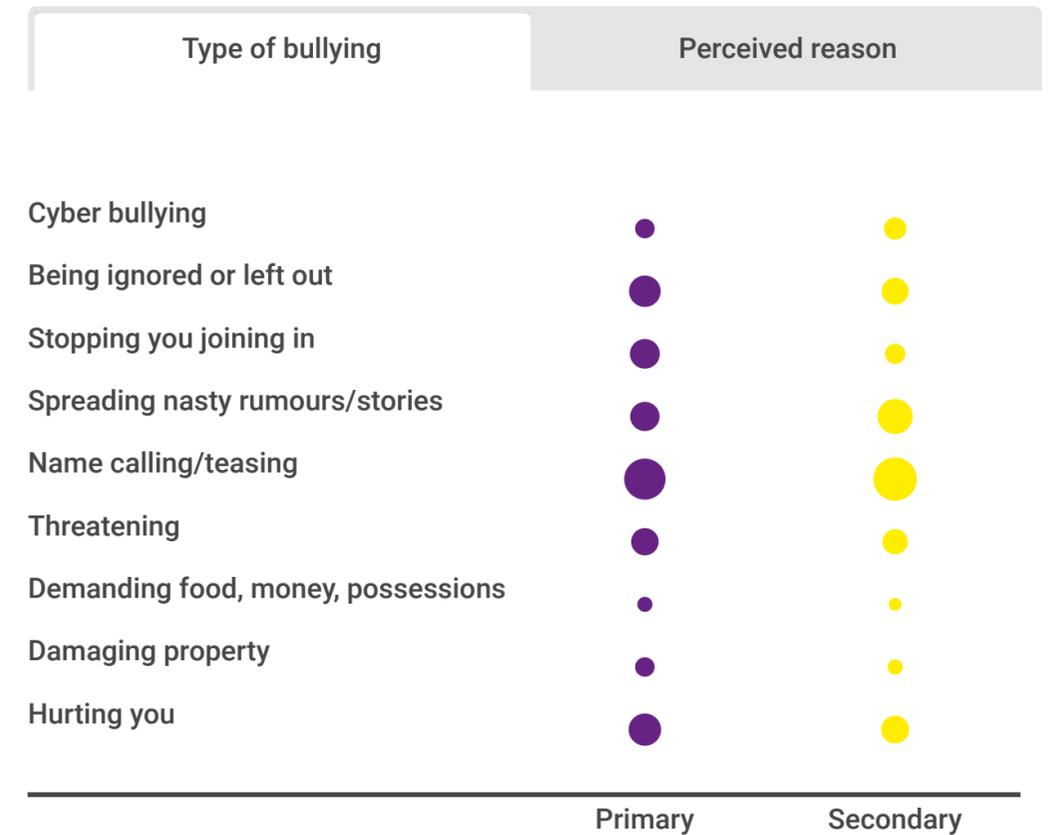
Young carers (30%) compared to other pupils (12%)



29%

Pupils who receive extra help (29%) compared to pupils who do not receive help (12%)

## Type of bullying and perceived reason (of those bullied)



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26%

Pupils who did not (26%) or did not always (33%) identify with the gender they were assigned at birth



23%

LGB pupils (23%) compared to heterosexual/straight pupils (11%)



14%

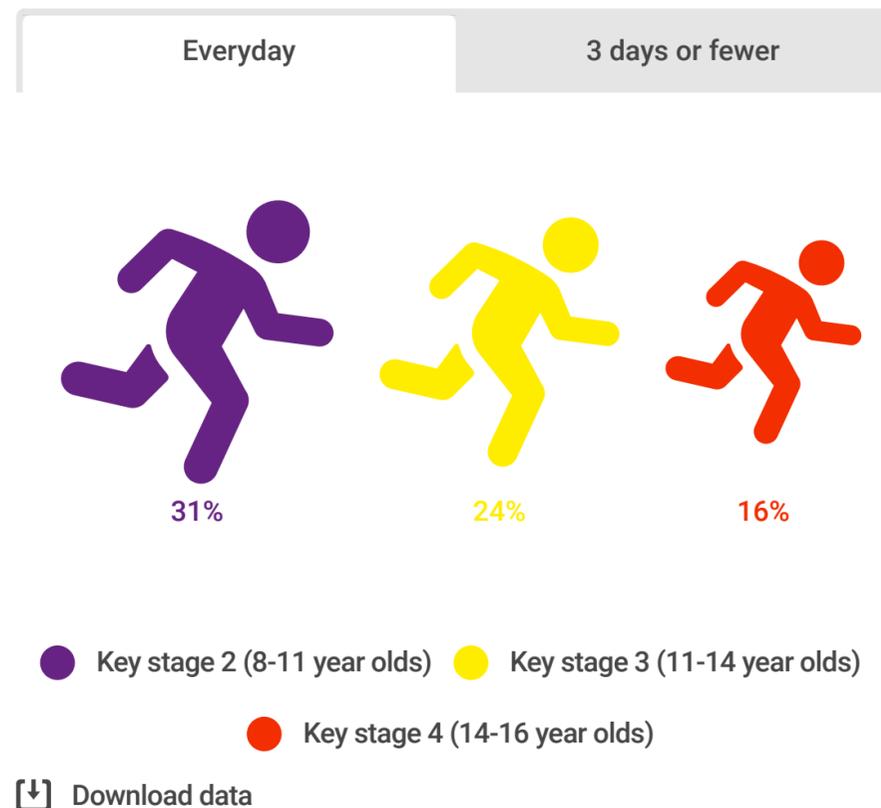
Girls (14%) compared to boys (12%)

# Physical activity

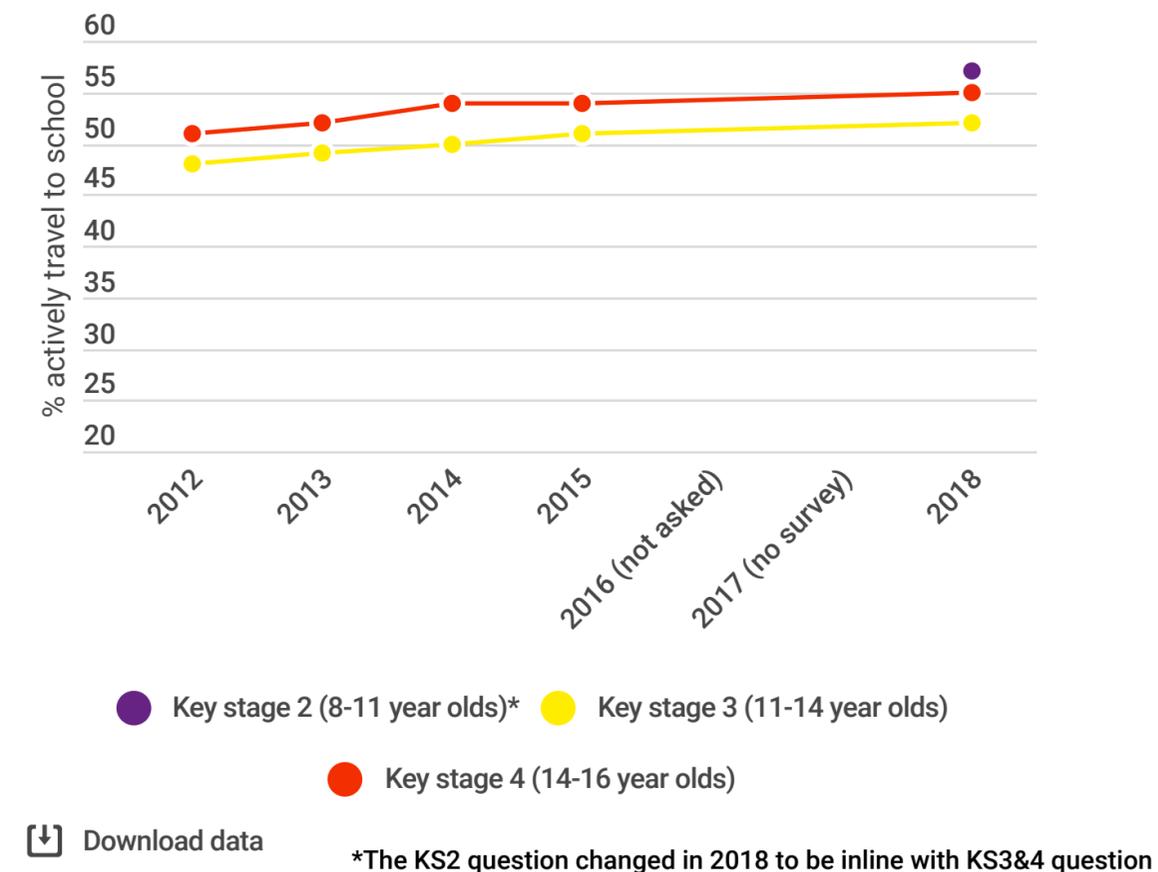
Of primary school pupils aged 8-11 years, around a third (31%) meet the recommendation for at least one hour of physical activity every day. This falls to 24% of 11-14 year olds and to 16% of 14-16 year olds. Figures are very similar to when this question was first asked in this way in 2016.

Secondary school pupils are statistically significantly more likely to actively travel to school (this includes walking, cycling and by skateboard/scooter). The primary school question was changed in 2018 to match the question within secondary schools and cannot be compared to previous years.

## The percentage of pupils physically active for at least an hour:



## The percentage of pupils actively travelling to school (walk, cycle, skateboard/scooter):



## As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to meet physical activity recommendations (21% meet the recommendation for all secondary pupils):

 **16%**  
Girls (16%) compared to boys (26%)

 **17%**  
Pupils who reported not being happy (17%) compared to those who did (21%)

 **16%**  
LGB pupils (16%) and those who are unsure of their sexual orientation (18%) compared to heterosexual/straight pupils (22%)

 **17%**  
Pupils who have tried smoking (17%) compared to those who haven't (22%)

# Diet

Of primary school pupils aged 8-11 years, 69% meet the recommendation for eating five or more portions of fruit and vegetables per day (a small fruit juice is also included, contributing a maximum of 1 portion per day). This remains at 69% of 11-14 year olds, but falls to 60% of 14-16 year olds.

Figures are very similar to when this question was first asked in this way in 2016.

## The percentage of pupils eating recommended 5 or more portions of fruit and vegetables by year group:



● Year 4 ● Year 5 ● Year 6 ● Year 7 ● Year 8 ● Year 9 ● Year 10 ● Year 11

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**As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to meet fruit and vegetable consumption recommendations (66% meet the recommendation for all secondary pupils):**



57%

Young carers (57%) compared to other pupils (67%)



63%

LGB pupils (63%) compared to heterosexual/straight pupils (68%)



57%

Pupils who receive extra help (57%) compared to pupils who do not receive help (67%)



62%

Pupils who have been bullied (62%) compared to those who hadn't (67%)



58%

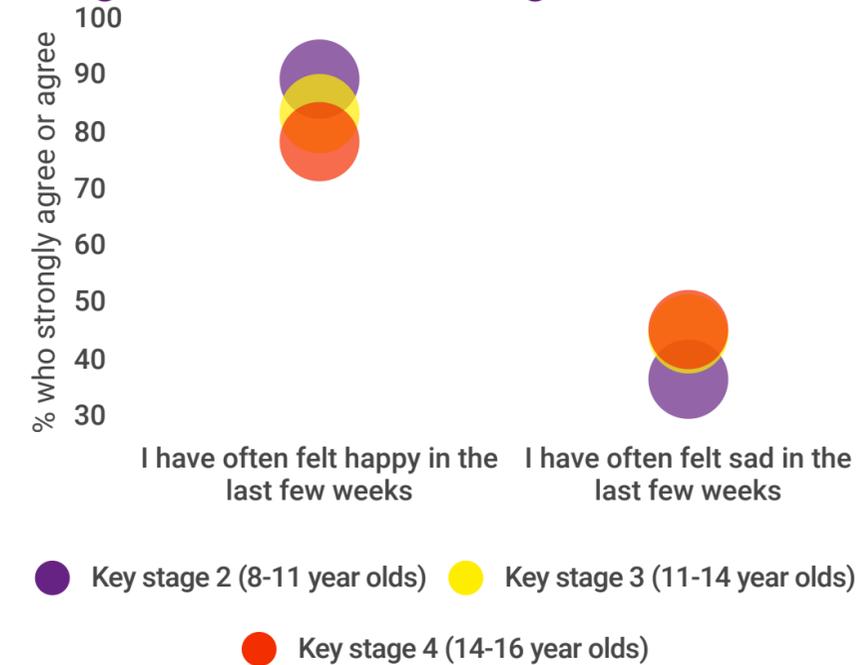
Pupils who reported not being happy (58%) compared to those who did (68%)

# Emotional wellbeing

Levels of happiness are high in all age groups. However younger pupils are more likely to agree that they have often felt happy in the last few weeks. For primary school pupils aged 8-11 years, 92% agreed with this statement. This falls to 86% of 11-14 year olds, and 81% of 14-16 year olds.

Most secondary school pupils often or sometimes worry about the future (58%). Furthermore, half often or sometimes struggle to sleep at night (50%).

## The percentage of pupils who strongly agreed or agreed with the following statements:



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**As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to strongly agree or agree that they felt happy in the last few weeks (84% did for all secondary pupils):**



65%

Pupils who have been bullied (65%) compared to those who hadn't (87%)



70%

Pupils who receive extra help (70%) compared to pupils who do not receive help (86%)



66%

LGB pupils (66%) and those unsure of their sexual orientation (82%) compared to heterosexual/straight pupils (87%)



73%

Pupils who did not (73%) and did not always (65%) identify with their gender assigned at birth compared to those who did (85%)



67%

Pupils who say they are adopted (67%) compared to those who didn't (85%)



73%

Young carers (73%) compared to other pupils (85%)

## The percentage of pupils who often or sometimes do the following (secondary schools only):



58%

58% of secondary pupils often or sometimes worry about the future



50%

50% of secondary pupils often or sometimes struggle to sleep at night



10%

10% of 14-16 year olds often or sometimes hurt or harm themselves, and 17% of 14-16 year olds often or sometimes have suicidal thoughts

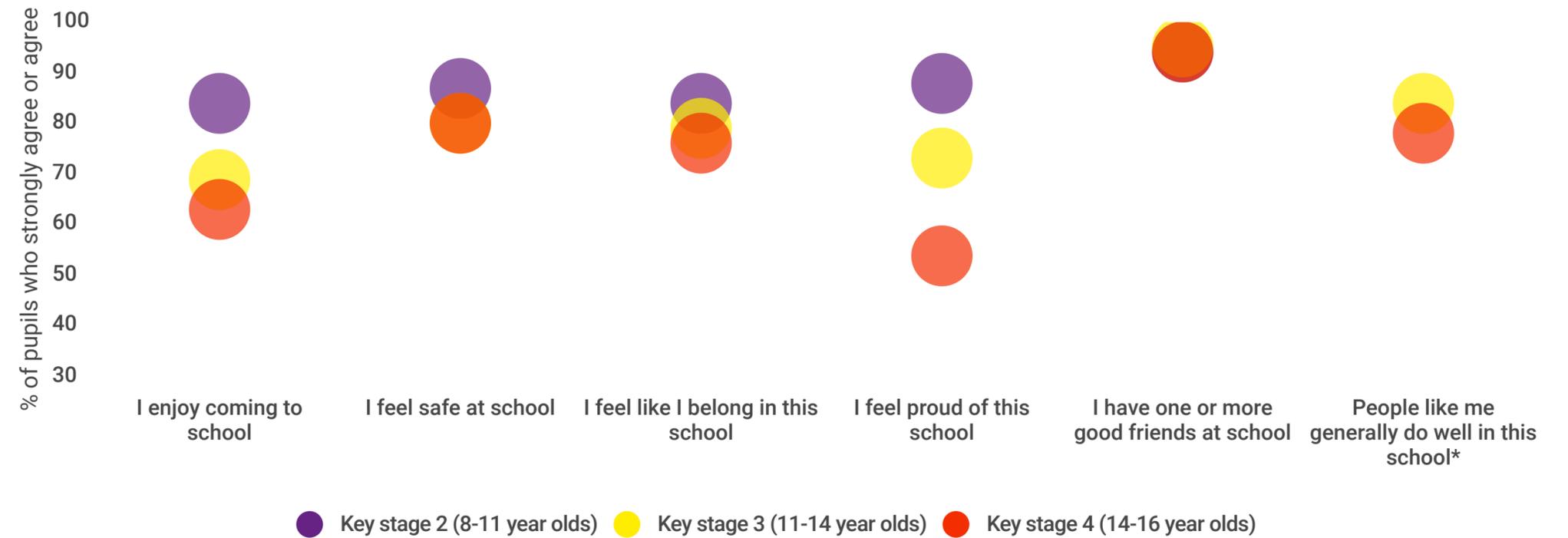
# School culture

Younger pupils are more likely to enjoy coming to school, feel safe at school and to feel a sense of belonging or pride at school.

Almost all pupils in all age groups agree that they have one or more good friends at school (96% of 8-11 year olds, 97% of 11-14 year olds, and 96% of 14-16 year olds).

In secondary schools, 11-14 year olds are more likely to agree that "People like me generally do well in this school" (86%), compared to 14-16 year olds (80%).

## The percentage of pupils who strongly agreed or agreed with the following statements:



[Download data](#)

\*Key stage 3 & 4 only

**As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to strongly agree or agree that "People like me generally do well in this school" (83% did for all secondary school pupils):**



64%

Pupils who are say they are adopted (64%) compared to those who don't (84%)



70%

Pupils who have been bullied (70%) compared to those who hadn't (86%)



68%

Pupils who did not (68%) and did not always (68%) identify with their gender assigned at birth compared to those who did (85%)



72%

Pupils who are young carers (72%) compared to those who aren't (85%)



68%

Pupils who receive extra help (68%) compared to pupils who do not receive help (85%)



74%

LGB pupils (74%) compared to heterosexual/straight pupils (85%)

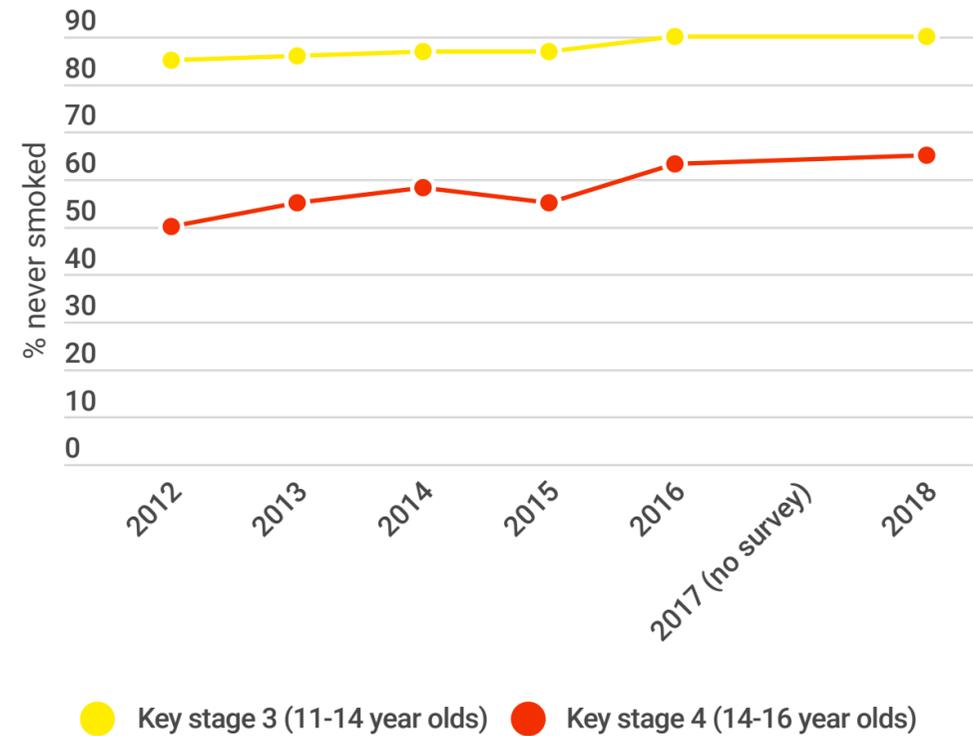
# Smoking

The majority of secondary schools pupils have never smoked - 90% of 11-14 year olds and 65% of 14-16 year olds. This has increased over time from 85% of 11-14 year olds and 50% of 14-16 year olds in 2012.

Most pupils who have tried smoking have only ever tried it once - 6% of 11-14 year olds and 17% of 14-16 year olds have tried smoking once.

Those with someone who regularly smokes in their home are statistically significantly more likely to have tried smoking compared to other pupils.

## The percentage of pupils who say they have never smoked (secondary schools only):



[Download data](#)

## Pupils by their smoking habits (%) (secondary schools):

### Key stage 3 (11-14 year olds)



[Download data](#)

### Key stage 4 (14-16 year olds)



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## As well as younger pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried smoking (19% for all secondary pupils):



33%

Pupils who reported not being happy (33%) compared to those who did (16%)



29%

Pupils with someone who regularly smoked in their home (29%) compared to those who didn't (16%)



33%

Pupils who say they are adopted (31%) compared to other pupils (18%)



28%

Pupils who did not (28%) or not always (26%) identify with their gender assigned at birth compared to those who did (19%)



32%

LGB pupils (32%) compared to heterosexual/straight pupils (18%)



21%

Girls (21%) compared to boys (16%)

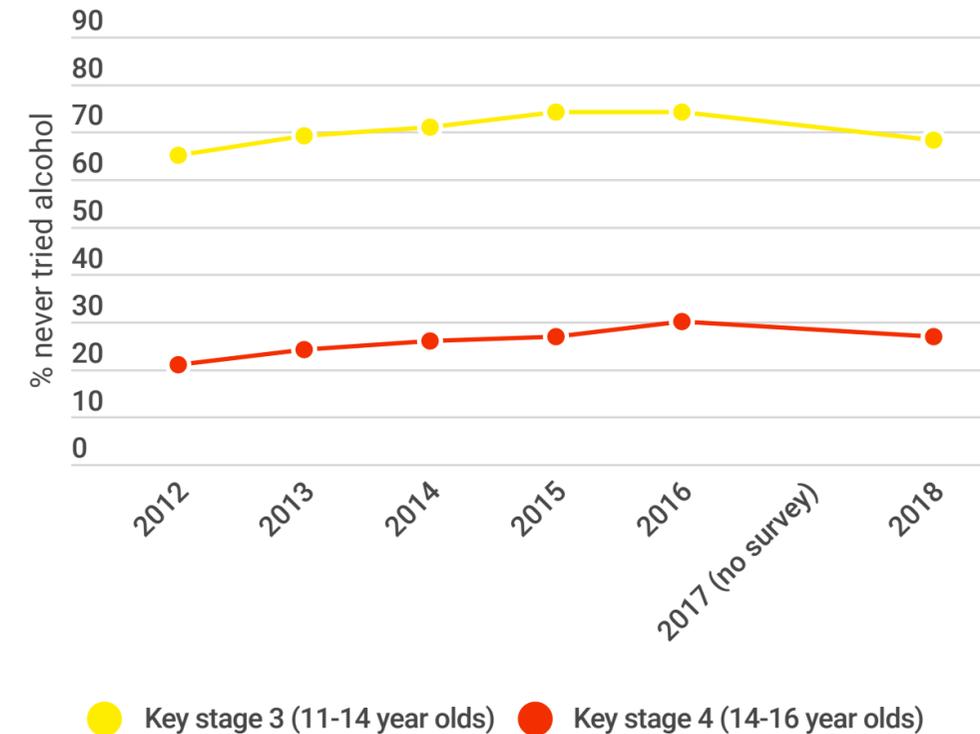
# Alcohol

The majority (68%) of 11-14 year olds and the minority (27%) of 14-16 year olds have never tried alcohol. These percentages have been steadily improving over recent years, although the latest results show a slight decline.

Just under a third (31%) of 14-16 year olds say that they never drink and over half (52%) say that they never get drunk.

Pupils who had tried smoking and had tried drugs were statistically significantly more likely than those who hadn't to have tried alcohol, as well as other vulnerable groups.

## The percentage of pupils who say they have never tried a whole alcoholic drink (secondary schools only):



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## The percentage of pupils by how often they drink and get drunk (14-16 year olds only):



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## As well as older pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried alcohol (46% had tried alcohol for all secondary pupils):



61%

Pupils who reported not being happy (61%) compared to those who did (42%)



50%

Pupils who receive extra help (50%) compared to those who do not receive help (45%)



61%

LGB pupils (61%) compared to heterosexual/straight pupils (46%)



49%

White British pupils (49%) compared to BME pupils (40%)



59%

Pupils who say they are adopted (59%) compared to other pupils (45%)



47%

Boys (47%) compared to girls (43%)

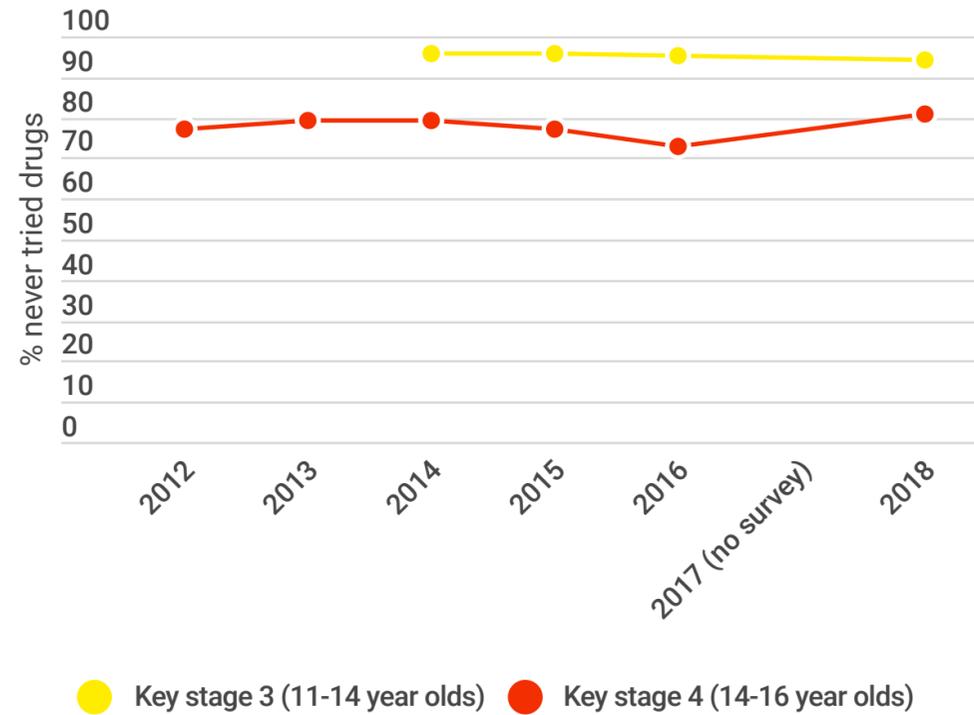
# Drugs

Almost all 11-14 year olds (94%) and the majority of 14-16 (81%) year olds have never tried drugs. For 14-16 year olds this is the highest percentage who have never tried drugs since this question was first asked in 2012.

The most commonly tried drug was cannabis - 3% of 11-14 year olds and 17% of 14-16 year olds having tried cannabis. A small percentages of pupils had tried drugs other than cannabis (2% of 11-14 year olds and 8% of 14-16 year olds).

Pupils who had tried smoking and alcohol were statistically significantly more likely to have tried drugs, as well as other vulnerable groups of pupils.

## The percentage of pupils who say they have never tried drugs not prescribed to them (secondary schools only):



[Download data](#)

## As well as older pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried drugs (10% had ever tried drugs for all secondary pupils):



24%

Pupils who say they are adopted (24%) compared to other pupils (10%)



19%

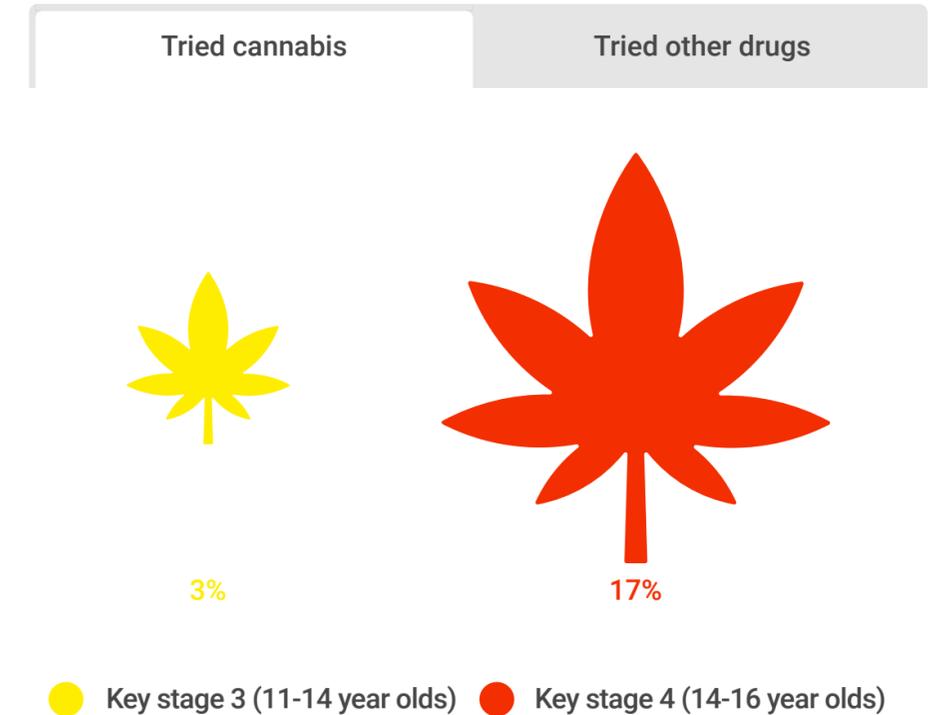
Pupils who reported not being happy (19%) compared to those who did (8%)



19%

Pupils who did not (19%) or did not always (15%) identify with their gender given at birth compared to those pupils who did (10%)

## The percentage of pupils who have tried cannabis and other drugs (secondary schools):



[Download data](#)



17%

Pupils who receive extra help (17%) compared to pupils who do not receive help (9%)



17%

LGB pupils (17%) compared to heterosexual/straight pupils (10%)



16%

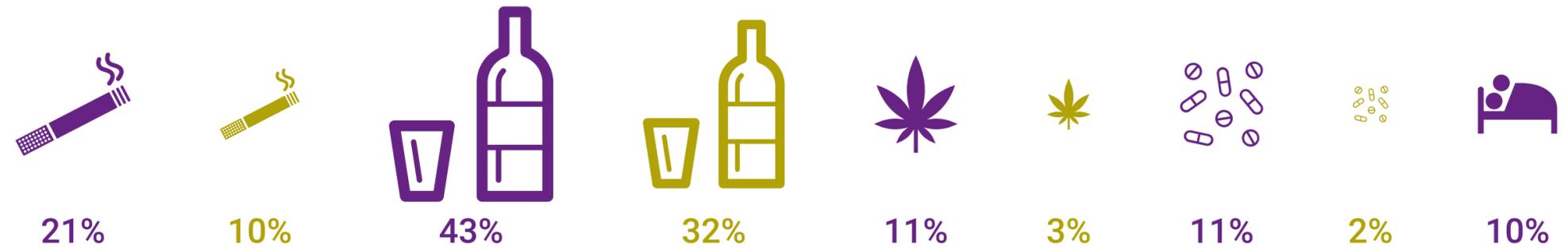
Young carers (16%) compared to other pupils (10%)

# Perceptions

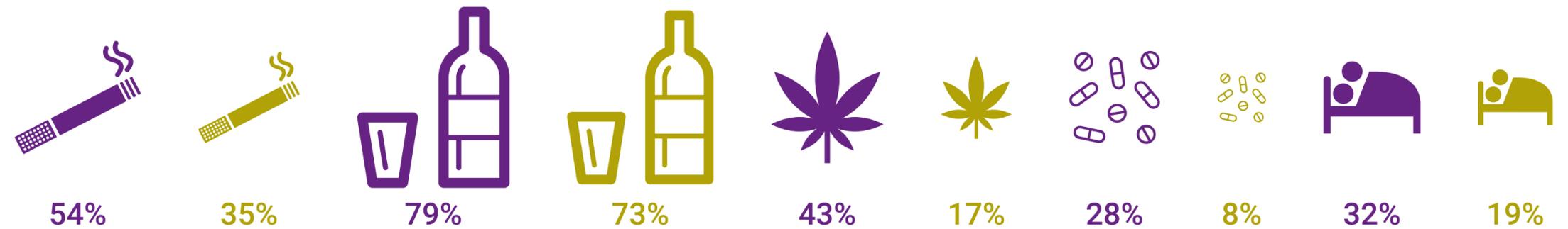
In 2018, we asked pupils for the first time what percentage of pupils in your year do you think have tried cigarettes/tobacco; alcohol; cannabis; other drugs and have had sex.

In all cases, the perceived percentage of pupils is higher than the actual. For example, in Key Stage 4 (14-16 year olds) pupils think that 43% of their year group have tried cannabis whereas the actual percentage who say that they have tried cannabis is 17%.

Perception and actual % of pupils who have tried cigarettes/tobacco; alcohol; cannabis; other drugs or; had sex (perception only) - Key Stage 3 (11-14 year olds):



Perception and actual % of pupils who have tried cigarettes/tobacco; alcohol; cannabis; other drugs or; had sex - Key Stage 4 (14-16 year olds):



Perception



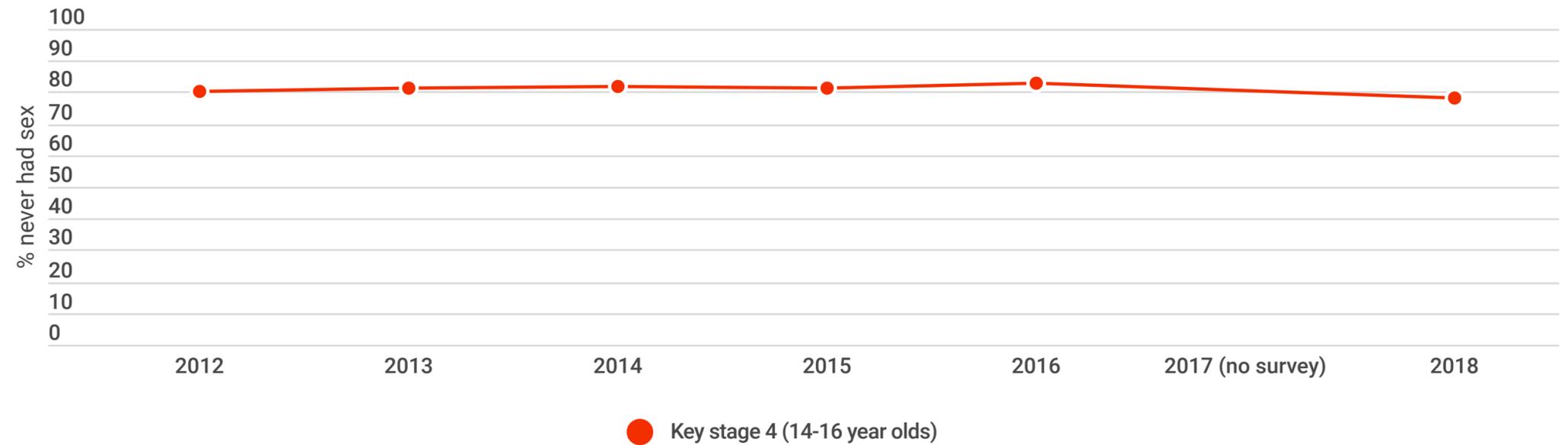
Actual

# Sex & relationships

The majority of 14-16 year olds in the city have not had sex (78%). This result has remained similar since this question was first asked in 2012.

There is no difference between the percentage of boys and girls who say that they have had sex. Pupils who have also engaged in other risk taking behaviours (trying drugs, smoking and drinking) were more likely to have had sex, as were other groups of pupils who are more vulnerable.

Percentage of 14-16 year olds who have not had sex:



[Download data](#)

The following groups of 14-16 year olds are statistically significantly more likely to have had sex (22% for all 14-16 year olds):



43%

Pupils who have tried drugs (43%) compared to those who haven't (14%)



28%

Pupils who did not identify with their gender assigned at birth (28%) compared to those who did (18%)



35%

Pupils who have tried smoking (35%) compared to those who haven't (20%)



26%

Pupils who received extra help (26%) compared to those who didn't (18%)



24%

Pupils who have tried alcohol (24%) compared to those who haven't (6%)



26%

Pupils who have been bullied (26%) compared to those who hadn't (18%)



29%

Young carers (29%) compared to other pupils (19%)



24%

LGB pupils (24%) compared to heterosexual / straight pupils (19%)

# Sex & relationships

Just under two thirds (63%) of 14-16 year olds have got, or have ever had, a boyfriend or girlfriend. This is similar to previous years.

Pupils who have had sex are statistically significantly more likely than those who haven't to know where to go for a chlamydia test, free condoms and the morning after pill. They are also more likely to feel confident using condoms.

Pupils who have had sex are also statistically significantly more likely than those who haven't to be aware of the local sexual health based services.

The percentage of 14-16 year olds who have experienced the following:

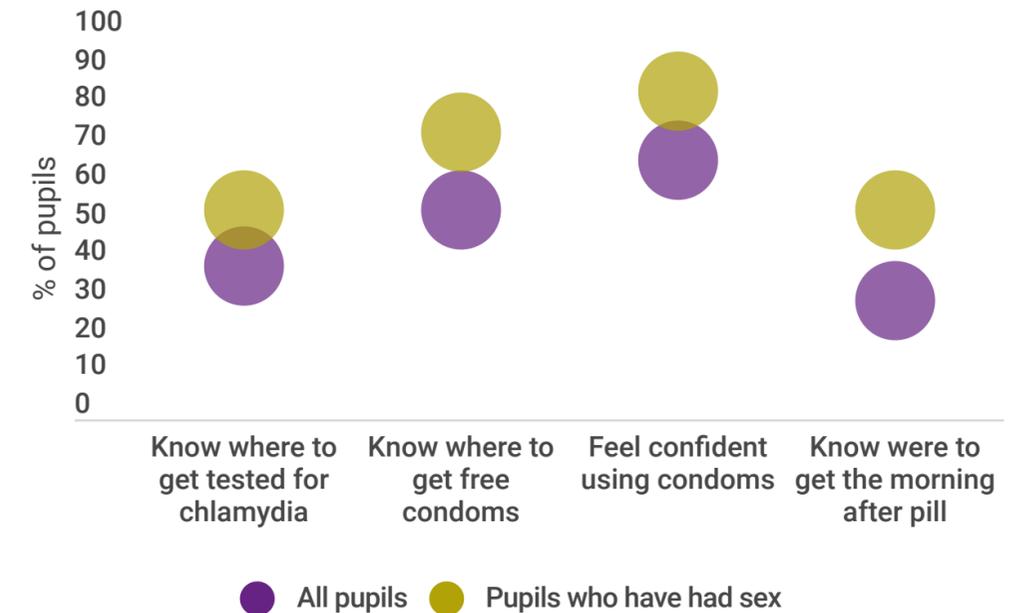
 63% have ever had a boyfriend or girlfriend

 51% of pupils who have been in a relationship have experienced a problem behaviour\*

[Download data](#)

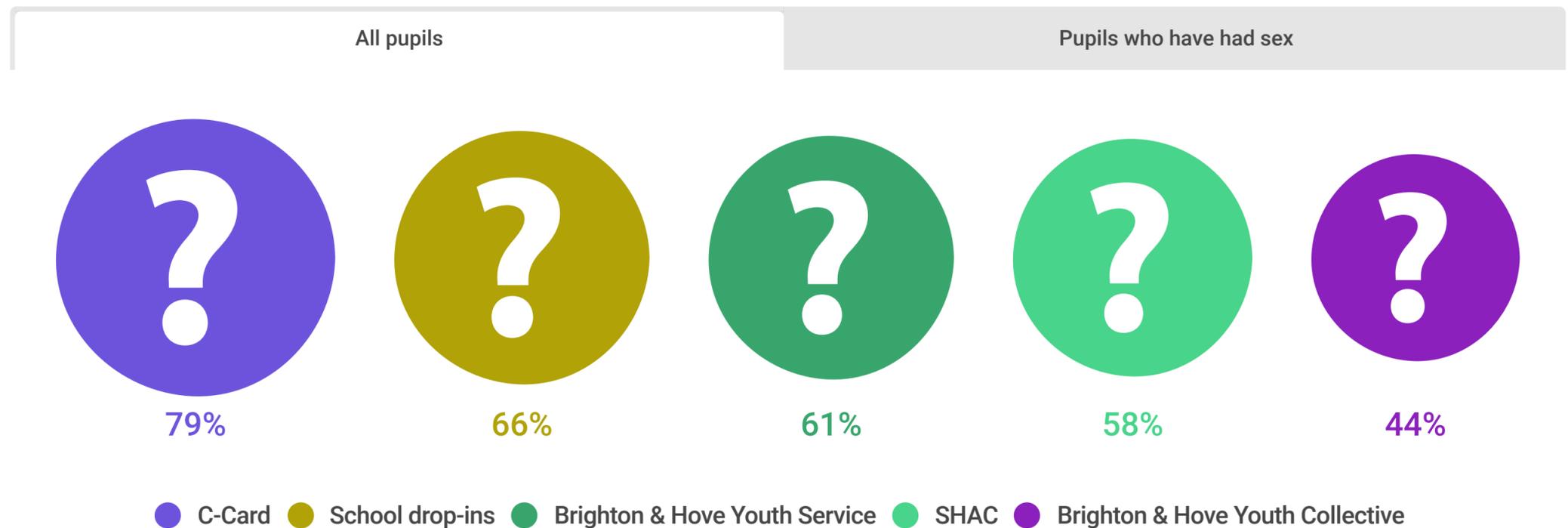
\*Problem behaviours include being yelled at, being put down and/or humiliated, being hit, kicked, pushed or slapped, having sent or received photos or films of each other naked, being threatened if you didn't do something your partner wanted, being constantly checked up on, being forced into sex, and being forced into marriage.

The percentage of 14-16 year olds who know about the following:



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The percentage of 14-16 year olds who were aware of the following services:



● C-Card ● School drop-ins ● Brighton & Hove Youth Service ● SHAC ● Brighton & Hove Youth Collective