

# Growing Up in North Yorkshire

## A summary of the Growing Up in North Yorkshire survey 2020

These results are the compilation of data collected from children and young people in the majority of schools in North Yorkshire during Autumn Term 2020. This survey was commissioned by the **North Yorkshire Children and Young People's Service (CYPS)** to collect reliable information about young people's learning and wellbeing. This is the eighth such large survey completed in North Yorkshire, following seven studies between 2006 and 2018.

### Introduction from Stuart Carlton

Corporate Director - Children & Young People's Service

Despite the unprecedented challenges that schools have faced this year due to the COVID-19 pandemic, I am delighted that over 16,146 children and young people have participated and shared their perceptions and experiences through our biennial '**Growing up in North Yorkshire**' survey. The findings within the survey provide all professionals who work with children and young people key insights into our children and young people's perceptions and experiences and create an opportunity for us to refine and enhance the quality of provision within the county so that it addresses emerging needs and trends.

The decrease in wellbeing scores across the age groups gives us an insight into how the pandemic has affected our children and young people and reinforces the need to continue to strive for the very best experiences in our schools and communities, with a focus on our most vulnerable children and young people. Our refreshed plan, *Being Young in North Yorkshire*, aims to improve the lives of children and young people living in North Yorkshire and remains inclusive of wellbeing outcomes. We will continue to use the **Growing up in North Yorkshire** survey to monitor the positive outcomes and identify further key priorities and actions, ensuring we all take collective responsibility for prioritising the wellbeing of our children and young people.

### Key issues

Among the findings from these young people in North Yorkshire, we see many welcome results and several positive trends. There are also some results and trends in young people's perceptions and behaviours that indicate there is still more work to do.

#### Our priorities:

- Developing resilience and emotional wellbeing with a focus on responding to emerging needs following the pandemic
- An inclusive and positive ethos and culture at school to ensure all pupils feel valued, safe and have a sense of belonging
- Responding to the increasing online safety risks for pupils
- Supporting and encouraging a healthy lifestyle
- Effective implementation and delivery in schools of the statutory relationships, sex and health education curriculum
- Supporting identified **groups of young people** who continue to have more negative outcomes against a wide range of indicators. These include in particular: Young Carers, Pupils receiving Free School Meals, Lesbian, Gay, Bisexual pupils (LGB), Transgender pupils, Pupils with Special Educational Needs and /or Disabilities, Pupils from single-parent families
- Reduce bullying and prejudice based incidents in schools and the wider community through developing effective inclusive practice

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## THE SURVEY

This report is based on the responses of nearly 16,000 pupils attending mainstream schools and pupil referral services in North Yorkshire. Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. Completed questionnaires were then returned to SHEU in Exeter for processing. Many of the schools conducted the survey online. All schools who took part have received their own individual school report.

The sample sizes are shown in the table (right). N.B. \* 966 pupils either didn't give us their

gender or describe themselves as something other than male or female (rather more than in 2018).

Key findings from the Special School Survey and the Year 12 survey can be found on page 20.

### ↗ Trends ↘

This survey follows studies in 2018, 2016, 2014, 2012, 2010, 2008 and 2006. Where

changes can be seen, these are noted on pages 18-19.

### ↕ Comparisons ↕

A special analysis has been made of pupils with different social identities (pages 22-23).

16,146 pupils from the target year groups took part in the survey

	Year 2	Year 6	Year 8	Year 10	Year 12
<b>Males</b>	1796	1966	1521	1579	286
<b>Females</b>	1731	1818	1478	1585	224
<b>Total*</b>	3543	3960	3125	3329	536

### Effective use of the data

The biennial survey has consistently gathered the perceptions and experiences of children and young people in North Yorkshire since 2006. Due to school closures during the pandemic, the survey could not be completed in the summer term like previous years. The survey was completed in the Autumn term and this did mean fewer schools participated and therefore fewer pupils; also, because of the different time of year, the pupils are younger in each of the target year groups. We therefore suggest an attitude of caution when making comparisons with the 2018 data. However, these are the responses from North Yorkshire children and young people, which collectively we need to listen and respond to.

## KEY FINDINGS: Growing up in North Yorkshire

Y2	Y6	Y8&10
<ul style="list-style-type: none"> <li>❑ 20% of Y2 pupils responded that they are allowed to watch TV after they have gone to bed</li> <li>❑ 42% of pupils said they visit a shop before or after school to buy their snack/drinks</li> </ul>	<ul style="list-style-type: none"> <li>❑ 25% of boys and 26% of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey</li> <li>❑ 13% of pupils responded that they feel scared to <u>be at school</u> because of other children 'most of the time', while 22% said they 'sometimes' do</li> </ul>	<ul style="list-style-type: none"> <li>❑ 5% of pupils responded that they have <u>experienced</u> sexual harassment at school, while 7% said they are 'not sure' if they have</li> <li>❑ 12% of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'</li> <li>❑ 8% of Year 10+ pupils responded that their boyfriend/girlfriend has threatened to tell people things about them, either with their current partner or in the past; 11% said their boyfriend/girlfriend has used hurtful or threatening language towards them</li> </ul>

## KEY FINDINGS

### Positive findings for identified priorities

- ❑ 68% of Y6 pupils and agreed that they had enough support for their wellbeing from school during lockdown
- ❑ Y8&10 pupils are less likely to have tried vaping in 2020 (31% in 2018 vs 23% in 2020)
- ❑ Y8&10 pupils responded that they have found school lessons about emotional and mental health and wellbeing 'quite' or 'very' useful (36% in 2018 vs 45% in 2020)
- ❑ Pupils in special education settings are generally positive about their schools: 78% of pupils responded that their school cares whether they are happy or not (higher than mainstream schools) while 95% have been told how to keep themselves safe online

### Closing the Gap (see p.22-23)

- ❑ There have been big improvements in perceived safety outside the home among the most deprived group of pupils (see p.17)
- ❑ Smoking among LGB students in Y8&10 has fallen back to the County average
- ❑ Fewer BAME pupils in 2020 responded that they haven't had enough information and guidance about their options after Year 11, including apprenticeships
- ❑ There are improvements in pupil perceptions of school from pupils from Armed Services for two items: *The school encourages everyone to treat each other with respect* and *Adults at school talk to me about how to improve my work.*

## PERSISTING and EMERGING ISSUES and INEQUALITIES

- ❑ The set of key measures which show worse results for several potentially vulnerable groups (p.22-23) still show differences which are mostly not improving.
- ❑ LGB and transgender students in Y10 have always worried about being different, but this is even more marked in 2020. LGB students in 2020 show increased worry about their appearance in 2020 compared with 2018.
- ❑ SEN students in 2020 report more negative (bullying) behaviour outside at school than in 2018.

### There were new questions in 2020 about **gaming, gambling** and **self-harm**

- ❑ 60% of students in Y8&10 reported taking part in at least one gambling-related activity.
  - ❑ 24% of pupils said they have done at least one of the gambling-related things in Q51 in the last year and their parents didn't know all of it; 6% said their parents didn't know any of it.
  - ❑ 24% of students in Y8&10 reported ever having 'deliberately harmed yourself'; 10% said they had done so in the last term (15% of Y10 females).
  - ❑ 49% of pupils who have experienced the issues related to self-harm or thoughts of self-harm in Q56 said they didn't tell anybody about it. 31% said they didn't need any support.
  - ❑ 11% got support online, 7% got support from school and 18% got support from somewhere else.
- |  |     |
|--|-----|
| Bought coins to move up a level or get some other upgrade on a computer game | 35% |
| Bought a 'loot box' on a computer game                                       | 24% |
| Placed a private bet with friends (for money or something else)              | 22% |
| Put a bet on a sporting event  | 15% |
| Used a fruit machine/slot machine/other gambling machines                    | 12% |
| Bought a lottery ticket or scratch card                                      | 10% |
| Skin betting   | 6%  |

## Responding to coronavirus

- We asked a number of questions about pupils' experience of life and learning and how it was affected by coronavirus restrictions.
- Most students said that they were able to study at home, and had someone they could talk to about worries or school work, either at home or at school.
- 69% of KS2 pupils said that it was hard to keep up with relatives but 66% said that they had found easy ways of communicating; 68% agreed that they had enough support from school.
- In the rest of the questionnaire, we see a number of changes that may be related to coronavirus: an increase in **handwashing** in (KS1: 74% 'always' after toilet in 2018, 85% in 2020; KS2: 69% to 93%), a general increase in **worries** in KS2 (2018: 61%, 2020: 77%); and reduction in **wellbeing** scores (KS2: 2018: average score 46, 2020: 44; KS3/4: 2018: 23, 2020: 22)

COVID-19 AND HOME LEARNING	Y2	Y8&10
did school work at home (home learning).	84%	86%
found it 'hard'	17%	27%
could NOT get help easily enough from an adult at home or school if were stuck	23%	14%
could talk to someone at home 'most of the time' if they were worried	62%	
could talk to someone at school 'most of the time' if they were worried	42%	

LOCKDOWN IMPACT % 'agree'	Y6	Y8&10
I've been getting on better with my family	57%	53%
People in my area have been getting on better	31%	31%
There have been more arguments at home	31%	29%
It's been harder to keep up with friends	62%	47%
It's been harder to keep up with relatives who don't live in my home	69%	64%
I have found easy ways of communicating with people (e.g. via Internet)	66%	70%
I have felt generally quite positive/happy	47%	44%
I have been able to be physically active as I would like	55%	48%
My school has provided enough support for my wellbeing	68%	29%

SELF CARE % 'most of the time'	Y8&10
Stay in touch/talking with friends and family (e.g. phone/social media)	77%
Keeping yourself busy (e.g. learning a new skill/online learning)	57%
Exercising enough to stay healthy	57%
Talking about any worries that might be building up	28%
Getting enough sleep (at least 8 hours)	52%
Taking some time to relax (reading, watching films/series, meditation, mindfulness)	64%
Eating well (e.g. 5-a-day etc.)	57%

COVID WORRIES % 'quite a lot' or more	Y8&10
Catching COVID-19/'coronavirus' yourself	12%
Family/friends/people you know catching COVID-19/'coronavirus'	38%
Other people catching COVID-19/'coronavirus'	17%
Spreading the virus yourself	28%
Family/friends/people you know spreading the virus	18%
Other people spreading the virus	23%

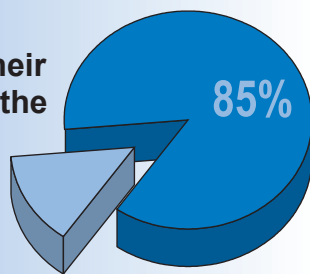
# Primary school pupils in Year 2

(aged 6 - 7 years) **Bold type indicates use of a table or chart.**

## BEING HEALTHY

- When asked about what they had before lessons on the morning of the survey, 81% responded that they had a drink, and 92% said that they had something to eat, while 3% said they had nothing before lessons.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 53%; water 64%; milk 47%; vegetables 45%; sweets or chocolate 41%.
- The foods or drinks least commonly consumed were: milk shake (28% 'never' consumed); sugary cereals (23%); fizzy drinks (29%).

- 85% 'always' wash their hands after going to the toilet.**



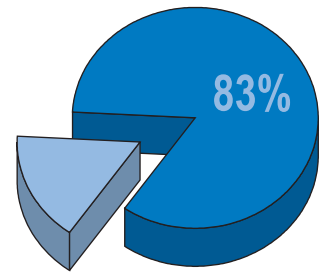
- 77% cleaned their teeth at least twice on the day before the survey. 42% have been to a dentist in the last year.

## PHYSICAL ACTIVITY

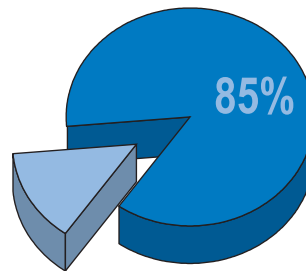
- 77% of pupils said they do one or more of the physical activities listed in the questionnaire at least 'twice a week' at school; 55% said they do so 'most days'.
- 59% of pupils said they do one or more of the physical activities listed in the questionnaire at least 'twice a week' out of school; 44% said they do so 'most days'.
- 67% of pupils responded that they have a set bedtime for nights when it's school the next day. 37% of pupils responded that someone usually reads them a bedtime story.
- 45% of pupils responded that they have a TV in their bedroom. 20% of these pupils responded that they are allowed to watch TV after they have gone to bed.
- 97% use a computer/tablet or mobile device at home. 64% use it to help with schoolwork. 87% said they use it to play games.

## SAFETY

- 83% of pupils who go online say they know how to keep themselves safe on the Internet.** Nonetheless, 29% say they have friends online that they don't know in real life.



- 97% have a bike or a scooter and 83% have a bike helmet; 59% 'always' wear a bike helmet when they use their bike or scooter.



- Overall, 85% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.**

- 13% of pupils responded that they feel scared to be at school because of other children 'most of the time', while 22% said they 'sometimes' do.
- 7% of pupils responded that they feel scared to travel to school because of other children 'most of the time', while 14% said they 'sometimes' do.

## COVID-19

- 32% of pupils responded that they went to school 'most of the time' during COVID-19 and lockdown, while 21% said they 'sometimes' did.
- 84% of pupils said they did school work at home during COVID-19 and lockdown when they were not in school.
- Of the 2891 pupils who did work at home during COVID-19 and lockdown, 35% said they found it 'easy' to do so, while 17% found it 'hard'. 77% of pupils who worked at home said they could get help if they got stuck (71% from an adult at home and 6% from an adult at school).
- 62% of pupils responded that they could talk to someone at home 'most of the time' if they were worried about something during the time at home, while 28% said they 'sometimes' could.

# Primary school pupils in Year 2 (aged 6 - 7 years)

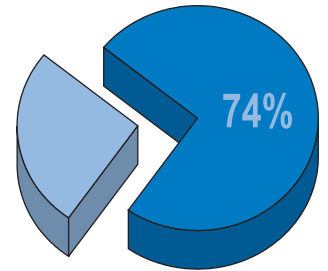
## EMOTIONAL HEALTH AND WELLBEING

- We asked a question about worries. The percentages of pupils who say they worry 'most days' about different issues were:

	Boys	Girls
School-work	23%	23%
Being ill	34%	40%
Friendships	31%	33%
Family	43%	45%
The way you look	20%	22%

- When asked who they would turn to for support when upset or worried about the issues listed above, **adults at home** were often pupils' main source of support. Pupils who were worried or upset about school were more likely to turn to teachers; those worried about friendships would turn to friends.

- **74% of pupils responded that they worry about at least one issue 'most days'.**



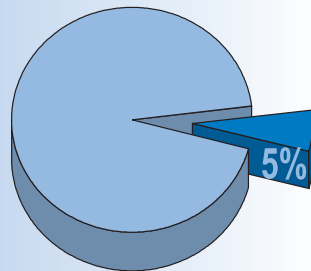
# Primary school pupils in Year 6 (aged 10 - 11 years)

## HEALTHY EATING

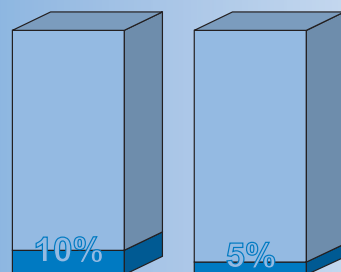
- **5% had nothing to eat or drink for breakfast on the day of the survey.**

- 64% of pupils responded that they had a drink before lessons on the morning of the survey.

- 89% said that they had something to eat before lessons on the morning of the survey.



## Five-a-day

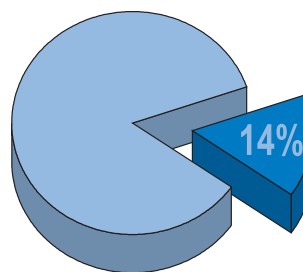


- **10% of boys and 5% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.**

- 25% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

## Snacks and drinks

- 6% of pupils responded that they didn't eat any snacks on the day before the survey.



- 50% of pupils responded that they ate one or two snacks on the day before the survey.

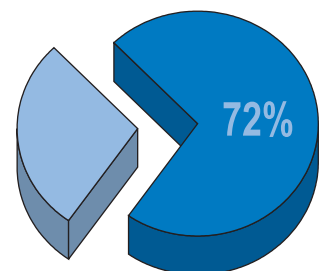
- **14% of pupils responded that they ate at least 5 snacks on the day before the survey.**

- 37% of pupils responded that they didn't drink any sugary drinks on the day before the survey.

- 30% of pupils responded that they drank at least 2 sugary drinks on the day before the survey.

- 21% of pupils said they visit a shop before or after school to buy their snack/drinks.

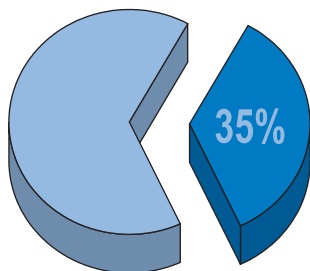
- **72% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% have found them 'not at all' useful and 5% couldn't remember having any.**



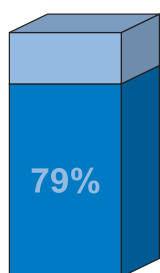
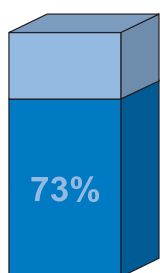
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

- 35% of pupils said they worried about family 'quite often' or 'very often' and 28% said they worried about falling out with friends.

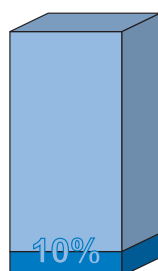
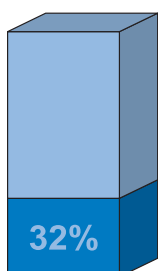
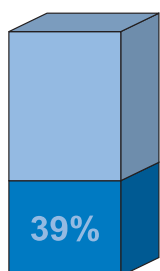


- 77% of pupils [73% of boys and 79% of girls] said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



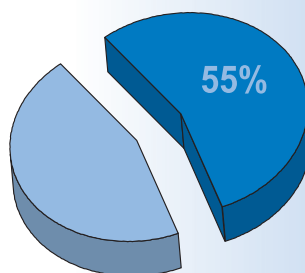
- 46% of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 61% of pupils responded that they have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful, while 7% have found them 'not at all useful' and 11% couldn't remember any.
- 77% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 16% said they 'maybe' do.

- 35% of pupils (39% of boys and 32% of girls) scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 3% of pupils had a very low score (12 - 23) and 10% a score less than 30, which suggests poor mental health.



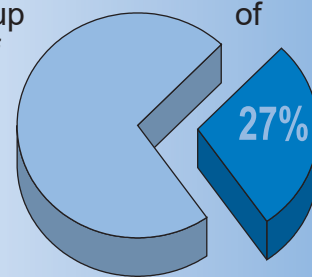
## Resilience

- 67% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 51% said they ask for help.



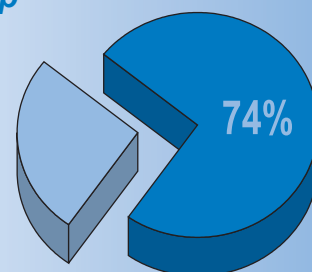
- 55% of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

- We calculated an overall measure of resilience from a group related items. 19% of pupils had a low measure of resilience (0 - 19). 27% of pupils had a high measure of resilience (26+).

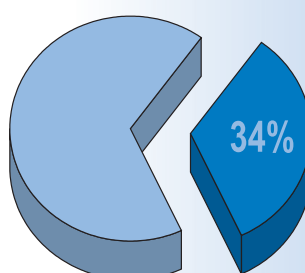


## Puberty and growing up

- 74% of pupils responded that they feel they know enough about how their body changes as they get older, while 5% feel they don't know enough.



- 28% of pupils responded that they feel 'happy' about growing up and body changes, while 6% of pupils responded that they feel 'unhappy' about growing up and body changes.
- 20% of boys and 38% of girls reported that they worry about the way they look.



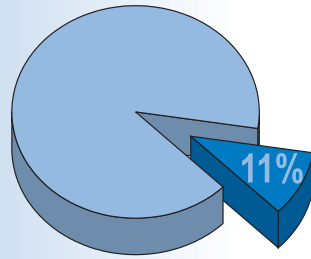
- 34% of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

## PRIMARY

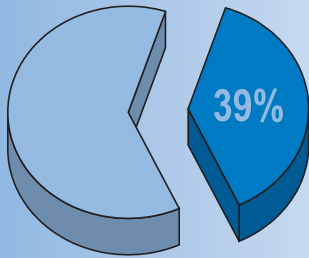
### DRUGS, ALCOHOL AND TOBACCO

#### Drugs

- 11% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs in their area.

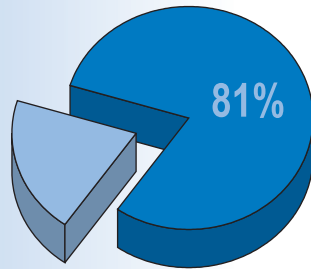


- 39% of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful', while 13% have found them 'not at all' useful and 31% couldn't remember any.

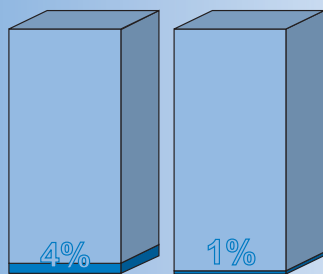


#### Alcohol

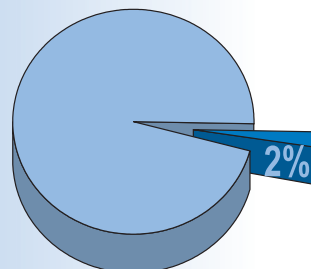
- 81% of pupils reported that they never drink alcohol while 13% of pupils drink at home only with their parents' knowledge.



- 4% of boys and 1% of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.



- 34% of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

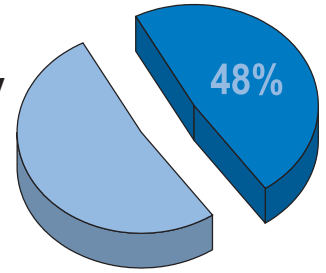


#### Nicotine

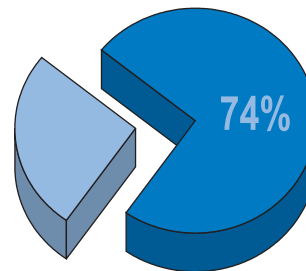
- 2% say they have tried smoking in the past or smoke now.
- <1% said they smoked at least one cigarette in the week before they survey.
- 4% of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'.

### PHYSICAL ACTIVITY

- 48% of pupils responded that they do five or more hours of physical activity in a typical week in school (1% none at all).



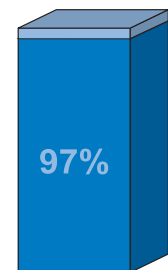
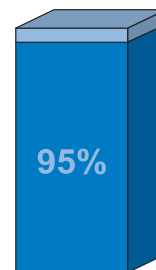
- 43% of pupils responded that they do five or more hours of physical activity in a typical week out of school (6% none at all).



- 74% of pupils responded that they find it 'quite' or 'very' easy to be as physically active as they like (5% 'not at all' easy).

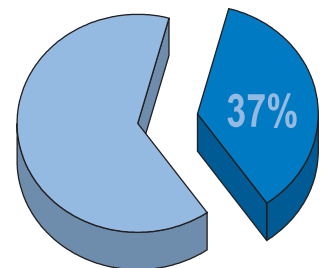
- 78% of pupils responded that they have found school lessons about physical education at least 'quite useful'

- 96% of pupils (95% of boys and 97% of girls) responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.



- 90% said they play running/skipping games/tag and 71% said they play ball games.

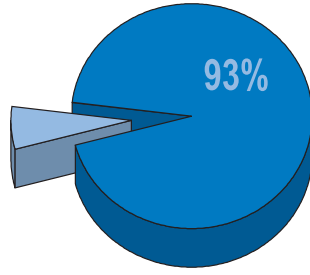
- 37% said they read quietly at playtime.





## HEALTH AND HYGIENE

- 93% of pupils responded that they washed their hands before lunch on the day before the survey. 3% said they are 'not sure' if they did.

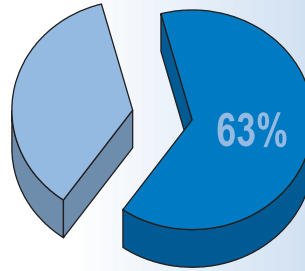


### Dental health

- 79% of pupils responded that they have been to the dentist in the last year, while 19% said they last went more than a year ago and 2% have never been.

## Sun safety

- 8% of pupils 'never' do anything to avoid sunburn (when it's sunny).



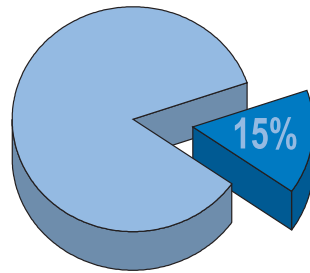
- 63% of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

## STAYING SAFE

- 30% of pupils reported that they had an accident in the twelve months before the survey that was treated at a clinic or at a hospital.
- 77% of pupils responded that they 'always' feel safe at home and 57% said they 'always' feel safe at school.

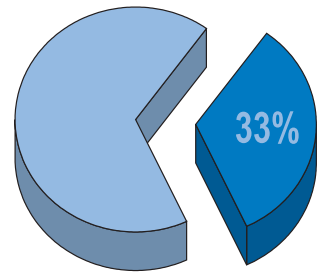
### Internet safety

- 15% of pupils responded that they communicate with people they have met online and don't know in real life.
- 12% of pupils responded that they communicate with people online by posting things that lots of people can see and 26% said they communicate with people using picture/video sharing sites/apps.
- 9% of pupils responded that they have seen pictures, videos or games they found upsetting online.



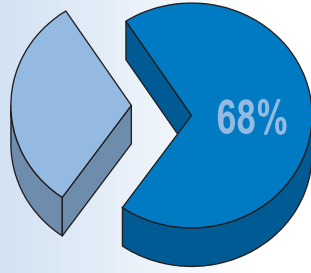
## Bullying

- 33% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.
- 21% of pupils said that they were bullied at or near school in the 12 months before the survey, while 3% said that they bullied another pupil in the same period.
- 24% of pupils responded that they were teased/made fun of in the month before the survey, while 24% said they had been called nasty names and 15% said they had been called 'gay' (as an insult).
- 26% of pupils responded that they were pushed/hit in the month before the survey, while 8% said they had belongings taken/broken.
- 73% of pupils responded that they think their school takes bullying seriously, while just 7% think their school doesn't take it seriously.
- 73% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 8% said that bullying is not a problem in their school.
- 57% of pupils responded that they have found school lessons about bullying at least 'quite useful', while 15% have found them 'not at all' useful and 11% couldn't remember any.
- 49% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.



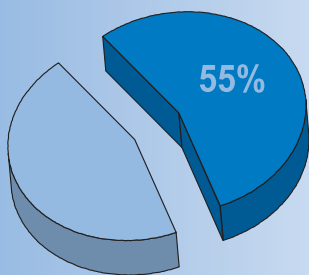
**PRIMARY  
LEISURE**

- 68% watched some TV or similar on the evening before the survey.
- 46% played with friends or siblings on the evening before the survey. 73% of the boys played computer games.
- 27% of boys and 33% of girls spent time doing homework on the evening before the survey.



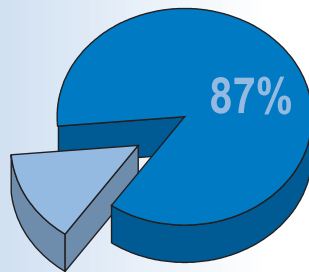
**Pupils' voice**

- 55% of pupils are asked for their ideas and opinions about what happens in school.
- 39% of pupils responded that they think the opinions of young people make a difference to decisions about how they learn in school.



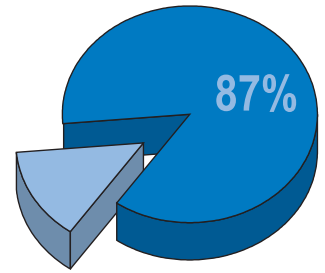
**BACKGROUND**

- 87% of pupils responded that they are White British.
- 67% of the pupils in this survey live with both parents together.
- 11% of pupils get free school meals or vouchers for school meals. 22% said they were 'not sure'.
- 5% of pupils have a parent or carer in the armed forces.
- 1% say their parent or carer has been away on operations in the last 12 months.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.22.



**SCHOOL**

- 87% of pupils think it is important to go to school regularly.
- 37% of boys and 45% of girls reported that they worried about moving on to secondary school.



**Pupil Perceptions**

A series of statements were offered to pupils about their school experience.

- The percentage of pupils responding 'yes' were:

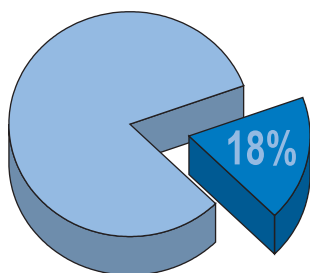
	Boys	Girls
The school encourages everyone to treat each other with respect	89%	91%
My work is marked so I can see how to improve it	87%	88%
The school tells me it's OK to make mistakes	85%	88%
Adults at school talk to me about how to improve my work	80%	79%
The school prepares me for when I leave this school	77%	79%
The school encourages me to attempt difficult work	77%	75%
The school helps me work as part of a team	73%	75%
I know my next steps in learning and what I need to do to improve	73%	73%
The school encourages everyone to take part in decisions	72%	75%
In this school, people with different backgrounds are valued	70%	74%
The school cares whether I am happy or not	68%	71%
The school teaches me to deal with my feelings positively	63%	63%
My teachers realise when I don't understand	62%	64%
My achievements in and out of school are recognised	54%	54%
The school encourages me to contribute to community events	54%	55%

# Secondary school pupils in Years 8 & 10

(aged 12-13 and 14-15 years) **Bold type indicates use of a table or chart.**

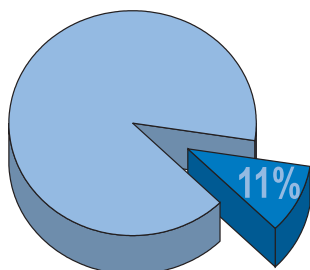
## HEALTHY EATING

- 18% had nothing to eat or drink before lessons on the day of the survey.

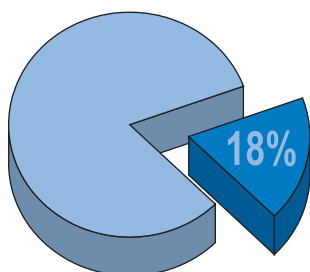


- 64% of pupils had a drink before lessons on the day of the survey, 69% responded that they had something to eat.
- 6% of pupils in the survey had no lunch on the day before the survey. 74% had a drink and 89% had something to eat.

- 11% of pupils responded that they ate at least 5 snacks on the day before the survey.

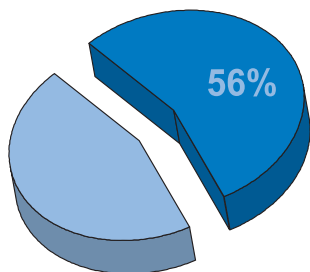


- 3% of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



- 18% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 9% had none at all.

- 64% of pupils responded that they can get water at school, while 29% said 'not easily'.



- 56% of pupils found school lessons about healthy eating 'quite' or 'very' useful.

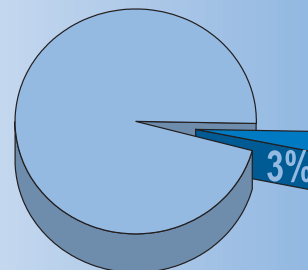
## Diet

- 27% say they never worry about how much they eat; 10% say they are often or always careful with their diet.
- 35% of pupils have engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.

## DRUGS, ALCOHOL AND TOBACCO

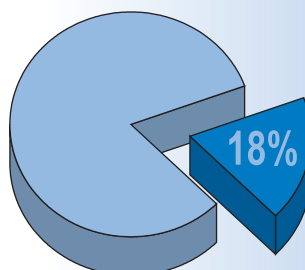
### Drugs

- 3% of pupils said they took some form of illegal drug in the month before the survey.



- The most commonly taken drug was cannabis, with 8% of Year 10 pupils ever having taken it. The next most common drug type was Ecstasy, with 2% of Year 10 pupils ever having taken it.

### Alcohol

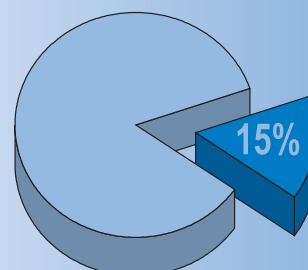


- 18% had at least one alcoholic drink in the week before the survey.

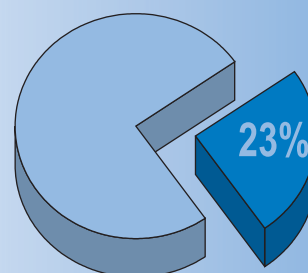
- Most drinkers reported drinking at home in the company of their parents.

### Tobacco

- 15% say they have tried smoking in the past or smoke now.



- 2% of pupils smoked at least one cigarette in the week before the survey.
- 4% say they smoke 'regularly' or 'occasionally'; 50% of those who smoke 'regularly' would like to give up smoking.
- 23% of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 15% said they do so at least 'once or twice a week'.
- 23% of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'
- 3% said they use them 'regularly'.



## SECONDARY

### EMOTIONAL HEALTH AND WELL-BEING

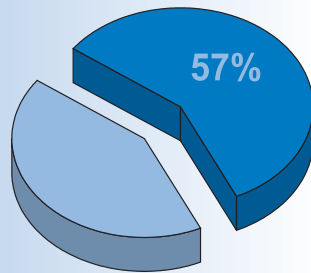
#### Worries

- ❑ The most common worries were ('often' or 'all the time'):

Boys		Girls	
Exams and tests	20%	Exams and tests	51%
School work	15%	The way you look	48%
The way you look	14%	School work	39%

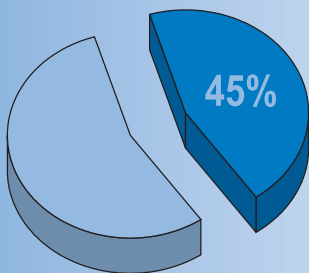
- ❑ 64% of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

- ❑ **57% of pupils responded that if they would like more information about any of the issues listed, they would like to get it from their**



**parents/carers**, while 20% said they would like the information from school lessons and 25% would like to find out on the Internet.

- ❑ When they have a problem or feel stressed 40% of pupils said they would talk to someone about it and 37% of pupils said they would think about it on their own. 11% of female pupils responded that they cut or hurt themselves.

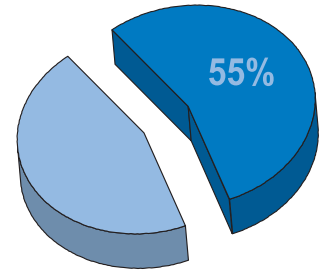


- ❑ **45% of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.**

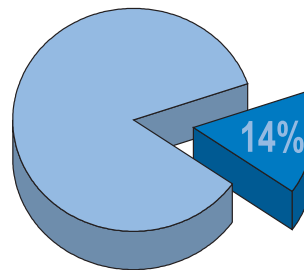
#### Resilience

- ❑ 47% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 32% said they get upset and feel bad for ages.

- ❑ **55% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do**, while 41% ask for help and 16% give up.

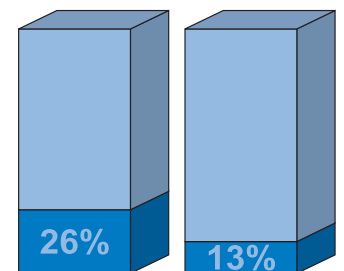


- ❑ We calculated an overall measure of resilience from a group of related items. 33% of pupils had a low measure of resilience (0 – 19).



- ❑ **14% of pupils had a high measure of resilience (26+).**

- ❑ 19% of pupils (**26% of boys and 13% of girls**) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.



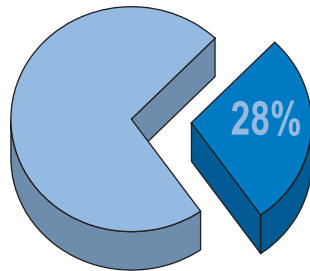
- ❑ 8% of pupils scored low (7 – 13) on the SWEMWB Scale.

#### MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- ❑ 60% of pupils responded that they are asked for their opinions about what they learn in school; 45% said their opinions make a difference.
- ❑ 50% of pupils responded that they are asked for their opinions about how they learn in school; 48% said their opinions make a difference.
- ❑ 51% of pupils responded that they are asked for their opinions about the school environment; 52% said their opinions make a difference.
- ❑ 35% of pupils responded that they are asked for their opinions about their community; 41% said their opinions make a difference.
- ❑ 47% of pupils responded that they have had the chance to vote for School/College Council members and 28% said they have had the chance to take part in a mock general election.

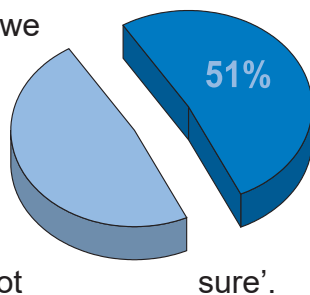
**SEXUAL HEALTH AND RELATIONSHIPS**

- 45% believe there is a sexual health service for young people available locally. 17% of Y10 pupils said they know where they can get condoms free of charge.
- 28% of pupils found school lessons about sex and relationships 'quite' or 'very' useful.**
- 34% responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 27% said the same about school lessons covering the topic of different relationships e.g. lesbian, gay, bisexual, trans.



**Sexual relationships: Year 10 only**

- These were questions asked only of Y10s.
- 6% of Year 10 pupils have had a sexual relationship in the past and 5% report that they are currently in a sexual relationship (that is, overall 11% have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: **51% of those sexually active said 'yes' and 1% were 'not sure'.**
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend/partner:**



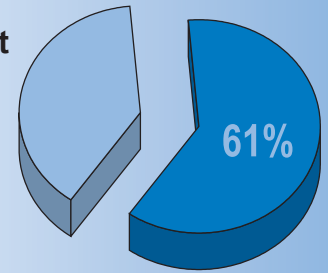
**Year 10**

Used hurtful or threatening language	11%
Was angry or jealous when I wanted to spend time with friends	21%
They kept checking my phone	9%
Threatened to tell people things about me	9%
Threatened to hit me	5%

- 52% of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 17% responded that they would know where to get help.

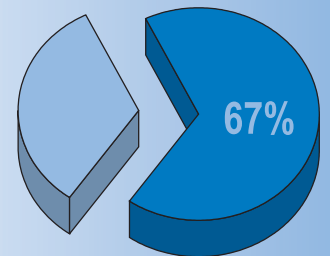
**PHYSICAL ACTIVITY**

- 61% said they find it 'quite' or 'very' easy to be as physically active as they like.**
- 9% said that they do five or more hours of physical activity in school in a typical week, and 35% out of school.
- 2% of pupils responded that they don't do a single hour of physical activity in a typical week in school, and 10% out of school.

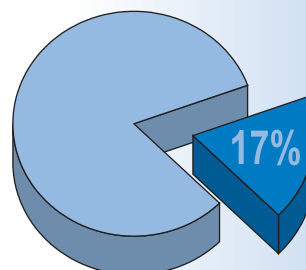


**BACKGROUND**

- 87% of pupils describe themselves as White British.
- 67% of the pupils in this survey live with both parents together.**
- 8% of pupils have free school meals.

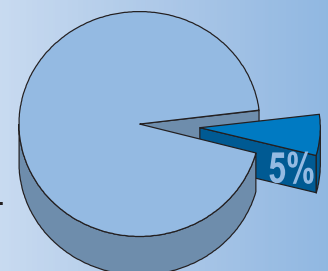


- 17% of pupils have a special educational need or learning difficulty, or they have a disability or long-standing illness.**



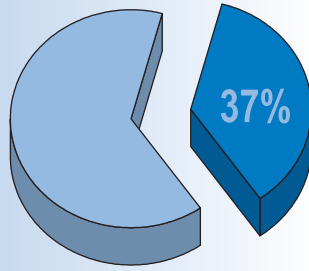
**Service families**

- 5% of pupils report they have a parent/carer who is in the armed forces.**
- 20% of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away (1% of all pupils).
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.23.**



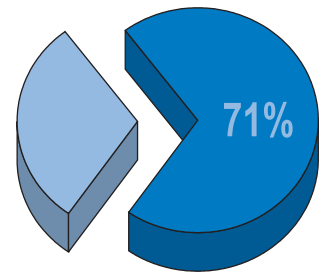
## SECONDARY ENJOYING AND ACHIEVING

- 37% of pupils report enjoying at least half of their school lessons.
- 35% of boys and 45% of girls said they want to continue in full-time education at the end of their course.
- 35% of boys and 45% of girls said they want to start an apprenticeship at the end of their course.
- 19% of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships.
- 43% of pupils responded that they haven't had enough information and guidance about their options after Year 11, including apprenticeships.



## Homework

- 71% of pupils did homework on the evening before the survey. 28% reported they did more than an hour.
- The school lessons most often described 'quite' or 'very' useful (not mentioned elsewhere in this report) were those about drugs (51%), prejudice, discrimination and bullying (53%) and smoking (46%).



## LEISURE AND WORK

- 87% responded that they had spent some time the night before the survey using social media, 28% for over 3 hours.
- 85% watched some TV, DVD or online videos the previous night and 16% watched for over 3 hours.
- 14% of the pupils in this survey have a regular paid job.

### Pupils' Perceptions

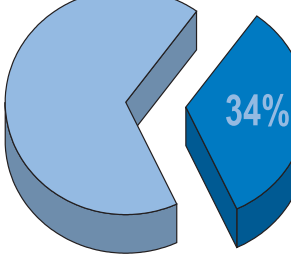
A series of statements were offered to pupils about their school experience.

#### The percentage of pupils responding 'yes' were:

	Male	Female
The school cares whether I am happy or not	47%	40%
My work is marked so I can see how to improve it	77%	71%
Adults at school talk to me about how to improve my work	66%	58%
I know my next steps in learning and what I need to do to improve	56%	47%
My achievements in and out of school are recognised	36%	31%
The school teaches me to deal with my feelings positively	35%	28%
The school helps me work as part of a team	48%	48%
In this school people with different backgrounds are valued	68%	69%
The school encourages everyone to take part in decisions, e.g. school council	62%	64%
There are opportunities to discuss sensitive issues in class, e.g. extremism	40%	38%
The school encourages me to contribute to community events	40%	35%
The school prepares me for when I leave this school	56%	50%
The school encourages everyone to treat each other with respect	83%	82%
My teachers realise when I don't understand	37%	26%
The school encourages me to attempt difficult work	75%	70%
The school tells me it's OK to make mistakes	68%	62%
I am prepared to try something I am not used to or not so good at	62%	49%
I have the opportunity to use things I have learnt in different situations	51%	46%
Sometimes I have a choice of different ways to learn about something	42%	41%
At school, I am encouraged to try different ways to do things	49%	48%

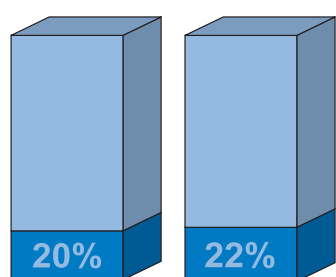
- Young people who are from ethnic minorities and/or are worried about being different in culture or religion are more likely to **disagree** that '*In this school people with different backgrounds are valued*'.

**STAYING SAFE**

- ❑ **34% said they were treated for an accident at a clinic or hospital in the twelve months before the survey.** 
- ❑ 2% of pupils report they 'often' or 'very often' carry weapons for protection when going out; this figure rises to 7% when including 'sometimes'. The most common context was 'going out at night'
- ❑ 7% reported that they were a victim of violence or aggression in the area where they live, in the year before the survey.

**Bullying**

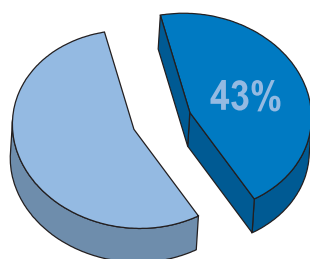
- ❑ 17% of pupils said that they had been bullied at or near school in the last 12 months.
- ❑ 25% of pupils responded that they have been pushed/hit in the last month. Other common negative behaviours were being teased/made fun of 40%, being called gay/dyke as an insult 21%, and being called nasty names 27%.



- ❑ **20% of pupils said they are picked on because of their size or weight, while 22% say it's because of their colour, race or religion.**

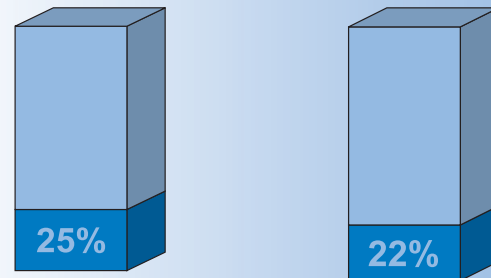
- ❑ 25% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 14% said they experienced such behaviour during lesson time.

- ❑ **43% of pupils reported that they think their school deals with bullying well.** 23% said 'Don't know' or 'Bullying is not problem in my school'

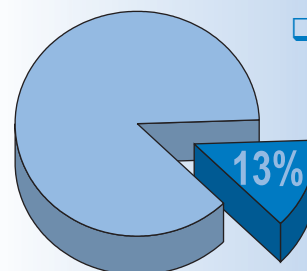


**Internet safety**

- ❑ 93% of pupils responded that they communicate with friends and family they know in real life online.
- ❑ **25% of boys and 22% of girls responded that they communicate with people they have met online and don't know in real life.**



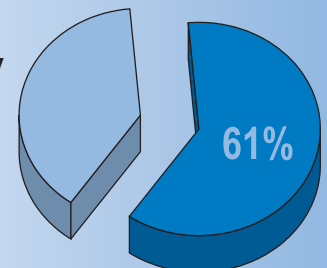
- ❑ 38% of pupils responded that they communicate with people online by posting things that lots of people can see and 49% said they communicate with people using picture/video sharing sites/apps.



- ❑ **13% of pupils responded that they have seen online pictures, videos or games with violence they found upsetting.**

- ❑ 18% of pupils said that they have experienced online someone writing or showing things to hurt or upset them (with text, pictures or video).
- ❑ 8% said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about doing so.

- ❑ **61% of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.**



## A decade of emotional health and wellbeing

□ These tables pull together some trends seen in the figures relating to emotional health and wellbeing.

Y2	2010	2012	2014	2016	2018	2020
Worry about at least one issue most days	65%	67%	62%	65%	66%	73%

Y6	2010	2012	2014	2016	2018	2020
High self-esteem score (15+) *	46%	51%				
High/max wellbeing score (48+) **			34%	47%	45%	35%
Low wellbeing score (up to 30: of concern) **			6%	5%	5%	10%
High resilience score (26+)		32%	38%	35%	37%	27%
Low resilience score (up to 19)		20%	15%	17%	18%	19%
Worry about at least one issue at least quite often	79%	76%	76%	63%	60%	76%

Y8	2010	2012	2014	2016	2018	2020
High self-esteem score (15+) *	40%	40%				
High/max wellbeing score (48+) ***			24%	26%	24%	21%
Low wellbeing score (up to 13: of concern) ***			4%	4%	4%	7%
High resilience score (26+)		53%	49%	45%	44%	39%
Low resilience score (up to 19)		24%	27%	32%	33%	30%
Worry about at least one issue at least quite often	67%	70%	65%	57%	53%	45%

Y10	2010	2012	2014	2016	2018	2020
High self-esteem score (15+) *	42%	39%				
High/max wellbeing score ***			20%	24%	19%	17%
Low wellbeing score (up to 13: of concern) ***			6%	5%	8%	8%
High resilience score (26+)		49%	40%	39%	33%	30%
Low resilience score (up to 19)		28%	35%	38%	34%	36%
Worry about at least one issue at least quite often	77%	77%	74%	69%	66%	63%

\* Lawrence Self-Esteem Questionnaire \*\* Stirling Children's Wellbeing Scale

\*\*\* Short Warwick and Edinburgh Mental Well-Being Scale

### NOTES

- There has been a marked fall in wellbeing scores among Y6 pupils in 2020
- There is also a decline in wellbeing scores among Y8 and Y10 students between 2018 and 2020, but 2018 scores were lower than those from 2016
- There has been a general decline in resilience scores among students across the age range.
- There is a rise between 2018 and 2020 in the percentage of young people in Y6 who worry about at least one issue at least 'quite a lot'; Y2 figures are also up a little.
- By contrast, there has also been a decline in the percentage of young people in Y8&10 who worry about at least one issue at least 'quite a lot', across the decade.

### COMMENTS

- The likelihood is that the drop in Y6 wellbeing scores and the rise in worries happening in 2020 is due to the effects of coronavirus and associated restrictions and disruption.
- The decline in wellbeing scores among Y8 and Y10 students may be a more generational effect.



## School culture and academic achievement

□ In past years, we have been able to link school culture to pupil achievement. Pupils' views of school culture in 2018 and 2020 are shown below.

	2018		2020		2018		2020	
	KS2 M	KS2 F	KS2 M	KS2 F	KS3/4 M	KS3/4 F	KS3/4 M	KS3/4 F
Adults at school talk to me about how to improve my work	85%	82%	80%	79%	67%	63%	66%	58%
I know my next steps in learning and what I need to do to improve	78%	80%	73%	73%	59%	54%	68%	69%
In this school people with different backgrounds are valued	72%	77%	70%	74%	64%	67%	36%	31%
My achievements in and out of school are recognised	62%	61%	54%	54%	39%	34%	37%	26%
My teachers realise when I don't understand	65%	62%	62%	64%	38%	32%	77%	71%
My work is marked so I can see how to improve it	90%	92%	87%	88%	78%	76%	42%	41%
The school cares whether I am happy or not	71%	73%	68%	71%	44%	44%	62%	64%
The school encourages everyone to take part in decisions	74%	79%	72%	75%	59%	61%	83%	82%
The school encourages everyone to treat each other with respect	89%	92%	89%	91%	81%	79%	75%	70%
The school encourages me to attempt difficult work	80%	78%	77%	75%	74%	72%	40%	35%
The school encourages me to contribute to community events	61%	63%	54%	55%	37%	34%	48%	48%
The school helps me work as part of a team	78%	80%	73%	75%	50%	54%	56%	50%
The school prepares me for when I leave this school	83%	87%	77%	79%	60%	55%	35%	28%
The school teaches me to deal with my feelings positively	63%	64%	63%	63%	34%	31%	68%	62%
The school tells me it's OK to make mistakes	86%	88%	85%	88%	68%	66%	40%	38%

# Deprivation in North Yorkshire

- National Census information is used to create an index of multiple deprivation (IMD), composed of such items as income, education, crime, health and crowding. The average IMD score has been calculated for each of the 32,844 Lower-layer Super Output Areas (LSOAs) in England; once sorted, the list of LSOA scores was divided into fifths (quintiles).
- Each of the million or so postcodes in England can thus be matched with an LSOA, then assigned an IMD score and a deprivation quintile. The IMD quintile has been assigned to children providing a valid postcode; this was 71% of the primary school sample and 65% of the secondary school sample.

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row. Several of these results show undesirable contrasts between the most and least deprived quintiles, but school-related measures are quite 'flat', so that the differences between the two most contrasting groups are small. For example, schools are doing about as well with the Careers Education of the most deprived pupils compared with that of the least deprived.

All figures are from the KS3/4 study.

	Most deprived	2nd	3rd	4th	Least deprived	
<b>Total Sample (Count)</b>	<b>217</b>	<b>449</b>	<b>621</b>	<b>1,468</b>	<b>1,409</b>	
Intend to apply for university in the future? Yes	36%	35%	42%	45%	45%	
Careers Education at least 'quite useful'	47%	40%	49%	44%	44%	
Young carers	9%	5%	4%	3%	3%	
Adults at school talk to me about how to improve my work	64%	57%	58%	66%	65%	
In this school people with different backgrounds are valued	65%	63%	72%	73%	74%	
The school encourages everyone to take part in decisions	68%	58%	66%	67%	65%	
The school prepares me for when I leave this school	58%	51%	57%	57%	53%	
The school encourages everyone to treat each other with respect	83%	81%	82%	86%	85%	
The school encourages me to attempt difficult work	67%	66%	74%	76%	75%	
Always feel happy at school	31%	32%	41%	43%	45%	
Always feel safe at school?	41%	40%	41%	40%	42%	
Always feel safe going to and from school?	37%	33%	38%	36%	35%	
Always feel safe being outside where you live?	36%	40%	37%	34%	38%	
Always feel safe at home?	19%	22%	16%	18%	17%	
Victim of violence or aggression in the area where you live last year	12%	8%	6%	6%	6%	
Called nasty names last month	33%	32%	27%	26%	23%	
Ever tried smoking	20%	21%	13%	14%	12%	
Someone smoking in same room as them at home on most days	26%	16%	6%	6%	5%	
Ever taken cannabis	8%	5%	4%	5%	4%	

## Changes in North Yorkshire since 2018 - Year 2

### Positive findings

- ❑ 'always' use at least one of the prevention methods listed to avoid getting sunburnt. (74% in 2018 vs 85% in 2020)
- ❑ 'always' wash their hands after visiting the toilet. (74% in 2018 vs 85% in 2020)
- ❑ someone usually reads them a bedtime story. (28% in 2018 vs 37% in 2020)
- ❑ 'never' drink fizzy drinks. (21% in 2018 vs 29% in 2020)
- ❑ like being at school 'most of the time'. (56% in 2018 vs 62% in 2020)

### Emerging issues

- ❑ eat fresh fruit on 'most days'. (62% in 2018 vs 53% in 2020)
- ❑ worry about at least one of the issues listed on 'most days'. (67% in 2018 vs 74% in 2020)
- ❑ have friends online that they don't know in real life. (19% in 2018 vs 23% in 2020)

All differences shown are statistically significant.

## Changes in North Yorkshire since 2018 - Year 6

### Positive findings

- ❑ washed their hands before lunch on the day before the survey. (69% in 2018 vs 93% in 2020)
- ❑ never drink alcohol. (75% in 2018 vs 81% in 2020)
- ❑ have had an accident in the last 12 months which was treated at a clinic or hospital. (33% in 2018 vs 30% in 2020)

### Emerging issues

- ❑ worry about at least one of the issues listed 'quite' or 'very' often. (61% in 2018 vs 77% in 2020)
- ❑ have been to the dentist in the last year. (91% in 2018 vs 79% in 2020)
- ❑ couldn't remember any school lessons about growing up and body changes. (21% in 2018 vs 33% in 2020)

### Emerging issues

- ❑ communicate with other people online using video chat. (36% in 2018 vs 49% in 2020)
- ❑ can 'usually or always' say no when a friend wants them to do something they don't want to do. (61% in 2018 vs 49% in 2020)
- ❑ 'quite' or 'very' often worry about moving on to secondary school. (30% in 2018 vs 41% in 2020)
- ❑ feel they know enough about how their body changes as they get older. (83% in 2018 vs 74% in 2020)
- ❑ got at least eight hours sleep the night before the survey. (90% in 2018 vs 83% in 2020)
- ❑ high measure of resilience (24+). (33% in 2018 vs 27% in 2020)

## Changes in North Yorkshire since 2018 - Years 8/10

### Positive findings

- ❑ have found school lessons about emotional and mental health and wellbeing 'quite' or 'very' useful. (36% in 2018 vs 45% in 2020)
- ❑ are asked for their opinions about what they learn in school. (54% in 2018 vs 60% in 2020); about their community. (29% in 2018 vs 35% in 2020); about the school environment. (46% in 2018 vs 51% in 2020)
- ❑ have been bullied at or near school in the last 12 months. (21% in 2018 vs 17% in 2020)

### Emerging issues

- ❑ communicate with people they have met online and don't know in real life. (19% in 2018 vs 25% in 2020)
- ❑ talk to someone if they have a problem or feel stressed. (45% in 2018 vs 40% in 2020)
- ❑ have had enough information and guidance about their options after Year 11, including apprenticeships. (22% in 2018 vs 19% in 2020)

## Changes 2006-2020

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row.  
Asterisks (\*\*\*) indicate a question changed over the period of study.

Question	Response	2006	2008	2010	2012	2014	2016	2018	2020	
<b>Year 2</b>										
Do something to stop sunburn	<i>Always</i>			83%	83%	70%	69%	74%	85%	
Like being at school	<i>Most of the time</i>			53%	61%	58%	59%	56%	62%	
<b>Year 6</b>										
Portions of fruit/veg yesterday	<i>5 or more</i>	15%	12%	11%	6%	5%	6%		25%	
I do not drink alcohol***		38%	40%	47%	47%	83%	74%	75%	81%	
Know a drug user	<i>Fairly sure/certain</i>	22%	20%	14%	12%	10%	10%	10%	11%	
Know enough about growing up/body changes		67%	67%	63%	69%	74%	80%	83%	74%	
Accidents in last 12 months		33%	31%	31%	29%	27%	35%	33%	30%	
Bullied at or near school	<i>Last 12 months</i>	31%	26%	26%	24%	21%	21%	21%	21%	
Did homework after school yesterday		16%	17%	20%	20%	22%	17%	17%	30%	
<b>Year 8</b>										
Enjoy all/most lessons at school		35%	40%	38%	45%	48%	45%	40%	38%	
Lessons about RSE	<i>Quite/very useful</i>	31%	31%	35%	39%	39%	32%	32%	29%	
Computer games last night		50%	55%	58%	51%	49%	49%	54%	64%	
Voting for School/College Council members				53%	45%	41%	42%	40%	48%	
Ever tried smoking		27%	26%	16%	15%	12%	11%	12%	7%	
<b>Year 10</b>										
Enjoy all/most lessons at school		37%	38%	40%	43%	40%	45%	38%	38%	
Regular paid term-time job		54%	47%	38%	34%	35%	35%	35%	20%	
Voting for School/College Council members				55%	50%	46%	47%	49%	45%	
Alcohol in last 7 days		12%	14%	16%	20%	28%	30%	28%	26%	
Ever tried smoking		51%	48%	45%	39%	34%	30%	30%	22%	
Ever taken cannabis		22%	18%	16%	12%	12%	13%	12%	8%	
Know of a sexual health service for young people locally ***		20%	20%	34%	33%	32%	60%	57%	48%	
Worry about Exams and tests***	<i>Often/all the time</i>	50%	48%	54%	59%	61%	52%	51%	48%	

### **Findings from a sixth-form/college survey**

- ❑ A questionnaire was devised for use in sixth forms and in further education colleges. 510 students from 12 sixth forms completed the KS5 questionnaire. Key findings included:

#### **Positive findings**

- ❑ 79% responded that adults at school/college talk to them about how to improve their work; 41% said their teachers offer support when they don't understand.
- ❑ 91% usually/ always feel safe in school/ college.
- ❑ 64% have had the chance to vote for School/College Council members.
- ❑ 80% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

#### **COVID**

- ❑ 65% of pupils said that, if they were not at school during COVID-19 and lockdown, they did school work at home (home learning).
- ❑ 11% of pupils said that, if they did school work at home (home learning) during COVID-19 and lockdown, they found it 'hard', while 43% said it was 'OK'.
- ❑ 36% of pupils said they could get help easily enough from an adult at home if they got stuck with their school work/home learning (56% of pupils who said they did home learning during COVID-19 and lockdown).
- ❑ 37% of pupils said they could get help easily enough from an adult at school if they got stuck with their school work/home learning (57% of pupils who said they did home learning during COVID-19 and lockdown).

#### **Emerging issues**

- ❑ 8% have been the victim of violence or aggression in the area where they live in the last 12 months and 6% carry weapons or something for protection when going out 'at least sometimes'.
- ❑ 39% said their school/college deals with bullying 'quite well' or 'very well' (others might have said 'don't know').
- ❑ 32% communicate with people they have met online but not met face-to-face.
- ❑ 22% responded that they have experienced someone writing or showing them things online to hurt or upset them.
- ❑ 23% of students had a low measure of resilience.
- ❑ 18% had nothing to eat or drink before lessons on the day of the survey.
- ❑ 43% worry about the way they look often or all the time (64% of females)
- ❑ 40% of students had an alcoholic drink in the last 7 days and 29% of students have smoked in the past or smoke now. 36% have tried electronic cigarettes.
- ❑ 28% are in a sexual relationship or have been in the past; half of these said they always used a method of protection or contraception.

### **Findings from the survey of pupils in special schools**

- ❑ A questionnaire was devised in consultation with staff in special schools for the 2016 survey. The 2018 survey was completed by 286 pupils between Y2 and Y14.

#### **Positive findings**

- ❑ 78% of pupils responded that their school cares whether they are happy or not (higher than mainstream schools).
- ❑ 58% know their next steps in learning and what they need to do to improve.
- ❑ 68% responded that their school prepares them for when they leave school.
- ❑ 60% of pupils enjoyed the lessons they have about keeping themselves safe.
- ❑ 69% of pupils responded that their school deals with bullying well (again, higher than mainstream schools).
- ❑ 95% have been told how to keep themselves safe online.

#### **Emerging issues**

- ❑ 39% of pupils said they were called nasty names at least sometimes in the month before the survey; 32% said they were pushed/hit.
- ❑ 25% sometimes communicate online with people that they have not met in real life.
- ❑ 9% of Year 10+ pupils responded that they would at least 'sometimes' put up with a boyfriend or girlfriend who was nasty to them.

# Equality Monitoring in North Yorkshire 2020

Information is collected about social identities among pupils in North Yorkshire. We have done some analysis to see if the behaviours we see among young people in our county are different if they are to be found under one of the social identity headings shown in the table to the right. We show the results for Year 6/10 pupils below.

Percentages in each year from social identity groups	Year 2	Year 6	Year 8	Year 10
Ethnic minority	8	10	12	12
Minority religion (non-Christian)	NA	2	4	4
Young carer	NA	5	4	4
Children in care	1	<1	<1	<1
Single-parent family	14	14	13	15
Special educational needs (SEN)	10	10	7	8
Disability or long-term illness	2	11	11	11
Free school meals	19	11	8	8
Armed forces family	5	5	5	5
Lesbian, gay or bisexual (LGB)	NA	NA	14	13
Transgender	NA	NA	<1	1

Figures in tables on this page and opposite are percentages.

## Year 6 results

**\*99 Statistically significant difference.**  
**Shaded** a significant difference was previously found for the equivalent result in 2018  
 Figures in main part of table are percentages

	All	Male	Female	Ethnic minority	Minority religion	Young Carer	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family
	Full sample size=3960	1966	1818	366	69	200	15	560	373	424	423	187
<b>Eat 5-a-day</b>	25	25	26	29	33	22	29	<b>*17</b>	22	26	<b>*19</b>	23
<b>Ever tried smoking</b>	2	2	1	1	1	<b>*5</b>	0	3	<b>*5</b>	2	<b>*4</b>	4
<b>Drank last week</b>	3	<b>*4</b>	<b>*1</b>	<b>*1</b>	0	4	0	3	4	3	3	3
<b>High wellbeing score</b>	35	<b>*39</b>	<b>*32</b>	36	38	29	8	<b>*24</b>	29	35	<b>*29</b>	30
<b>High resilience score</b>	27	27	28	29	34	27	8	22	22	28	22	23
<b>Low wellbeing score</b>	19	<b>*15</b>	<b>*22</b>	19	16	<b>*30</b>	17	<b>*30</b>	<b>*30</b>	19	<b>*27</b>	24
<b>Low resilience score</b>	19	<b>*17</b>	<b>*21</b>	19	23	24	23	<b>*28</b>	<b>*30</b>	22	23	25
<b>Bullied at school last year</b>	21	<b>*22</b>	<b>*20</b>	18	22	<b>*35</b>	31	<b>*28</b>	<b>*33</b>	<b>*27</b>	<b>*30</b>	25
<b>Worry about health</b>	18	18	18	<b>*23</b>	<b>*32</b>	<b>*32</b>	21	<b>*24</b>	<b>*27</b>	20	<b>*27</b>	18
<b>Worry about moving on to secondary school</b>	41	<b>*37</b>	<b>*45</b>	36	38	<b>*61</b>	57	44	47	41	45	45
<b>Had accident last year</b>	30	<b>*32</b>	<b>*27</b>	32	23	<b>*44</b>	15	32	<b>*38</b>	35	34	34
<b>The school encourages everyone to treat each other with respect</b>	90	89	91	89	97	84	85	88	82	93	83	84
<b>I know my next steps in learning and what I need to do to improve</b>	73	80	79	78	88	63	69	69	<b>*60</b>	71	67	73
<b>Pupils' views and opinions asked for in school</b>	55	<b>*53</b>	<b>*58</b>	49	56	52	46	50	48	59	54	58

# Equality Monitoring in North Yorkshire 2020

Year 10

	Sample N	All 3329	Males 1579	Females 1585	Ethnic minority 391	Minority religion 117	Young Carer 137	Children in care 8	Single-parent family 513	Special educational needs 255	Disability or long-term illness 362	Free school meals 259	Armed forces family 139	LGB 394	Transgender 16
Eat 5-a-day	17	18	16	16	21	16	13	15	16	19	*10	13	14	14	15
Ever tried smoking	22	*20	*24	22	19	*34	38	*30	*31	24	*36	*36	*32	*32	31
Drank last week	26	31	30	*18	*13	31	13	26	32	29	31	*36	*33	*33	31
Ever taken drugs	12	13	13	13	9	*19	25	*19	14	12	14	*19	*16	*16	23
High wellbeing score	17	*25	*9	17	21	*6	14	*11	13	14	*10	11	*5	*5	0
High resilience score	11	*19	*8	13	17	*4	13	9	*6	10	*4	7	*2	*2	0
Low wellbeing score	8	*4	*10	10	13	*19	29	*13	*13	11	*15	12	*21	*21	*54
Low resilience score	36	*31	*54	37	30	*47	63	*45	*48	42	*49	43	*60	*60	67
Bullied at school last year	16	*13	*16	14	16	*35	13	*23	*33	*27	*30	21	*33	*33	*60
Worry about money	12	*7	*15	*19	18	*24	14	*18	16	*18	*21	16	*27	*27	*33
Worry about being different	9	*2	*7	*19	*28	*21	14	*15	*15	*13	*14	10	*46	*46	*75
Sexually active	11	*10	*12	11	5	15	14	*15	15	12	*16	*17	*18	*18	15
Know where to get free condoms	17	*19	*14	16	11	20	14	20	21	16	*23	*27	17	17	8
Had accident last year	33	*37	*29	31	34	*44	14	35	*47	*44	31	*43	34	34	58
Enjoy at least half of school lessons	65	*69	*63	67	67	56	63	*57	*53	64	55	59	58	58	40
Intend FTE after Y11	46	*39	*52	*59	*64	39	38	42	*36	47	39	40	51	51	21
Term-time job	20	19	20	*15	*11	24	25	18	20	19	18	17	*15	*15	20
The school encourages everyone to treat each other with respect	78	80	78	74	71	64	63	*70	*65	74	71	76	*66	*66	71
Adults at school talk to me about how to improve my work	60	*64	*57	61	63	52	63	55	*50	57	59	64	*51	*51	64
I know my next steps in learning and what I need to do to improve	49	*55	*45	49	59	*32	63	46	*40	46	46	*36	*41	*41	29
Pupils' views make a difference in school	58	*53	*57	61	58	59	38	58	54	60	63	56	57	57	67
Getting on better with family since lockdown <b>NEW</b>	50	*54	*48	49	60	48	71	45	53	47	47	50	*37	*37	38

**\*99 Statistically significant difference.** That is, the difference compared with the whole year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the year group as a whole. Large differences will not always reach statistical significance in small samples.

**Shaded** a significant difference was previously found for the equivalent result in 2018

### This report will be disseminated to:-

- Elected members
- North Yorkshire Health and Wellbeing Board
- Headteachers and Governors
- Children and Young People's Service Units
- NYCC Corporate Equality Group
- North Yorkshire Youth Voice Executive
- North Yorkshire Safeguarding Children Partnership
- North Yorkshire Community Safety Partnership
- Clinical Commissioning Groups
- York, North Yorkshire and East Riding Local Enterprise Partnership

### How we used the 2018 survey

Following the 2018 survey, Public Health funded the **North Yorkshire Healthy Schools award** to enable all schools in North Yorkshire to achieve recognition for their work to support a whole-school approach to health and wellbeing. The award is free for all North Yorkshire schools to participate in, including academies. Schools have been provided with evidence-based criteria around four key themes along with staff wellbeing:

- Active Lives
- Food in Schools
- Emotional Health and Wellbeing
- Personal, Social, Health Education (including the statutory relationships, sex and health education curriculum)
- Staff wellbeing

Schools can choose to work on the themes in any order to support their priorities. Schools provide evidence to ensure all aspects of the criteria are in place. All schools submissions go through a quality assurance partnership meeting. To achieve the Bronze award a school needs to meet the criteria for one theme, two for Silver (plus Staff Wellbeing) and all four themes to gain the Gold Healthy Schools award. Presently 62% of North Yorkshire schools have signed up to participate in the award. For more information or to register to participate in the award please go to <http://healthyschoolsnorthyorks.org/>

Two primary schools who have achieved the Gold Healthy Schools Award have participated in a short film that explains the benefits of being a healthy school and why it was important to them to achieve the Gold award. This can be accessed here <http://healthyschoolsnorthyorks.org/home/video/>

Some further examples from schools that have achieved a Healthy Schools award and how the **Growing up in North Yorkshire** survey shows the positive impact of the work in the school:

- 42% of pupils had a high measure of resilience in 2020 survey compared to 14% in 2018 and 8% of pupils resilience had a low resilience score in the 2020 survey compared to 27% in 2018 survey (primary school)
- 90% of pupils in 2020 compared to 39% of pupils in 2018 responded that they have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful (primary school)
- 92% of pupils in 2020 compared to 67% of pupils in 2018 responded that they have found school lessons about bullying 'quite' or 'very' useful (primary school)
- 5% of pupils in 2020 compared to 18% of pupils in 2018 responded that their school deals with bullying 'badly' (secondary school)
- 99% of pupils in 2020 responded that someone has told them how to stay safe when online (special school)

### Next Steps following the 2020 survey:

- A partnership steering group will be established to take actions forward and implement the recommendations building on existing good practice.
- The views of children and young people are sought via the **North Yorkshire Youth Cabinet** and various other children and young people's participation groups across North Yorkshire. The Youth Cabinet is a representative body attended by leading members of a number of these different youth voice groups, including Looked after Children, SEND, Local Area Youth Councils, Young Inspectors, and Members of Youth Parliament. The Youth Cabinet will use the GUNY survey results to help inform their priorities and shape some of their work in the coming period.

### Key Contacts

#### Clare Barrowman

Senior Health and Wellbeing Adviser  
School Improvement  
[clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk)

#### Peter Commane

Senior Strategy and Performance Officer  
Strategy and Performance Management  
[peter.commane@northyorks.gov.uk](mailto:peter.commane@northyorks.gov.uk)

North Yorkshire County Council Children and Young People's Service  
County Hall, Northallerton, DL7 8AE