

Growing Up in North Yorkshire

A summary of the Growing Up in North Yorkshire survey 2024

These results are the compilation of data collected from children and young people in the majority of schools in North Yorkshire during the Summer Term 2024. This survey was commissioned by the **North Yorkshire Children and Young People's Service (CYPS)**, **North Yorkshire Public Health** and **North Yorkshire Police Service** to collect reliable information about young people's learning and wellbeing. This is the tenth such large survey completed in North Yorkshire, following nine studies between 2006 and 2022.

Introduction from Stuart Carlton

Corporate Director - Children & Young People's Service

“ Nearly a quarter of the way through this century, I am delighted that over 15,000 children have again participated in our biennial ‘Growing Up in North Yorkshire’ survey 2024. We now have over a decade’s worth of data on what really matters to the children and young people in our county and it is more important than ever that they know we are listening to them and acting on their opinions, experiences and needs. Our council’s ‘Being Young in North Yorkshire’ strategy and vision stating that *“All children and young people are safe, happy, healthy and able to achieve in North Yorkshire”* is as true today as when it was first envisaged in 2021. The survey therefore provides us with that all-important insight into the lives of children and young people and is used by an array of professionals to focus support where it is needed the most in order to reduce health inequalities and maximise the health and wellbeing of the next generation in our society.”

Areas of interest

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.

- The need to improve **wellbeing and resilience** and ensure all young people have a trusted adult in whom **they can confide**.
- Online safety**, including the safe, respectful and positive use of social media.
- The importance of **health behaviours**, including healthy relationships, good sleep routines, oral health, nutrition (including positive body image) and physical activity.
- The value of the **PSHE curriculum**, including co-production of material for secondary schools, specifically around vaping and newer nicotine products.
- Safety** within schools and local communities and the perception that pupils have of their wider school environment.



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THE SURVEY

This report is based on the responses of over 17,000 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. * 324 pupils either didn't give us their

gender or describe themselves as something other than male or female.

Key findings from the Special School Survey and the Year 12 survey can be found on page 24.

↑ Comparisons ↓

A special analysis has been made of pupils with different social identities (pages 25-26).

↗ Trends ↘

This survey follows 9 studies in 2022, 2020, 2018, 2016, 2014, 2012, 2010, 2008 and 2006. Where changes can be seen, these are noted on pages 16 and 20.

14,934 pupils from the target year groups took part in the survey

	Year 2	Year 6	Year 8	Year 10	Year 12
Males	1,768	1,895	1,779	1,655	305
Females	1,729	1,889	1,692	1,517	381
Total*	3,504	3,902	3,569	3,252	707

Our priorities:

- ❑ Though some improvements have been seen in children and young people's **resilience and emotional wellbeing** this is not consistent between genders, the older age groups and social identity groups, therefore it needs to continue as a priority.
- ❑ Respond to the emerging data about young people not always seeking out either a **trusted adult or service** for support and information about things that may be worrying them
- ❑ Continue to respond to **online safety risks** including a focus on primary-aged pupils who have unsupervised access to technology / TVs in their room after they have gone to bed and who communicate online with people they don't know.
- ❑ Promote a **healthy bedtime routine** for children and young people, including information on the correct amount of sleep for their age and promoting technology-free bedrooms.
- ❑ Though some improvements have been seen in supporting and encouraging a healthy lifestyle and positive body image there needs to be a continued focus on **hand washing, oral health, healthy eating** (especially for secondary school pupils), the gender imbalance in relation to **physical activity**, and ensuring all pupils have access to **swimming**.
- ❑ Continue to respond to the number of children and young people using **vapes** and the emerging data around snus and cali pens
- ❑ Continue to support all schools to implement an effective and well planned **PSHE curriculum** but with a focus on the secondary curriculum
- ❑ Continue to support schools and partners to reduce **bullying and prejudice-based incidents** in schools and the wider community through developing effective inclusive practice including a focus on identified groups of young people who continue to have more negative outcomes against a wide range of indicators.

Closing the Gap (see also p.25-26)

- ❑ There is little evidence that the gaps in outcome between the whole year group and the groups selected for monitoring have reduced.
- ❑ The only statistically significant finding showing a difference in the gap between a vulnerable group and the whole sample is a further increase in the frequency of drinking alcohol reported in the small transgender group of Y10 students.

KEY FINDINGS

Positive findings for identified priorities

- ❑ **resilience and emotional wellbeing**
Y2: Improvement in the proportion of children worrying with a reduction (small, but statistically significant), in almost all categories.
Y6: Wellbeing is showing an overall improvement in the good scores and worrying is reducing.
Y12: 45% feel optimistic about the future at least 'often' (35% in 2022).
- ❑ **PSHE curriculum**
Y6: More children are finding lessons on relationships, wellbeing, nicotine and alcohol useful.
Y12+: Large improvement in how useful they find lessons on alcohol, wellbeing and careers.
- ❑ **oral health**
Y2: 88% have ever been to a dentist
Y6: 97% have ever been to the dentist.

PERSISTING and EMERGING ISSUES and INEQUALITIES

- ❑ The set of key measures which show worse results for several potentially vulnerable groups (p.25-26) still show differences which are mostly not improving.
- ❑ **resilience and emotional wellbeing**
Y6: 20% of boys and 45% of girls are unhappy, embarrassed, worried, nervous or scared about growing up.
- ❑ **trusted adult or service**
Y8/Y10: 69% know an adult they trust who they can talk to if they are worried about something
- ❑ **online safety risks**
Y6: 28% were never supervised online – fewer than 2022.
Y8/Y10: 22% received nudes or semi-nudes, a high proportion, but significantly fewer than 2022.
- ❑ **healthy bedtime routine**
Y2: 13% do not always have their own bed.
- ❑ **hand washing, oral health**
Y2: 72% 'always' wash their hands after visiting the toilet (78% in 2022).
Y2: 78% cleaned their teeth at least twice on the day before the survey
- ❑ **healthy eating**
Y8/Y10: 26% had nothing to eat before school; 23% of girls don't like to eat in the mornings vs 9% of boys;
22% don't have school food as the queue is too long;
20% have made themselves sick, with 16% doing an extreme diet.
- ❑ gender imbalance in relation to **physical activity**
Y8/Y10 females: 31% say that they are too nervous/worried to do more sport or exercise (12% in 2022)
- ❑ **Swimming**
Y2: 78% of pupils said they have been to swimming lessons,
Y8/Y10: 83% of pupils said they can swim the full longest length of a swimming pool on their own
- ❑ **vapes** and the emerging data around snus and cali pens:
Y8/Y10: 33% had ever tried vaping
Y8/Y10: 9% have at least tried CBD vapes (e.g. cali pen)
- ❑ **PSHE curriculum**
Y8/Y10: 45% of Year 8+ pupils responded that they have found school/college lessons about emotional and mental health and wellbeing 'quite' or 'very' useful;
- ❑ **bullying and prejudice-based incidents**
Y8/Y10: 49% have found school/college lessons about prejudice, discrimination and bullying 'quite' or 'very' useful
Y8/Y10: 18% said their school/college deals with bullying 'badly'.

ONLINE SAFETY

Questions about online safety were asked of all year groups.
A selection of results across the age range is shown below.

Question/Response	Y 2	Y 6	Y 8	Y 10	Y 12+	
Do you always keep yourself safe online?/Yes	80%					
Do you know how to keep yourself safe online?/Yes	80%					
Can use device in bedroom after going to bed	25%					
Have TV in their bedroom	43%					
Never supervised using the Internet (nor parental controls reported)		28%				
Using the Internet on a computer, phone or other device after school yesterday/More than 3 hours			42%	43%	31%	
Lessons at school about keeping safe online/Quite or Very useful	82%	76%	60%	51%	58%	
How do you communicate online?	Posting things that lots of people can see (e.g. Snapchat, Instagram, TikTok)		12%	34%	37%	39%
	Sending messages to one or a few people (e.g. WhatsApp, Private Snapchat, Instagram and iMessage)		70%	82%	87%	93%
Communicate with people online they don't know in real life	24%	12%	21%	28%	27%	
Have you experienced these things online?	Someone writing or showing things to hurt or upset you (with text, pictures or video)		12%	18%	22%	20%
	You sent personal information to someone which then you wished you hadn't done or had thought more about		3%	5%	9%	10%
	seen sexually explicit images, videos or games		6%	13%	26%	34%
	Seen 'fake news'/false information		16%	30%	39%	48%
	Been bullied online or cyberbullying		8%	11%	10%	7%
	You sent undressed/sexual images of yourself ('nudes'/'semi-nudes')			2%	9%	16%
	Received 'nudes'/'semi-nudes' images		3%	15%	29%	39%
	If you received a nude/semi-nude image, what did you do?/Sent one back			1%	5%	9%
	Approached by an adult wanting a sexual encounter		3%	6%	9%	12%
	Blocked someone			40%	44%	52%

Primary school pupils in Year 2

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

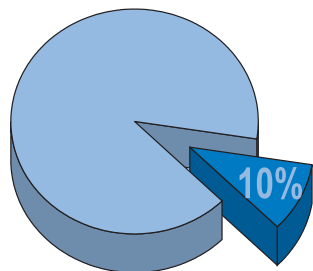
BEING HEALTHY

BREAKFAST

- 88% of pupils said they had something to eat at home before school on the morning of the survey, while 5% said they had something to eat at school.
- 3% of boys and 3% of girls said they didn't have anything to eat before school on the morning of the survey.

FRUIT AND VEGETABLES

- 3% of pupils said they 'never' eat fresh fruit.
- 54% of pupils said they eat fresh fruit on 'most days'.
- 10% of pupils said they 'never' eat vegetables.**
- 46% of pupils said they eat vegetables on 'most days'.



FOOD AT SCHOOL

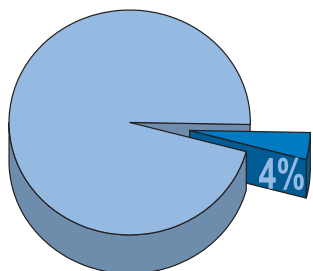
- 64% of pupils said they normally have school dinners, while 12% normally have packed lunches and 24% have both.
- 6% of pupils said they don't have school food because they don't like it.

HAND WASHING

- 72% of pupils responded that they 'always' wash their hands after visiting the toilet, while 24% said they 'sometimes' do.

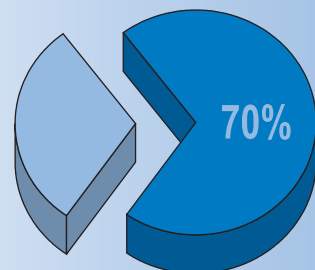
DENTAL HEALTH

- 78% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- 4% of pupils responded that they did not clean their teeth at all on the day before the survey.**
- 88% of pupils responded that they have been to a dentist, while 4% said they 'don't know' if they have.



PHYSICAL ACTIVITY

- 49% of boys and 37% of girls said they find physical activity and sports easy.
- 78% of pupils said they have been to swimming lessons, while 19% said they haven't.
- 70% of pupils said they normally get to school by car at least part of the way.**
- Of the 3073 pupils who indicated that they use a bike, scooter, skates, or skateboard, 51% said they 'always' wear a helmet when doing so, while 18% said they 'never' do.

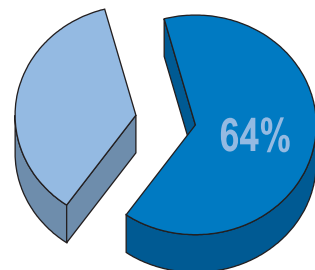


EMOTIONAL HEALTH AND WELLBEING

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

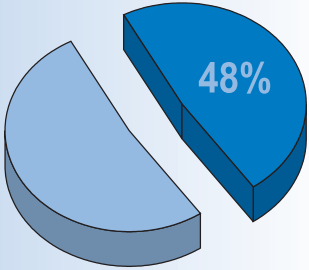
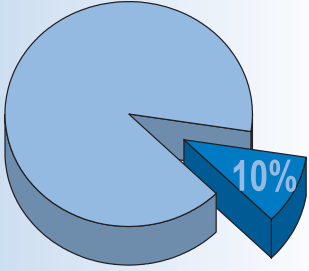
	Boys	Girls
Family	38%	35%
Being ill	27%	27%
Friendships	26%	27%
School-work	22%	18%
The way they look	20%	21%

- 64% of pupils responded that they worry about at least one of the issues listed on 'most days'.**
- 95% of pupils said they have an adult they can talk to if they are worried or upset.
- 49% of pupils responded that they 'always' feel happy at school and 70% 'always' feel happy at home.

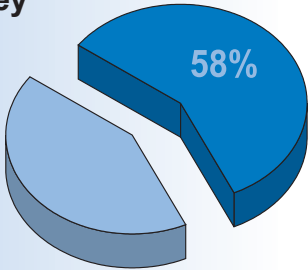


Primary school pupils in Year 2 (aged 6 - 7 years)

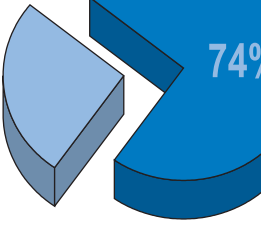
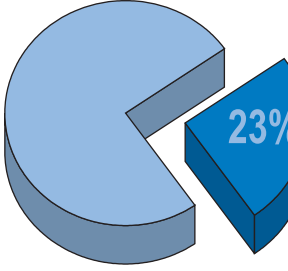
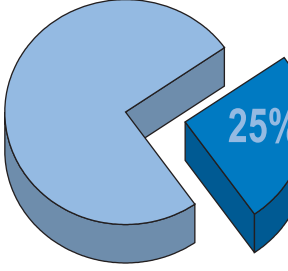
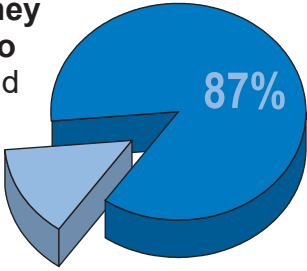
School and Safety

- 58% of pupils responded that they like being at school 'most of the time', while 32% said they 'sometimes' do.
- 96% of pupils said they have had school lessons about how to keep themselves safe and 94% said they have had lessons about keeping safe online.
- 48% of pupils responded that they get the help they need in lessons 'most of the time'**, while 46% said they 'sometimes' do. 
- 68% of pupils responded that they think they are getting better at school work 'most of the time', while 25% said they think they 'sometimes' are.
- 10% of pupils responded that they feel scared to be at school because of other children 'most of the time'**, while 32% 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 15% said they 'sometimes' do.

INTERNET SAFETY

- 89% of pupils responded that they use a computer, tablet or mobile device to go online/use the internet.
- 75% of pupils said they watch YouTube or other videos on a computer, tablet or mobile device and **58% said an adult always knows what they are watching on YouTube/videos.** 

Leisure and Sleep

- 74% of pupils responded that they have a set bedtime for nights when it's school the next day.** 
- 8% of pupils said they have a set bedtime of between 9 and 10pm or later when it's school the next day.
- 43% of pupils responded that they have a TV in their bedroom.
- 23% of pupils responded that they are allowed to watch TV after they have gone to bed.** 
- 25% of pupils responded that they are allowed to use a computer, tablet or phone after they have gone to bed;** 21% said they are allowed to do so 'sometimes'. 
- 29% of pupils responded that someone usually reads them a bedtime story; 31% said someone does 'sometimes'.
- 87% of pupils said they have their own bed to sleep in,** while 6% said they 'sometimes' do. 

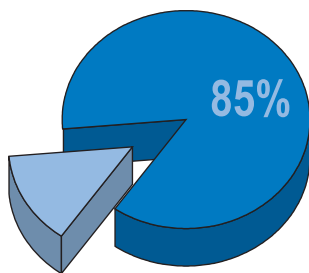
Primary school pupils in Year 6

(aged 10 - 11 years)

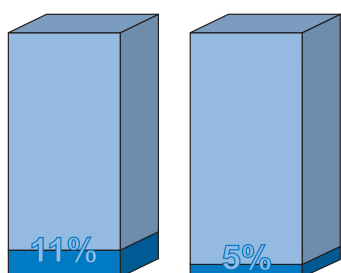
HEALTHY EATING

BREAKFAST

- 85% of pupils said they had something to eat at home before school on the morning of the survey, while 4% said they had something to eat at school.
- 6% of boys and 9% of girls said they didn't have anything to eat before school on the morning of the survey.
- 4% of pupils said they didn't have anything to eat on the morning of the survey because they don't like to eat in the mornings.



FIVE-A-DAY

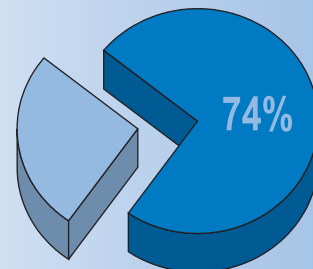


- 11% of boys and 5% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

- 24% of boys and 25% of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 73% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% found them 'not at all useful' and 3% couldn't remember any.

SCHOOL FOOD

- 34% of pupils said they normally have school dinners, while 40% normally have packed lunches and 26% have both.
- 22% of pupils said they don't have school dinners because they don't like the food.
- 74% of pupils think school food has healthy options, while 4% think it doesn't.

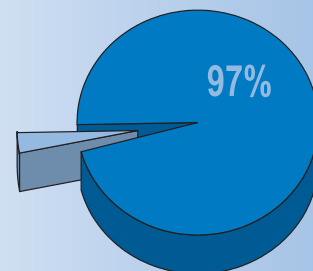


DIETARY REQUIREMENTS

- 1% of pupils said they are vegan.
- 3% of pupils said they are vegetarian.

WATER

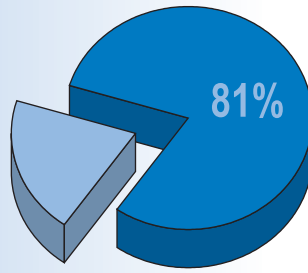
- 97% of pupils responded that they can get water at school, while 1% said they can't.



EMOTIONAL HEALTH AND WELLBEING

WORRYING

- 81% of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often; 35% said they worry about more than 5 of the issues listed.
- The percentages of pupils who say they worry 'quite' or 'very' often about different issues were (top 10):

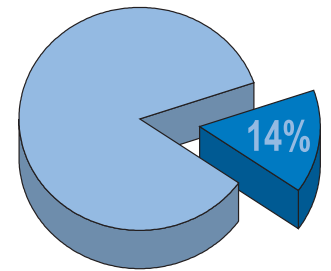
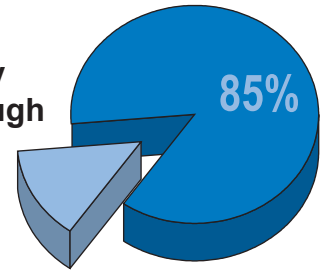


Boys		Girls	
Death of someone close to you	49	Death of someone close to you	58
Moving on to secondary school	30	Moving on to secondary school	47
War	28	The way you look	39
The problems of looking after our planet	26	War	33
Family	25	SATs/tests	33
SATs/tests	24	Falling out with friends	31
The way you look	23	Growing up	29
Feeling lonely	18	The problems of looking after our planet	28
Being bullied	16	Family	28
Your weight	16	Your weight	27

- 70% 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 5% couldn't remember any.
- 81% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 13% said they 'maybe' do.
- 48% of pupils responded that they talk to someone when they have a problem or feel stressed or lonely.

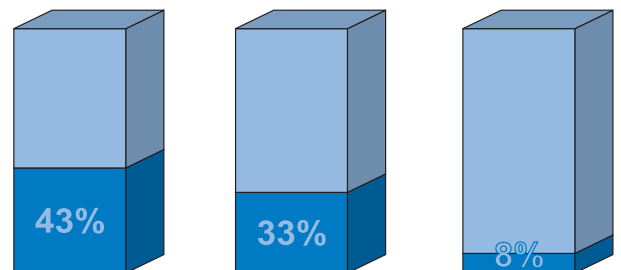
GROWING UP

- 85% of pupils responded that they feel they know enough about how their body changes as they get older, while 2% feel they don't know enough.
- 26% of pupils responded that they feel 'happy' about growing up and body changes.
- 6% of pupils responded that they feel 'unhappy' about growing up and body changes.
- 82% of boys and 68% of girls are either happy or OK about growing up and body changes.
- 20% of boys and 45% of girls feel unhappy, embarrassed, or worried/nervous/scared about growing up and body changes.
- 14% of girls responded that they have started their periods, while 6% said they 'don't know' if they have.



WELLBEING SCORES

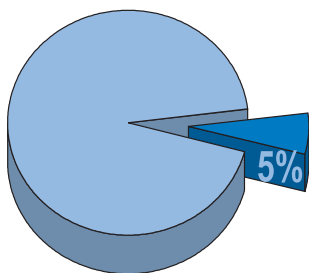
- 38% of pupils (43% of boys and 33% of girls) scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 2% of pupils had a very low score (12 - 23) and 8% a score less than 30, which suggests poor mental health.



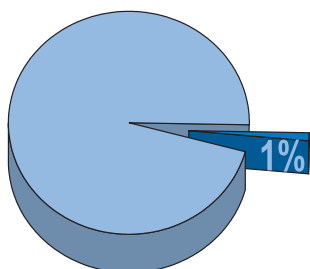
DRUGS, ALCOHOL AND TOBACCO

ALCOHOL

- 5% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 73% of pupils responded that they never drink alcohol, while 6% said they don't drink it at home.
- 18% of pupils responded that they drink at home and their parents 'always' know.



- 1% of pupils responded that they drink at home and their parents 'never' or only 'sometimes' know.

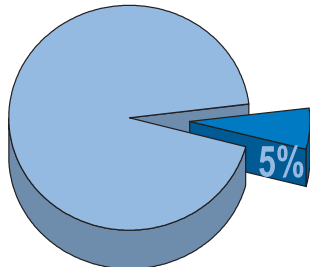


SMOKING

- 1% of pupils responded that they have at least tried smoking.

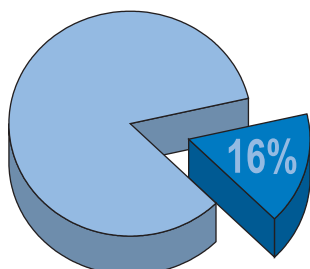
VAPING

- 5% of pupils responded that they have at least tried vapes or e-cigarettes.
- 3% of pupils think vaping is 'not at all' harmful to their health, while 14% think it is 'a little' harmful.
- 82% of pupils think vaping is harmful to their health ('a lot').



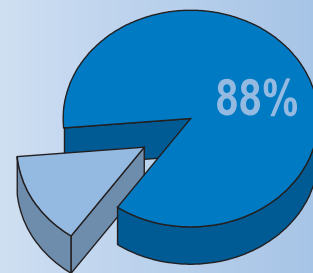
DRUGS

- 16% of pupils responded that they are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live.
- 68% of pupils responded that they have found school lessons about medicines and drugs 'quite' or 'very' useful, while 8% have found them 'not at all useful' and 9% couldn't remember any.



PHYSICAL ACTIVITY

- 88% of pupils agreed that they know how to get involved in different types of physical activity and sports.
- 23% of pupils said they don't have enough spare time to be as involved as they would like in activities or sports outside of school.



SWIMMING

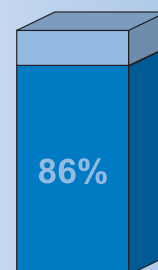
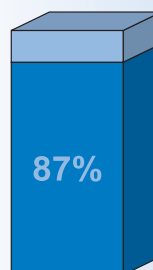
- 78% of pupils said they can swim the full longest length of a swimming pool on their own, while 10% said they can't.

ACTIVE TRAVEL

- 52% of pupils said they normally get to school by car (at least part of the way).

LEISURE TIME

- 87% of boys and 86% of girls said they at least 'sometimes' regularly take part in outdoor activities outside of school time.

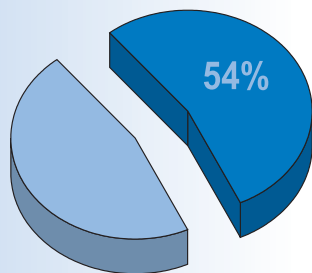


- 3% of boys and 3% of girls said they don't regularly take part in outdoor activities 'at all' outside of school time, while 8% of boys and 8% of girls said 'not really'.

HEALTH AND HYGIENE

HYGIENE

- 54% of pupils responded that they washed their hands before lunch on the day before the survey.

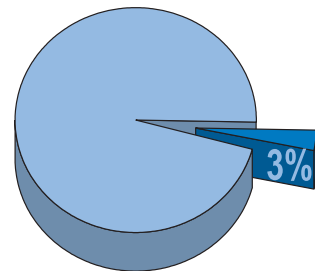


EYESIGHT

- 77% of pupils responded that they have had their eyes tested (at an opticians/optometrist), while 7% said they are 'not sure' if they have.

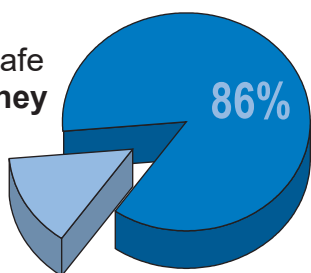
DENTAL HEALTH

- 97% of pupils responded that they have ever been to the dentist, while 1% said they are 'not sure' if they have.
- 3% of pupils said they didn't clean their teeth at all on the day before the survey.
- 78% of pupils said they cleaned their teeth at least twice on the day before the survey.



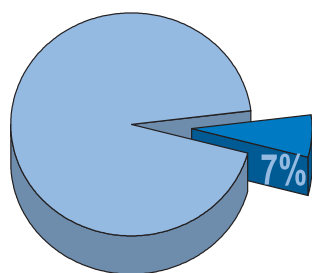
STAYING SAFE

- 96% of pupils said they 'always' or 'mostly' feel safe at home and 86% said they 'always' or 'mostly' feel safe at school.
- 58% 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.
- 13% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.



Internet safety

- 15% of boys and 8% of girls said 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 14% said they communicate with people using picture/video sharing sites/apps.
- 7% of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 7% of boys and 4% of girls in Year 6 said they have seen sexually explicit images, videos, or games online.
- 28% of pupils responded that they are 'never' supervised and their device doesn't have a filter system when using the internet at home.



Bullying

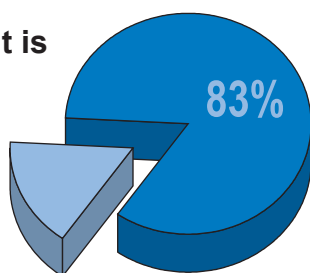
- 24% of pupils responded that they were pushed/hit for no reason in the month before the survey, while 9% said they had belongings taken/broken; 44% said none of these things happened.
- 24% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey, while 15% experienced such behaviour in a classroom during breaktimes and 18% experienced it at or near home.
- 26% of boys and 39% of girls responded that they at least 'sometimes' feel afraid of going to school because they may be bullied.
- 7% of pupils responded that they 'often' or 'very often' feel afraid of going to school because they may be bullied.
- 23% of pupils responded that they have been bullied at or near school in the last 12 months, while 20% said they are 'not sure' if they have been.
- 8% of pupils responded that they think they have been 'picked on' or bullied at or near school because of the way they look, while 7% think it was because of their size or weight;
- 7% of pupils said they have been bullied at or near school in the last 12 months and haven't told an adult at school/college, while 13% said they did.
- 4% of pupils responded that they have bullied someone else at school in the last 12 months.
- 67% of pupils responded that they think their school takes bullying seriously, while 11% think it doesn't take it seriously.
- 68% of pupils responded that their school deals with bullying 'quite' or 'very' well.

BACKGROUND

- ❑ 86% of pupils responded that they are White British.
- ❑ 20% of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.
- ❑ 70% of pupils responded that they live with their Mum and Dad together.
- ❑ 5% of pupils said their mum or dad is in the armed forces.
- ❑ 23% of pupils responded that they have a religion, faith or belief which is important to them, while 16% said they are 'not sure' if they do and 2% didn't want to say.
- ❑ 11% of pupils responded that they have a special educational need, while 16% said they are 'not sure' if they do.
- ❑ 13% of pupils responded that they are disabled or have a long-standing illness, while 9% said they are 'not sure' if they do.
- ❑ 5% of pupils responded that they are a 'young carer',
- ❑ 14% of pupils responded that they get free school meals, while 15% said they are 'not sure' if they do.
- ❑ **The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.25.**

SCHOOL

- ❑ **83% of pupils think it is important to go to school regularly.**
- ❑ 34% of boys and 47% of girls reported that they worried about moving on to secondary school.



Pupils' voice

- ❑ 63% of pupils responded that they are asked for their ideas and opinions about what happens in their school, while 9% feel they are not asked for.
- ❑ 50% of pupils responded that the opinions of young people make a difference to decisions in school, while 10% said they don't.
- ❑ 57% of pupils responded that they have found school lessons about 'you and your community' 'quite' or 'very' useful.

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 cares whether I am happy or not	67%	66%
My work is marked so I can see how to improve it	83%	84%
Adults at school talk to me about how to improve my work	76%	74%
I know my next steps in learning and what I need to do to improve	68%	66%
My achievements in and out of school are recognised	59%	55%
The school teaches me to deal with my feelings positively	65%	64%
The school helps me work as part of a team	73%	71%
In this school people with different backgrounds are valued	77%	77%
The school encourages everyone to take part in decisions, e.g. class discussions or school council	75%	75%
The school encourages me to contribute to community events	57%	52%
The school prepares me for when I leave this school	83%	85%
The school encourages everyone to treat each other with respect	89%	91%
My teachers realise when I don't understand	59%	49%
The school encourages me to attempt difficult work	77%	74%
The school tells me it's OK to make mistakes	83%	84%
I have the opportunity to develop leadership skills at school	67%	66%
My school encourages me to take care of the planet and help prevent climate change	74%	75%

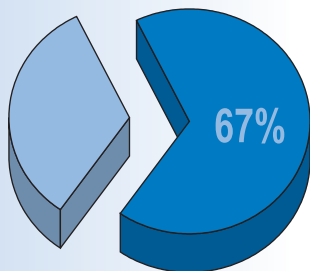
Secondary school pupils in Years 8 & 10

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

HEALTHY EATING

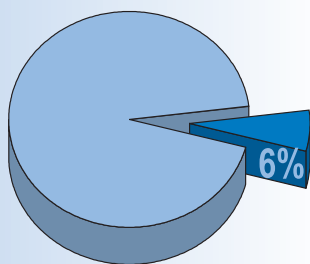
BREAKFAST

- 67% of pupils said they had something to eat at home before school/college on the morning of the survey, while 6% said they had something at school/college.
- 26% of pupils said they didn't have anything to eat before school/college on the morning of the survey.
- 8% of boys and 11% of girls said they didn't have anything to eat on the morning of the survey because they were in a rush/had no time, while 9% of boys and 23% of girls said they don't like to eat in the mornings.



LUNCH

- 6% of pupils responded that they didn't have anything to eat or drink for lunch on the day before the survey.
- 80% of pupils responded that they had something to drink for lunch on the day before the survey.
- 86% of pupils responded that they had something to eat for lunch on the day before the survey.



5-A-DAY

- 12% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 19% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 1% of pupils said they are vegan.
- 3% of pupils said they are vegetarian.

WATER

- 85% of pupils responded that they can get water at school/college, while 13% said 'not easily'.

SCHOOL/COLLEGE FOOD

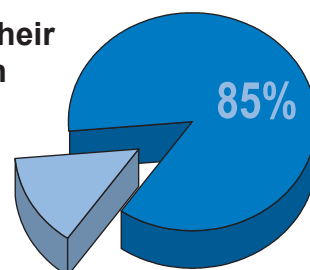
- 14% of pupils said they usually don't have lunch during the school/college day.
- 22% of pupils said they don't have school/college food because it takes too long to queue.
- 32% of pupils said school/college dinners are 'tasty' and 48% like that they sit with friends.
- 44% of pupils think their school/college food has healthy options, while 18% think it doesn't.

EATING HABITS

- 32% of pupils responded that they never worry about how much they eat.
- 11% of pupils responded that they are 'often on a diet, or at least being careful not to eat too much'.
- 3% of pupils responded that they are 'always on a diet'.
- 39% of pupils said they have regularly made themselves sick, dieted to an extreme degree or done an unusual amount of exercise to lose weight at some point; 12% said they have done so this term.
- 16% of pupils responded that they have regularly made themselves sick in the past, with a further 4% doing so in the current term.
- 12% of pupils responded that they have dieted to an extreme degree in the past, with a further 4% doing so in the current term.
- 40% of pupils responded that they worry about the way they look 'often' or 'all the time' (56% of females).

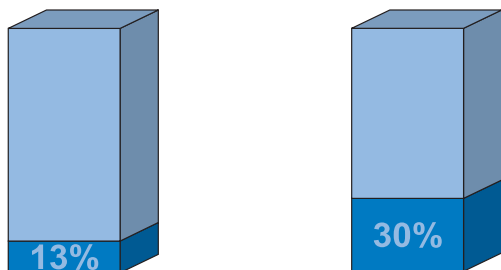
FOOD AVAILABILITY

- 5% of pupils said their household has, at most, only 'sometimes' been able to get enough food for everyone in their family in the last 12 months.
- 85% of pupils said their household has been able to get enough food for everyone in their family 'every day' in the last 12 months.



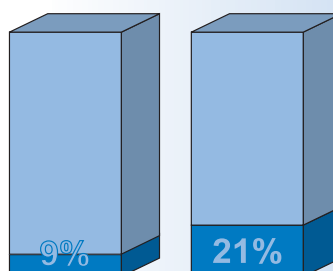
ALCOHOL, TOBACCO AND DRUGS

ALCOHOL



- ❑ 13% of Year 8 pupils and 30% of Year 10 pupils responded that they had an alcoholic drink in the 7 days before the survey; 7% drank alcohol on more than one day.
- ❑ 12% of pupils responded that someone gave them alcohol in the 7 days before the survey, while 1% said they bought it.
- ❑ 12% of pupils said they drank alcohol at home with their parents' consent in the 7 days before the survey, while 3% said they drank at home without their parents' consent.
- ❑ 47% of Year 8+ pupils responded that they have found school/college lessons about alcohol 'quite' or 'very' useful, while 13% have found them 'not at all' useful and 11% couldn't remember any.
- ❑ 47% of Year 8 pupils and 21% of Year 10 pupils said their parents/carers don't allow them to drink any alcohol, while 33% said some drinking is allowed with a parent/carer.
- ❑ 4% of Year 8 pupils and 14% of Year 10 pupils said they are allowed to drink alcohol without a parent/carer present as long as they don't get drunk, while 3% said their parents/carers don't impose any limits on them and 9% haven't had a discussion with their parents/carers.

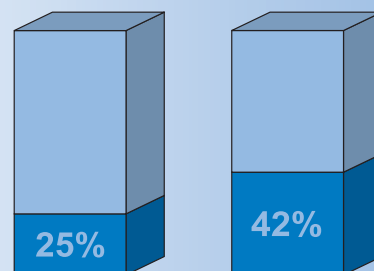
SMOKING AND VAPING



❑ 9% of Year 8 pupils and 21% of Year 10 pupils responded that they have smoked in the past or smoke now.

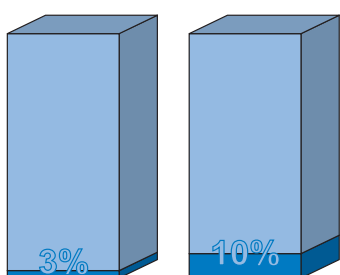
- ❑ 1% of pupils responded that they smoke 'regularly'.
- ❑ Of the 89 pupils who smoke regularly, 45% said they would like to give up.
- ❑ 2% of pupils responded that they are an occasional/regular smoker and smoked in the 7 days before the survey.
- ❑ 8% of pupils said they have at least tried non-smoking tobacco (e.g. snus); 1% said they use it regularly (at least once a week).

❑ 33% of pupils (25% of Year 8 and 42% of Year 10) responded that they have at least tried vapes, e-cigarettes, or



- e-liquids, while 7% said they use one 'regularly' (at least once a week).
- ❑ 34% of pupils who recently vaped were given their last vape; 18% bought them from friends, and 22% bought from a shop.
 - ❑ 71% of pupils think vaping is harmful to their health ('a lot').
 - ❑ 9% of pupils said they have at least tried CBD vapes (e.g. cali pen).

DRUGS



❑ 6% of pupils reported that they have **taken drugs to get high (3% of Year 8 pupils and 10% of Year 10).**

- ❑ 5% of Year 8+ pupils reported that they have taken cannabis or edibles.
- ❑ 2% of Year 8+ pupils said they use illegal drugs at least 'once or twice a month'; 0% said they use them 'every day or most days'.

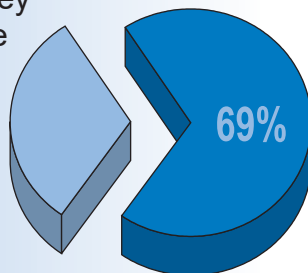
SECONDARY

EMOTIONAL HEALTH AND WELLBEING

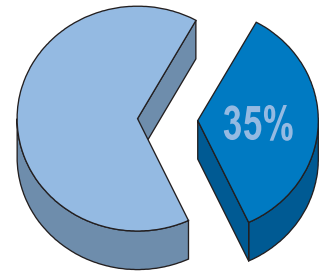
□ We asked students about their worries: the table shows those who worry at least 'often' about each issue (top 10):

Boys		Girls	
Exams and tests	26%	The way you look	56%
The way you look	24%	Exams and tests	50%
School/college -work problems	17%	School/college -work problems	42%
Feeling lonely	16%	Problems with friends	37%
Health	16%	Feeling lonely	33%
Problems with friends	15%	Relationships	27%
Relationships	14%	Health	27%
Money problems	12%	Family problems	26%
Death and loss	12%	Death and loss	24%
Family problems	11%	Money problems	18%

□ **69% of pupils responded that they worry about at least one of the issues listed 'often' or 'all of the time';** 12% of boys and 31% of girls said they worry 'often' or 'all of the time' about more than 5 of the issues listed.



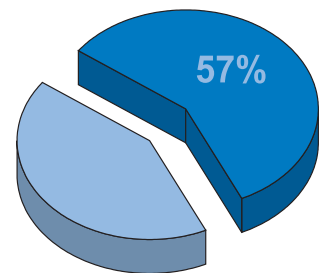
□ **35% of pupils responded that they talk to someone if they have a problem or feel stressed or lonely,** while 41% said they listen to music and 31% said they do nothing.



□ 3% of boys and 16% of girls said they cut or hurt themselves when they have a problem or feel stressed or lonely.

□ 69% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 19% said they 'maybe' do.

□ **57% of pupils responded that if they wanted to find out more information about anything they were worried about, they would like to get it from their parents/carers,** while 17% said they would like the information from school/college lessons and 22% would like to find out online.

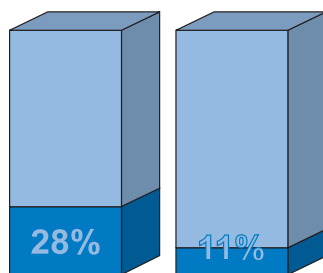


EMOTIONAL HEALTH AND WELLBEING

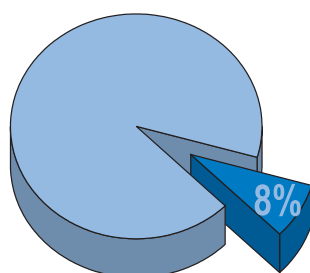
Warwick-Edinburgh Mental Wellbeing Scale

- On average pupils scored 22 on the SWEMWB Scale.

- 20% of pupils (28% of boys and 11% of girls) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.



- 8% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 27% had a med-low score (14 – 20).

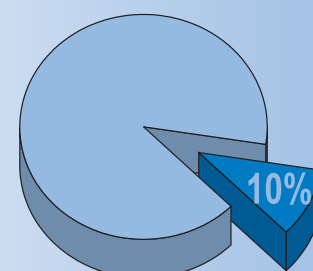


- 36% of pupils responded that they have at least 'often' been feeling optimistic about the future and 33% said they have been feeling useful.

RESILIENCE

- 44% of pupils had a low measure of resilience (0 – 16).

- 10% of pupils had a high measure of resilience (24+).

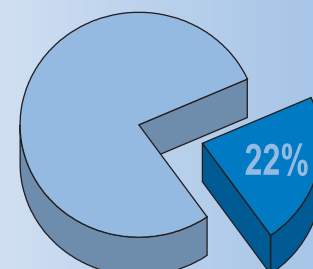


- 17% of pupils said they 'never' get angry or upset and feel bad for ages when something goes wrong.

- 42% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 39% said they get angry or upset and feel bad for ages.

- 23% of pupils said they 'never' give up and 49% 'never' blame someone else if at first they don't succeed.

- 48% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 34% ask for help and 22% give up.

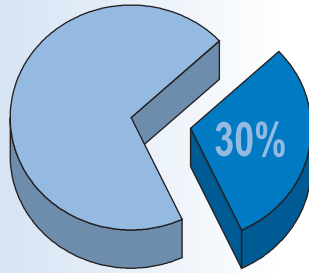


MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- 33% of pupils said they are asked for their ideas and opinions about what happens in their school/college, while 28% said they aren't.
- 24% of pupils said the opinions of young people make a difference to decisions in school/college, while 29% said they don't.
- 46% of pupils responded that they have had the chance to vote for School/College Council members and 13% said they have had the chance to take part in a mock general election.

SEXUAL HEALTH AND RELATIONSHIPS

- 50% believe there is a sexual health service for young people available locally. 23% of Y10 pupils said they know where they can get condoms free of charge.
- 30% of pupils found school lessons about relationships and sex 'quite' or 'very' useful.**
- 43% responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 22% said the same about school lessons covering the topic of different relationships e.g. lesbian, gay, bisexual, trans.



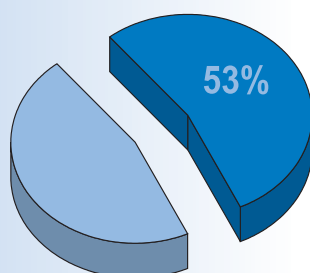
Sexual relationships: Year 10 only

- 15% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.
- 6% of Year 10+ pupils responded that they have had sex and didn't always use a method of protection or contraception, while 2% said they are 'not sure' if they did.
- 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 to me	15%
Was angry or jealous when I wanted to spend time with friends	23%
They kept checking my phone	14%
Threatened to tell people things about me	10%
Threatened to hit me	7%

- 50% of Year 10+ pupils responded that if any of the things listed to happen to them, they would look after themselves without help; 19% said they wouldn't.
- 53% of Year 10+ pupils responded that if any of the things listed were to happen to them, they know where to get help;** 16% said they don't.

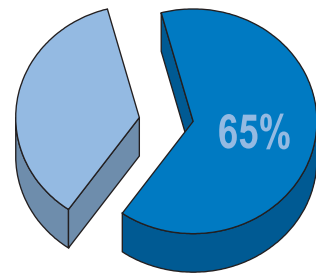


PHYSICAL ACTIVITY

- 78% of pupils agreed that they know how to get involved in different types of physical activity and sports.
- 23% of pupils said they don't have enough spare time to be as involved as they would like in activities or sports outside of school.

BACKGROUND

- 82% of pupils responded that they are White British.
- 33% of pupils responded that at least 5 people live in their home (including themselves); 1% said at least 8 people do.
- 15% of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.
- 65% of pupils responded that they live with their Mum and Dad together.**



FORCES FAMILIES

- 6% of pupils responded that they have a parent/carer who is in the British Army, Royal Navy or Royal Air Force, or the Reserves, while 8% said they are 'not sure' if they do and 1% didn't want to say.
- 5% of pupils said their mum or dad is in the armed forces.

RELIGION/FAITH

- 22% of pupils responded that they have a religion, faith or belief which is important to them, while 16% said they are 'not sure' if they do and 2% didn't want to say.

SPECIAL NEEDS

- 11% of pupils responded that they have a special educational need, while 18% said they are 'not sure' if they do.
- 13% of pupils responded that they are disabled or have a long-standing illness, while 9% said they are 'not sure' if they do.

YOUNG CARERS

- 4% of pupils responded that they are a 'young carer', while 6% said they are 'not sure' if they are and 1% didn't want to say.
- Of the 303 pupils who said they are a 'young carer', 54% said they look after a parent/carer; 76% said they look after a brother/sister.

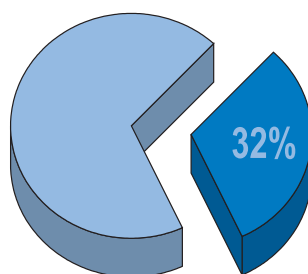
ENJOYING AND ACHIEVING

SCHOOL LESSONS

- 41% of boys and 46% of girls responded that they have found school lessons about healthy relationships 'quite' or 'very' useful.
- 13% of boys and 10% of girls responded that they have found school lessons about relationships 'not at all useful'.

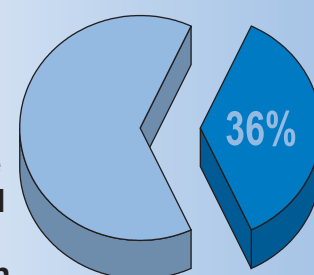
LEISURE TIME

- 32% of pupils said they spent time reading a book for pleasure after school on the day before the survey**, while 8% were 'not sure' if they did.
- 82% of boys and 69% of girls said they at least 'sometimes' regularly take part in outdoor activities outside of school time..



ATTENDANCE

- 42% of pupils responded that they have been away from school due to illness or injury in the last month; **36% said they haven't been away from school in the last month.**
- 2% of boys and 9% of girls said they have been absent in the last month due to worries about school or worries about being bullied.
- 10% of pupils said they have been excluded from school, while 2% said they are 'not sure' if they have and 0% didn't want to say.



Pupils' Perceptions

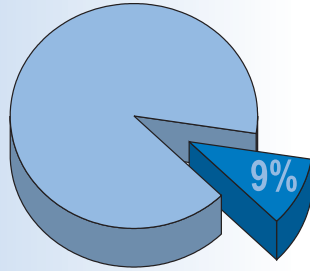
A series of statements were offered to pupils about their school experience.

The percentage of pupils responding 'yes' were:	Male	Female
The school/college cares whether I am happy or not	42%	32%
My work is marked so I can see how to improve it	72%	64%
Adults at school/college talk to me about how to improve my work	60%	52%
I know my next steps in learning and what I need to do to improve	49%	38%
My achievements in and out of school/college are recognised	36%	30%
The school/college teaches me to deal with my feelings positively	36%	26%
The school/college helps me work as part of a team	43%	37%
In this school/college, people with different backgrounds are valued	65%	63%
The school/college encourages everyone to take part in decisions, e.g. class discussions or school/college council	57%	57%
There are opportunities to discuss sensitive issues in class, e.g. extremism and abortion	47%	46%
The school/college encourages me to contribute to community events	39%	35%
The school/college prepares me for when I leave this school/college	53%	53%
The school/college encourages everyone to treat each other with respect	78%	73%
My teachers realise when I don't understand	29%	18%
The school/college encourages me to attempt difficult work	68%	61%
The school/college tells me it's OK to make mistakes	60%	53%
I am prepared to try something I am not used to or not so good at	57%	39%
I have the opportunity to use things I have learnt in different situations	50%	41%
Sometimes I have a choice of different ways to learn about something	40%	34%
At school/college, I am encouraged to try different ways to do things	46%	40%
I have the opportunity to develop leadership skills at school/college	47%	43%
My school/college encourages me to take care of the planet and help prevent climate change	51%	48%

SECONDARY

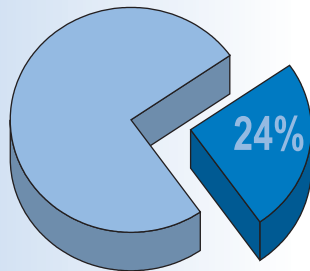
FEELING SAFE AND HAPPY

- 95% of pupils responded that they 'usually' or 'always' feel safe at home and 68% said they 'usually' or 'always' feel safe at school/college.
- 17% of pupils responded that they don't feel happy at school/college and **9% said they don't feel safe at school/college.**



BULLYING AND HARASSMENT

- 5% of boys and 10% of girls in Year 8+ responded that they have experienced sexual harassment at school/college, while 10% said they are 'not sure' if they have.
- 2% of boys and 5% of girls in Year 8+ responded that they have experienced or witnessed sexual harassment at school/college and reported it to an adult at school/college, while 8% said they didn't.
- Of the 983 Year 8+ pupils who have experienced or witnessed sexual harassment at school/college, 24% said they reported it to an adult at school/college, while 53% said they didn't.
- 24% of pupils responded that they have been bullied at or near school/college in the last 12 months**, while 16% said they are 'not sure' if they have been.



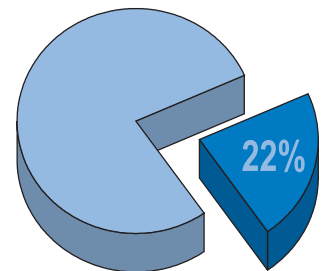
- 30% of pupils responded that they were pushed/hit in the month before the survey and 17% said they had belongings taken/broken. 34% said none of these things happened to them.
- 10% of boys and 10% of girls said they have been bullied at or near school/college in the last 12 months and didn't tell an adult at school/college, while 2% of pupils were 'not sure' if they did.
- 18% of pupils responded that their school/college deals with bullying 'badly'.
- 49% of Year 8+ pupils responded that they have found school/college lessons about prejudice, discrimination and bullying 'quite' or 'very' useful, while 12% have found them 'not at all' useful and 9% couldn't remember any.

INTERNET SAFETY

- 24% of pupils responded that they communicate with people they have met online and don't know in real life.
- 42% of pupils responded that they communicate with people through online games, while 44% said they do so through picture/video sharing sites/apps.
- 20% of pupils responded that they have experienced someone writing or showing them things online to hurt or upset them (with text, pictures or video), while 6% said they have sent personal information to someone, then wished they hadn't or had thought more about it.
- 10% of pupils responded that they have seen pictures, videos or games they found upsetting online and 19% have seen sexually explicit images, videos or games.
- 4% of boys and 10% of girls said someone they have only met online has asked to meet them.
- 3% of boys and 11% of girls said they have been approached by an adult online who wanted a sexual encounter or relationship.

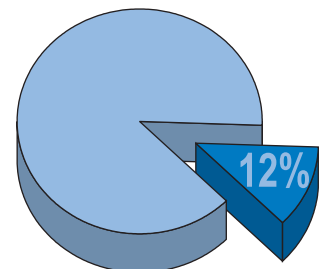
- 22% of Year 8+ pupils said they have received 'nudes'/'semi-nudes'.**

- 8% of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'.



VIOLENCE AND AGGRESSION

- 12% of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months**, while 12% said they are 'not sure' if they have been.
- 8% of pupils responded that they have carried weapons when going out at least 'sometimes'.
- 3% of pupils responded that they have carried weapons when going out at night.



A decade of emotional health and wellbeing

□ These tables pull together some trends

Y2	2010	2012	2014	2016	2018	2020	2022	2024
Worry about at least one issue most days	65%	67%	62%	65%	66%	73%	67%	64%
Have a trusted adult to talk to								95%
Y6	2010	2012	2014	2016	2018	2020	2022	2024
High self-esteem score (15+) *	46%	51%						
High/max wellbeing score (48+) **			34%	47%	45%	35%	33%	38%
Low wellbeing score (up to 30: of concern) **			6%	5%	5%	10%	9%	8%
High resilience score (26+ to 2022; 24+ 2024)		32%	38%	35%	37%	27%	23%	26%
Low resilience score (up to 19 to 2020; <17 2022)		20%	15%	17%	18%	19%	22%	20%
Worry about at least one issue at least quite often	79%	76%	76%	63%	60%	76%	86%	81%
Have a trusted adult to talk to						78%	78%	81%
Y8	2010	2012	2014	2016	2018	2020	2022	2024
High self-esteem score (15+) *	40%	40%						
High/max wellbeing score (28+) ***			24%	26%	24%	21%	15%	21%
Low wellbeing score (up to 13: of concern) ***			4%	4%	4%	7%	8%	8%
High resilience score (26+ to 2022; 24+ 2024)		53%	49%	45%	44%	39%	11%	11%
Low resilience score (up to 19 to 2022; <17 2024)		24%	27%	32%	33%	30%	40%	44%
Worry about at least one issue at least often	67%	70%	65%	57%	53%	45%	69%	66%
Have an adult they trust who they can talk to					76%	78%	68%	70%
Y10	2010	2012	2014	2016	2018	2020	2022	2024
High self-esteem score (15+) *	42%	39%						
High/max wellbeing score (28+) ***			20%	24%	19%	17%	14%	19%
Low wellbeing score (up to 13: of concern) ***			6%	5%	8%	8%	10%	10%
High resilience score (26+ to 2022; 24+ 2024)		49%	40%	39%	33%	30%	9%	10%
Low resilience score (up to 19 to 2022; <17 2024)		28%	35%	38%	34%	36%	43%	44%
Worry about at least one issue at least often	77%	77%	74%	69%	66%	63%	74%	71%
Have an adult they trust who they can talk to					71%	70%	66%	69%

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

*** Short Warwick and Edinburgh Mental Wellbeing Scale

NOTES

- There are signs that the fall in wellbeing scores in Years 6,8 and 10 has stopped and may have reversed, with higher scores in 2024, but inspection shows this is only among males.
- There has been a general decline in resilience scores among students across the age range which has been complicated by a change in scoring in 2022 but may have persisted among secondary students into 2024; the Y6 resilience scores in 2024 are no worse and may be better than in 2022.
- There is a rise between 2020 and 2022 then a fall into 2024 in the percentage of young people in Y6 who worry about at least one issue 'quite often' or more; the Y2 figures have declined a little since 2020.
- There has also been an increase after 2020 in the percentage of young people in Y8&10 who worry about at least one issue at least 'often' which has declined in 2024.
- We can see on pp.22-23 that female pupils have worse outcomes for emotional health and wellbeing than do males.

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 2024 and 2022 are shown below.
- Most perceptions are stable from 2022 to 2024 (bold); overall there is a slight downturn, particularly in the secondary phase.

Key Stage	KS2				KS3/4			
Wave of study	2022		2024		2022		2024	
Sex	M	F	M	F	M	F	M	F
The school/college cares whether I am happy or not	66%	67%	67%	66%	45%	33%	42%	32%
My work is marked so I can see how to improve it	84%	85%	83%	84%	73%	67%	72%	64%
Adults at school/college talk to me about how to improve my work	78%	75%	76%	74%	65%	58%	60%	52%
I know my next steps in learning and what I need to do to improve	73%	69%	68%	66%	55%	46%	49%	38%
My achievements in and out of school/college are recognised	58%	56%	59%	55%	36%	30%	36%	30%
The school/college teaches me to deal with my feelings positively	63%	62%	65%	64%	34%	26%	36%	26%
The school/college helps me work as part of a team	73%	71%	73%	71%	46%	41%	43%	37%
In this school/college, people with different backgrounds are valued	73%	76%	77%	77%	69%	64%	65%	63%
The school/college encourages everyone to take part in decisions, e.g. class discussions or school/college council	74%	76%	75%	75%	60%	62%	57%	57%
The school/college encourages me to contribute to community events	54%	53%	57%	52%	41%	34%	39%	35%
The school/college prepares me for when I leave this school/college	81%	85%	83%	85%	57%	53%	53%	53%
The school/college encourages everyone to treat each other with respect	88%	90%	89%	91%	81%	76%	78%	73%
My teachers realise when I don't understand	60%	53%	59%	49%	34%	22%	29%	18%
The school/college encourages me to attempt difficult work	75%	74%	77%	74%	70%	67%	68%	61%
The school/college tells me it's OK to make mistakes	83%	86%	83%	84%	67%	58%	60%	53%

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). This list was updated in 2024.
- 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 51% of the Year 10 secondary school sample.
- The table below shows figures for Year 10 students.

	Index of multiple deprivation				
	Low deprivation	Median-Low	Median	Median-High	High deprivation
All Year 10	515	465	374	197	163
5+ portions of fruit and veg yesterday	19%	22%	17%	16%	13%
Ever tried smoking cigarettes	16%	22%	24%	22%	24%
Ever tried vaping	34%	44%	45%	46%	45%
Drank alcohol last week	28%	32%	30%	33%	20%
Ever taken drugs	9%	11%	10%	10%	10%
High wellbeing score	19%	21%	19%	18%	17%
High resilience score	9%	8%	9%	12%	11%
Low wellbeing score	7%	6%	8%	10%	8%
Low resilience score	43%	42%	46%	47%	42%
Bullied at or near school/college in the last year	23%	16%	21%	23%	23%
Worry about money problems often or all the time	18%	18%	16%	21%	17%
Worry about being different often or all the time	7%	8%	5%	8%	8%
Have an adult confidant	68%	69%	69%	69%	70%
Sexually active	12%	14%	17%	23%	17%
Know where to get free condoms	21%	24%	22%	17%	21%
Enjoy at least half of school lessons	64%	63%	60%	54%	56%
Intend FTE after Y11	44%	44%	42%	37%	37%
Careers education lessons have been 'quite' or 'very' useful	43%	46%	43%	44%	45%

Changes in North Yorkshire since 2022 - Year 2

Positive findings

- ❑ worry about their family 'most days' (42% in 2022 vs 36% in 2024)
- ❑ worry about at least one issue on 'most days' (67% in 2022 vs 64% in 2024)

Emerging issues

- ❑ 'always' wash their hands after visiting the toilet (78% in 2022 vs 72% in 2024)
- ❑ like being at school 'most of the time' (62% in 2022 vs 58% in 2024)

Changes in North Yorkshire since 2022 - Year 6

Positive findings

- ❑ have found school lessons about smoking 'quite' or 'very' useful (52% in 2022 vs 65% in 2024)
- ❑ have found school lessons about alcohol 'quite' or 'very' useful (50% in 2022 vs 62% in 2024)
- ❑ 'always' feel safe at home (77% in 2022 vs 85% in 2024)
- ❑ found school lessons about growing up and body changes 'quite' or 'very' useful (54% in 2022 vs 63% in 2024)
- ❑ have been thinking that lots of people care about them over the past couple of weeks (62% in 2022 vs 70% in 2024)
- ❑ have found school lessons about relationships 'quite' or 'very' useful (51% in 2022 vs 58% in 2024)
- ❑ 'sometimes' worry about school-work/homework (64% in 2022 vs 58% in 2024)

- ❑ worry about at least one issue 'quite' or 'very' often (86% in 2022 vs 81% in 2024)
- ❑ have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful (64% in 2022 vs 70% in 2024)
- ❑ know an adult they trust who they can talk to if they are worried about something (76% in 2022 vs 81% in 2024)

Emerging issues

- ❑ washed their hands before lunch on the day before the survey (70% in 2022 vs 54% in 2024)
- ❑ felt tired at school the day before the survey (45% in 2022 vs 56% in 2024)
- ❑ think it is important to go to school regularly (86% in 2022 vs 83% in 2024)
- ❑ are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live (13% in 2022 vs 16% in 2024)

Changes in North Yorkshire since 2022 - Years 8/10

Positive findings

- ❑ worry about being different because of their culture or background 'often' or 'all of the time' (3% in 2022 vs 0% in 2024)
- ❑ Year 8+ have received 'nudes'/'semi-nudes' (32% in 2022 vs 22% in 2024)
- ❑ can get water at school/college (79% in 2022 vs 85% in 2024)
- ❑ high or maximum score (28 – 35) for wellbeing (15% in 2022 vs 20% in 2024)
- ❑ approached by an adult online who wanted a sexual encounter or relationship (11% in 2022 vs 7% in 2024)
- ❑ didn't have anything to eat or drink for lunch on the day before the survey (9% in 2022 vs 6% in 2024)
- ❑ Year 8+ have deliberately harmed themselves at some point in the last year (38% in 2022 vs 33% in 2024)
- ❑ Year 8+ haven't had enough information and guidance about their options after Year 11 (35% in 2022 vs 30% in 2024)
- ❑ worry about exams & tests 'often' or 'all the time' (44% in 2022 vs 38% in 2024)

Emerging issues

- ❑ adults at school/college talk to them about how to improve their work (61% in 2022 vs 56% in 2024)
- ❑ Year 8+ found school/college lessons about prejudice, discrimination and bullying 'quite' or 'very' useful (53% in 2022 vs 49% in 2024)
- ❑ had the chance to vote for School/College Council members (50% in 2022 vs 46% in 2024)
- ❑ enjoy 'most' or 'all' of their lessons at school/college (30% in 2022 vs 27% in 2024)
- ❑ have been bullied at or near school/college in the last 12 months (22% in 2022 vs 24% in 2024)
- ❑ have been bullied at or near school/college in the last 12 months and didn't tell an adult at school/college (9% in 2022 vs 11% in 2024)

All differences shown are statistically significant.

Changes 2006-2024

Asterisks (***) indicate a question changed over the period of study.

Question	2006	2008	2010	2012	2014	2016	2018	2020	2022	2024
Year 2										
Like being at school: Most of the time			53%	61%	58%	59%	56%	62%	62%	58%
Have TV in bedroom					52%	52%	51%	45%	48%	43%
Year 6										
Portions of fruit/veg yesterday: 5 or more	38%	35%	31%	32%	30%	30%	27%	25%	25%	24%
I do not drink alcohol***	38%	40%	47%	47%	83%	74%	75%	81%	75%	73%
Know a drug user: Fairly sure/certain	22%	20%	14%	12%	10%	10%	10%	11%	13%	16%
Know enough about growing up/body changes	67%	67%	63%	69%	74%	80%	83%	74%	85%	85%
Bullied at or near school: Last 12 months	31%	26%	26%	24%	21%	21%	21%	21%	21%	23%
Bullied someone else at school: Last 12 months	11%	8%	7%	5%	4%	4%	3%	3%	4%	4%
Year 8										
Enjoy all/most lessons at school	35%	40%	38%	45%	48%	45%	40%	38%	29%	25%
Lessons about RSE: Quite/very useful	31%	31%	35%	39%	39%	32%	32%	29%	36%	27%
Computer games last night	50%	55%	58%	51%	49%	49%	54%	64%	64%	64%
Voting for School/College Council members			53%	45%	41%	42%	40%	48%	51%	46%
Ever tried smoking	27%	26%	16%	15%	12%	11%	12%	7%	12%	9%
Year 10										
Enjoy all/most lessons at school	37%	38%	40%	43%	40%	45%	38%	38%	31%	29%
Voting for School/College Council members			55%	50%	46%	47%	49%	45%	48%	46%
Alcohol in last 7 days	12%	14%	16%	20%	28%	30%	28%	26%	33%	30%
Ever tried smoking	51%	48%	45%	39%	34%	30%	30%	22%	25%	21%
Ever taken cannabis	22%	18%	16%	12%	12%	13%	12%	8%	10%	9%
Know of a sexual health service for young people locally ***	20%	20%	34%	33%	32%	60%	57%	48%	61%	60%
Worry about Exams and tests: Often/all the time***	50%	48%	54%	59%	61%	52%	51%	48%	50%	46%
Ate 5 portions fruit/veg yesterday					19%	19%	17%	17%	18%	18%
Know where to get help about relationship: Y10 females						62%	58%	52%	53%	54%
Tried vaping					31%	36%	42%	32%	44%	42%

Findings from a sixth-form/college survey

- ❑ The secondary questionnaire was also used in sixth forms and in further education colleges. 707 students from 12 sixth forms completed the questionnaire. Key findings included:
- ❑ **resilience and emotional wellbeing**
45% of pupils responded that they have at least 'often' been feeling optimistic about the future; when something goes wrong, 32% said they get angry or upset and feel bad for ages.
- ❑ **trusted adult or service**
82% of pupils responded that they know an adult they trust who they can talk to if they are worried about something.
- ❑ **online safety risks**
4% of males and 18% of females said they have been approached by an adult online who wanted a sexual encounter or relationship.
- ❑ **healthy eating**
22% had 5+ portions of fruit/veg yesterday while 8% didn't have any.
- ❑ the gender imbalance in relation to **physical activity**
47% of females say 'Not enough spare time' while 32% say 'It makes me feel too nervous/worried'; the equivalent figures for males are 33% and 9% respectively
- ❑ **vapes** and the emerging data around snus and cali pens
50% of Year 12 pupils responded that they have at least tried vapes, e-cigarettes, or e-liquids, while 15% said they use one 'regularly' (at least once a week).
19% have tried CBD vapes (e.g. cali pen); 1% use them weekly
- ❑ **PSHE curriculum**
47% found school/college lessons about emotional and mental health and wellbeing 'quite' or 'very' useful; 18% said the same of school/college lessons about citizenship.
- ❑ **bullying and prejudice-based incidents**
46% said their school/college deals with bullying 'quite' or 'very' well, while 4% said that bullying is not a problem in their school/college;
2% said that they had been picked on or bullied because of their race, colour or religion.

Changes since 2022

Positive findings

- ❑ found school/college lessons about alcohol 'quite' or 'very' useful. (35% in 2022 compared with 51% in 2024)
- ❑ found school/college lessons about careers education 'quite' or 'very' useful. (52% in 2022 compared with 66% in 2024)
- ❑ high or maximum score (28 – 35) for wellbeing (14% in 2022 compared with 23% in 2024)
- ❑ worry about being different because of their culture or background 'often' or 'all of the time'. (3% in 2022 compared with 0% in 2024)
- ❑ haven't had enough information and guidance about their options after Year 11 (or, if in Year 12/13, at the end of Year 13) (19% in 2022 compared with 11% in 2024).
- ❑ found school/college lessons about emotional and mental health and wellbeing 'quite' or 'very' useful (36% in 2022 compared with 47% in 2024)
- ❑ can get water at school/college. (87% in 2022 compared with 94% in 2024)
- ❑ at least 'often' been feeling optimistic about the future. (35% in 2022 compared with 45% in 2024)
- ❑ know an adult they trust who they can talk to if they are worried about something. (74% in 2022 compared with 82% in 2024)
- ❑ adults at school/college talk to them about how to improve their work. (75% in 2022 compared with 82% in 2024)

Emerging issues

- ❑ pushed/hit in the month before the survey. (10% in 2022 compared with 15% in 2024)

Equality Monitoring in North Yorkshire 2024

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 below. The following tables show the results for Year 6/10 pupils.

Percentages in each year from social identity groups	Year 6		Year 8		Year 10	
	%	Valid N	%	Valid N	%	Valid N
Ethnic minority	11.7%	3896	14.9%	3552	17.5%	3244
Minority religion	2.6%	3896	2.9%	3556	3.3%	3242
Young Carer	4.8%	3886	4.7%	3549	4.2%	3241
Children in care	0.4%	3897	0.5%	3549	0.3%	3238
Single-parent family	13.2%	3897	14.1%	3549	15.6%	3238
Special educational needs	11.2%	3880	10.8%	3559	12.0%	3240
Disability or long-term illness	12.5%	3892	12.6%	3555	12.4%	3246
Free school meals	14.2%	3889	12.4%	3548	10.6%	3230
Armed forces family	5.3%	3891	6.7%	3015	6.1%	2881

Year 6	All	Boy	Girl	Ethnic minority	Minority religion	Young carer	Children in care	Single parent family	SEN	Disability or long-standing illness	Free school meals	Armed forces family
	Sample	3902	1895	1889	456	100	187	16	513	433	488	552
5+ portions of fruit and veg yesterday	24%	24%	25%	25%	27%	26%	13%	21%	20%	27%	20%	26%
Ever tried smoking cigarettes	1%	1%	1%	2%	1%	2%	0%	2%	3%	3%	2%	1%
Ever tried vaping	5%	6%	4%	7%	6%	13%	0%	9%	10%	7%	10%	9%
Drank alcohol last week	5%	7%	2%	6%	5%	10%	6%	6%	6%	7%	7%	8%
High wellbeing score (Stirling scale)	38%	44%	33%	36%	36%	30%	25%	31%	30%	34%	33%	30%
High resilience score	26%	29%	24%	26%	32%	20%	23%	22%	19%	23%	20%	19%
Low/med-low wellbeing score (Stirling scale)	15%	11%	18%	19%	13%	26%	50%	21%	25%	17%	22%	23%
Wellbeing score indicates poor mental wellbeing (Stirling scale)	8%	5%	9%	9%	5%	16%	17%	12%	13%	8%	12%	13%
Low resilience score	49%	44%	52%	48%	40%	59%	69%	56%	60%	51%	53%	59%
Bullied at or near school in the last year	23%	24%	21%	25%	24%	41%	38%	27%	32%	29%	33%	31%
Worry at least quite often about their health	16%	15%	16%	18%	21%	24%	25%	20%	23%	21%	23%	28%
Worry at least quite often about moving to secondary school	39%	30%	47%	41%	42%	47%	69%	45%	46%	44%	47%	42%
Have an adult confidant	81%	84%	80%	72%	78%	72%	94%	78%	74%	81%	78%	71%
The school encourages everyone to treat each other with respect	90%	89%	91%	87%	85%	81%	100%	88%	85%	89%	88%	82%
Adults at school talk to them about how to improve their work	75%	76%	74%	72%	74%	73%	80%	74%	71%	78%	76%	68%
Know their next steps in learning and what they need to do to improve	67%	68%	66%	64%	61%	59%	67%	64%	57%	68%	62%	62%
Asked for their ideas and opinions about what happens in school	63%	62%	64%	58%	67%	61%	73%	65%	59%	60%	61%	58%
Opinions of young people make a difference to decisions in school	50%	50%	49%	42%	38%	45%	40%	49%	45%	49%	47%	42%

99%

statistically significantly positive difference from all pupils for this age group

99%

statistically significantly negative difference from all pupils for this age group

Equality Monitoring in North Yorkshire 2024

Year 10	All	Male	Female	Transgender	Ethnic minority	Minority religion	Young carer	Children in care	Single parent family	SEN	Disabled or long-standing illness	Free school meals	Armed forces family	LGB
5+ portions of fruit and veg yesterday	19%	20%	17%	29%	22%	23%	17%	14%	13%	21%	21%	13%	16%	17%
Ever tried smoking cigarettes	21%	18%	23%	37%	22%	24%	35%	50%	32%	29%	26%	30%	28%	31%
Ever tried vaping	41%	37%	45%	50%	40%	38%	60%	63%	53%	46%	45%	52%	50%	50%
Drank alcohol last week	29%	29%	29%	47%	22%	23%	35%	38%	29%	32%	33%	27%	38%	33%
Ever taken drugs	10%	10%	10%	16%	11%	12%	18%	25%	14%	14%	13%	14%	17%	14%
High wellbeing score	19%	28%	9%	16%	20%	24%	14%	13%	14%	15%	17%	15%	21%	7%
High resilience score	10%	14%	6%	11%	14%	16%	9%	0%	8%	7%	9%	9%	8%	6%
Low wellbeing score	8%	4%	10%	33%	8%	8%	10%	38%	11%	13%	12%	11%	14%	17%
Low resilience score	44%	31%	56%	67%	37%	34%	47%	50%	51%	54%	46%	53%	49%	65%
Bullied at or near school/college in the last year	21%	19%	22%	62%	21%	18%	34%	50%	28%	39%	29%	32%	25%	44%
Worry about money	18%	14%	21%	40%	23%	20%	31%	25%	29%	21%	21%	35%	23%	35%
Worry about being different	11%	12%	11%	21%	19%	19%	19%	0%	14%	12%	14%	14%	11%	14%
Have an adult confidant	68%	72%	65%	46%	62%	64%	65%	63%	62%	61%	66%	62%	58%	57%
Sexually active	15%	15%	15%	20%	16%	13%	29%	50%	21%	20%	19%	22%	20%	17%
Know where to get free condoms	23%	27%	18%	22%	19%	22%	25%	50%	22%	26%	24%	26%	26%	21%
Enjoy at least half of school lessons	58%	62%	55%	63%	64%	61%	51%	33%	49%	51%	57%	55%	57%	58%
Intend FTE after Y11	42%	35%	49%	43%	51%	58%	39%	22%	38%	34%	42%	34%	28%	51%
Careers education lessons have been 'quite' or 'very' useful	41%	44%	39%	38%	47%	51%	40%	33%	34%	39%	42%	41%	42%	42%
The school encourages everyone to treat each other with respect	72%	75%	70%	67%	68%	61%	69%	56%	64%	62%	68%	67%	61%	67%
Adults at school talk to them about how to improve their work	58%	63%	53%	62%	61%	62%	59%	56%	55%	54%	53%	58%	48%	57%
Know their next steps in learning and what they need to do to improve	46%	52%	40%	43%	50%	54%	44%	44%	42%	40%	43%	41%	34%	41%
Opinions of young people make a difference to decisions in school/college	22%	22%	23%	21%	25%	20%	25%	13%	21%	25%	24%	23%	19%	22%
Can swim the full longest length of a swimming pool on their own	84%	84%	84%	78%	77%	72%	72%	75%	78%	81%	81%	71%	77%	82%
Know how to get involved in different types of physical activity outside school	75%	82%	69%	55%	71%	75%	61%	57%	70%	68%	72%	66%	74%	55%
Asked for their ideas and opinions about what happens in school/college	31%	33%	28%	33%	34%	36%	40%	25%	25%	33%	34%	30%	31%	32%

99% statistically significantly positive difference from all pupils for this age group

99% statistically significantly negative difference from all pupils for this age group

What next?

- ❑ This report will be disseminated to key partners and stakeholders.
- ❑ An action plan will be developed to work on the key priorities.
- ❑ Area reports will be available [here](#) along with County and Area reports from the 2022 survey

Support

The following section signposts to further supporting information for professionals, families and young people in North Yorkshire linked to the key areas identified within this report:

- ❑ North Yorkshire Safeguarding Children Partnership (NYSCP) [Website](#)
The purpose of NYSCP is to support and enable local organisations and agencies to work together in a system where children are safeguarded and their welfare promoted. The website has a range of supporting information for professionals, parents&carers and children and young people.
- ❑ [Be Aware website](#). An online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle child exploitation
- ❑ [Being Young in North Yorkshire](#) The North Yorkshire Safeguarding Children Partnership Strategy for children and young people living in North Yorkshire
- ❑ The [North Yorkshire Partnerships website](#) brings together a range of information for partners across the county including information on [Prevent](#)
- ❑ [North Yorkshire Healthy Schools Programme](#). A free health and wellbeing award for all schools and Early Years settings in North Yorkshire. The website provides links to a range of [resources](#) to support the themes of PSHE, emotional health and wellbeing, active lives and healthy food and [supporting services](#) in North Yorkshire along with supporting information for [parents / carers](#).
- ❑ School Improvement Team, North Yorkshire Council provide a range of networks and training to support the planned PSHE curriculum and safeguarding. Further details here: [NYES](#).
- ❑ North Yorkshire Youth Voice team work across the county to facilitate groups for young people and further details can be found here: [NY Voice: Be The Change | North Yorkshire Council](#)
- ❑ [Go-to-website for healthy minds](#) in North Yorkshire. Provides a range of information and signposting for professionals, parents & carers and young people on emotional and mental health
- ❑ [Solihull Parenting Programme](#) is freely available for all families who live in North Yorkshire . There are courses for parents of children of all ages
- ❑ North Yorkshire Police [website](#)
- ❑ North Yorkshire Sport [Website](#). We are looking at how Physical Literacy informed approaches, driven through true youth voice can improve PA and sport experiences. The aim being that CYP are receiving regular and broad opportunities to develop a personal relationship with Physical Activity.



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