

# Growing Up in Harrogate

## A summary of the Growing Up in North Yorkshire survey 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.”

### Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire (online or paper). The sample sizes are shown in the table below.

Completed paper questionnaires were returned to SHEU in Exeter for processing. However, the majority of the schools conducted the survey online. Where figures are also given in a chart, they are shown in bold.

All schools who took part have received their own individual school report.

### Comparisons

Comparisons have been made between the figures from this district and from North Yorkshire as a whole. The North Yorkshire findings are given in brackets following the district figures, and a table summarising the most important significant findings is shown on page 15.

### Trends

This study follows similar studies in 2022, 2020, 2018, 2014, 2012, 2010, 2008 and 2006. Where changes can be seen in the figures from the district in 2022, these are noted on page 14.

This report should be read alongside the summary report for the whole North Yorkshire data set, which includes a number of important additional pieces of analysis. The **Equalities Monitoring** analysis is appended to this report.

This report is based on the responses of 14,934 pupils

	Harrogate				North Yorkshire			
	Year 2	Year 6	Year 8	Year 10	Year 2	Year 6	Year 8	Year 10
<b>Males</b>	475	463	381	375	1768	1895	1779	1655
<b>Females</b>	480	540	373	375	1729	1889	1692	1517
<b>Total*</b>	956	1033	776	771	3504	3902	3569	3252

\*Some pupils didn't give us their gender, so the totals may be greater than the sum of males and females.

This report is  
No. 3 of 7

1. Craven
2. Hambleton
- 3. Harrogate**
4. Richmondshire
5. Ryedale
6. Scarborough
7. Selby



## 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.

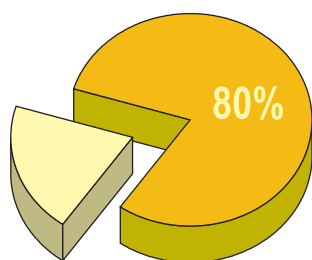
Weight/body image	Y2 boys	Y2 girls	Y6 boys	Y6 girls	Y8&10 boys	Y8&10 girls
I worry about the way I look 'most days'	22%	21%				
I worry about the way I look 'quite' or 'very often'			20%	35%		
I worry about the way I look 'often' or 'all of the time'					22%	57%
RSHE	Y2	Y6	Y8&10			
I have had school lessons on friendships	88%					
I have found school lessons about healthy friendships and relationships 'quite' or 'very' useful		60%				
I have found school/college lessons about relationships and sex education 'quite' or 'very' useful						28%
I have found school lessons about consent 'quite' or 'very' useful					49%	
I have found school/college lessons about consent 'quite' or 'very' useful						51%
Feeling safe and happy	Y2	Y6	Y8&10			
I 'always' feel happy at school	48%					
I 'mostly' or 'always' feel safe at school		89%				
I 'usually' or 'always' feel safe at school/college						71%
I 'always' feel happy at home	68%					
I 'mostly' or 'always' feel safe at home		96%				
I 'usually' or 'always' feel safe at home						95%
Online safety	Y2	Y6	Y8&10			
I have had lessons at school about keeping safe online	92%					
I have found school lessons about keeping safe online 'quite' or 'very' useful		77%				
I have found school/college lessons about keeping safe online 'quite' or 'very' useful						55%
Worries	Y2	Y6	Y8&10			
I worry about at least one of the issues listed on 'most days'	64%					
I worry about at least one of the issues listed 'quite' or 'very' often		82%				
I worry about at least one of the issues listed 'often' or 'all of the time'						69%

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

Bold type indicates use of a table or chart.

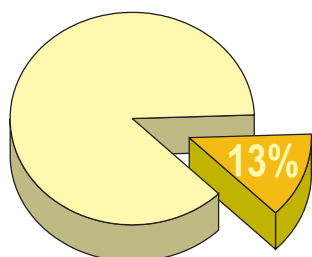
## BEING HEALTHY

- When asked about what they had to eat on the morning of the survey, 89% (88%) of pupils said they had something to eat at home, 4% (5%) said they had something to eat at school.
- 56% (54%) of pupils said they eat fresh fruit on 'most days'. 3% (3%) of pupils said they 'never' eat fresh fruit.
- 49% (46%) of pupils said they eat vegetables on 'most days'. 8% (10%) of pupils said they 'never' eat vegetables.
- 75% (72%) 'always' wash their hands after visiting the toilet.
- 80% (78%) cleaned their teeth at least twice on the day before the survey.**
- 89% (88%) have been to a dentist.



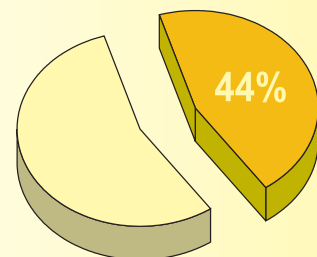
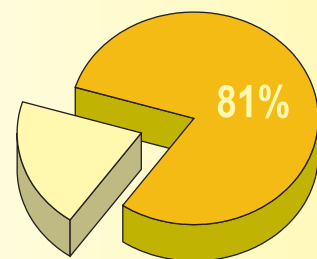
## BEDTIME

- 74% (74%) of pupils responded that they have a set bedtime for nights when it's school the next day. 30% (29%) of pupils responded that someone usually reads them a bedtime story.
- 33% (43%) of pupils responded that they have a TV in their bedroom. 18% (23%) of pupils responded that they are allowed to watch TV after they have gone to bed.
- 20% (25%) of pupils responded that they are allowed to use a computer, tablet or phone after they have gone to bed.



## SAFETY

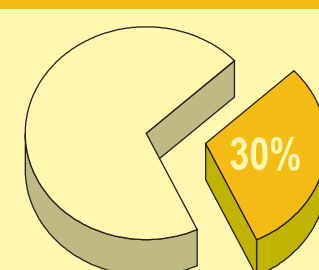
- 81% (80%) of pupils said they always keep themselves safe online.**
- 90% (89%) responded that they use a computer, tablet or mobile device to go online/use the internet.
- 58% (58%) said an adult always knows what they are watching on YouTube/videos and 64% (63%) said an adult always know what games they are playing.
- 49% (47%) of pupils responded that they 'always' wear a helmet when using a bike, scooter, skates or skateboard, while 16% (16%) said they 'never' do.
- 75% (77%) 'always' feel safe at school. 85% (86%) 'always' feel safe at home.
- 44% (42%) feel scared to be at school because of other children at least sometimes,** while 22% (22%) feel scared to travel to school because of other children at least sometimes.



## PHYSICAL ACTIVITY

- 46% (49%) of boys and 34% (37%) of girls said they find physical activity and sports easy.
- 83% (78%) of pupils said they have been to swimming lessons, while 14% (19%) said they haven't.
- 49% (49%) of pupils said they normally walk most of the way to school, **while 13% (15%) said they cycle.**

**KEY**



**30% (29%) of pupils responded that someone usually reads them a bedtime story; 33% (31%) said someone does 'sometimes'.**

**Bold figure for District shown in chart**      **30% = District figure (29%) = N Yorks figure**

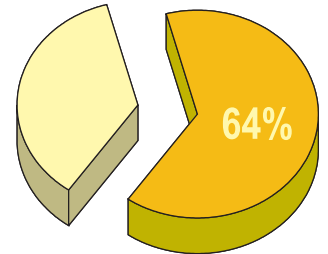
# Primary school pupils in Year 2 (aged 6 - 7 years)

## 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	21% (22%)	17% (18%)
Being ill	25% (27%)	26% (27%)
Friendships	26% (26%)	26% (27%)
Family	38% (38%)	34% (35%)
The way you look	22% (20%)	21% (21%)

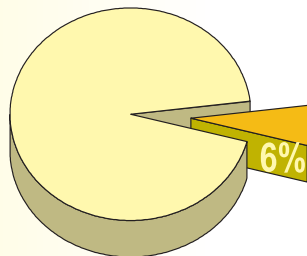
- 94% (95%) of pupils said they have an adult they can talk to if they have worries or are upset.
- 64% (64%) of pupils responded that they worry about at least one issue 'most days'.
- 48% (49%) of pupils responded that they 'always' feel happy at school and 68% (70%) 'always' feel happy at home.



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

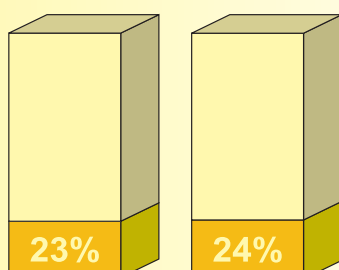
## HEALTHY EATING

- 88% (85%) of pupils said they had something to eat at home before school on the morning of the survey, while 3% (4%) said they had something to eat at school.
- 6% (8%) had nothing to eat before school on the morning of the survey.
- 3% (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

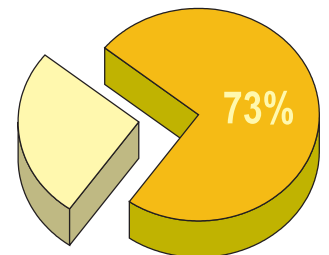
- 7% (11%) of boys and 4% (5%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.



- 23% (24%) of boys and 24% (25%) of girls responded that they ate at least 5 portions of fruit or vegetables on the day before the survey.

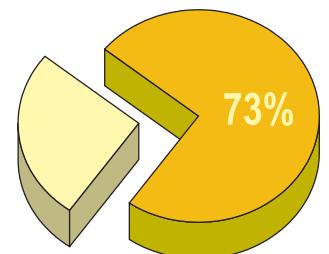
## School food

- 34% (34%) of pupils said they normally have school dinners.
- 73% (74%) of pupils think school food has healthy options, while 4% (4%) think it doesn't.



## Water

- 97% (97%) of pupils responded that they can get water at school, while 1% (1%) said 'they can't'.
- 73% (73%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% (4%) have found them 'not at all' useful and 4% (3%) couldn't remember having any.

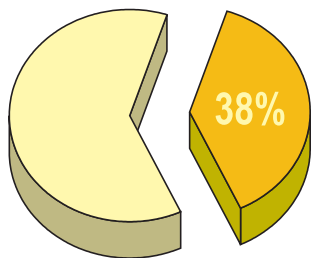




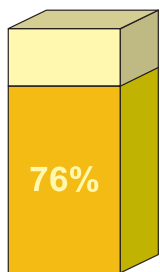
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

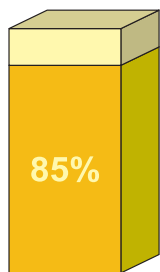
- 38% (39%) of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school; 25% (29%) said they worry about SATs/tests.



- 82% (81%) of pupils [76% of boys and 85% of girls] said they worry about at least one of the problems listed in the questionnaire 'quite' or 'very' often.

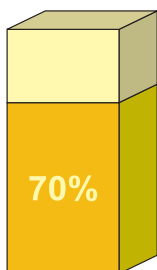


Boys

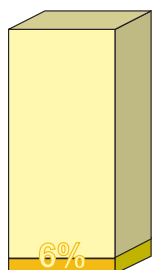


Girls

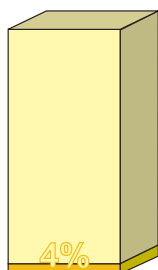
- 52% (48%) of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 70% (70%) of pupils responded that they have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful, while 6% (7%) have found them 'not at all useful' and 4% (5%) couldn't remember any.



Useful



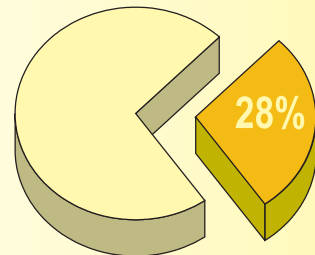
Not useful



Can't remember

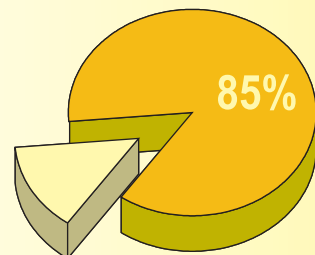
## Resilience

- 72% (70%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 51% (50%) said they ask for help.
- We calculated an overall measure of resilience from a group of related items. 17% (20%) of pupils had a low measure of resilience (0 – 16), while 28% (26%) of pupils had a high measure of resilience (24+).
- 57% (56%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

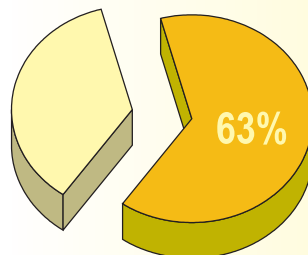


## Puberty and growing up

- 85% (85%) of pupils responded that they feel they know enough about how their body changes as they get older, while 2% (2%) feel they don't know enough.
- 25% (26%) of pupils responded that they feel 'happy' about growing up and body changes, while 5% (6%) of pupils responded that they feel 'unhappy' about growing up and body changes.
- 20% (23%) of boys and 35% (39%) of girls reported that they worry at least 'quite often' about the way they look.



- 63% (63%) of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

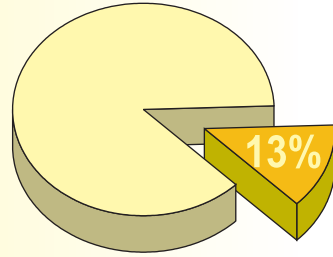


## PRIMARY

### DRUGS, ALCOHOL, SMOKING AND VAPING

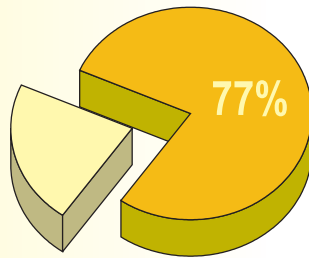
#### Drugs

- 13% (16%) of pupils responded that they are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live.
- 68% (68%) of pupils responded that they have found school lessons about medicines and drugs 'quite' or 'very' useful, while 7% (8%) have found them 'not at all useful' and 9% (9%) couldn't remember any.



#### Alcohol

- 77% (73%) of pupils reported that they never drink alcohol, while 7% (6%) said they don't drink it at home.
- 5% (7%) of boys and 2% (2%) of girls said they had an alcoholic drink in the 7 days before the survey.
- 63% (62%) of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

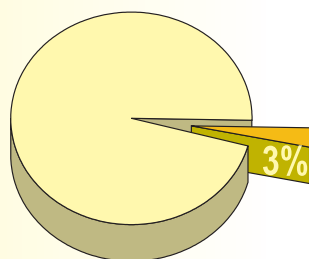


#### Smoking

- 1% (1%) of pupils responded that they have at least tried smoking.
- 0% (0%) of pupils responded that they smoked at least one cigarette in the 7 days before the survey.
- 67% (65%) of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

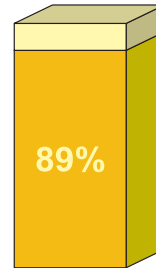
#### Vaping

- 3% (5%) of pupils responded that they have at least tried vapes or e-cigarettes.
- 2% (3%) of pupils think vaping is 'not at all' harmful to their health, while 12% (14%) think it is 'a little' harmful.

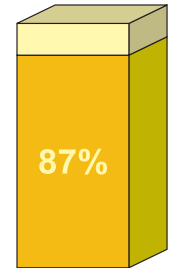


### PHYSICAL ACTIVITY

- 89% (88%) of pupils agreed that they know how to get involved in different types of physical activity and sports.
- 89% (87%) of boys and 87% (86%) of girls said they at least 'sometimes' regularly take part in outdoor activities outside of school time.



Boys



Girls

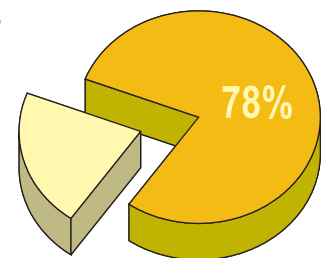
- 23% (23%) of pupils said they don't have enough spare time to be as involved as they would like in activities or sports outside of school.
- 77% (79%) of pupils responded that they have found school lessons about physical education 'quite' or very' useful, while 5% (4%) found them 'not at all useful'.

#### Sleeping Patterns

- 55% (56%) of pupils felt tired at school the day before the survey.
- 66% (63%) of pupils responded that they got at least eight hours sleep the night before the survey, while 4% (5%) of pupils responded that they got less than 6 hours sleep the night before the survey.
- 8% (8%) of pupils responded that they went to bed before 8pm on the day before the survey, while 19% (22%) said they didn't go to bed until 10pm or later.

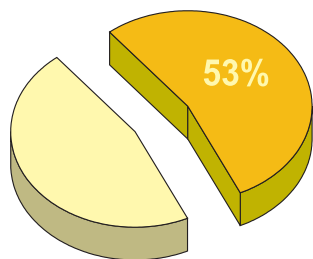
#### Swimming

- 78% (78%) of pupils said they can swim the full longest length of a swimming pool on their own, while 9% (10%) said they can't.



### HEALTH AND HYGIENE

- 53% (54%) of pupils responded that they washed their hands before lunch on the day before the survey, while 13% (11%) said they are 'not sure' if they did.

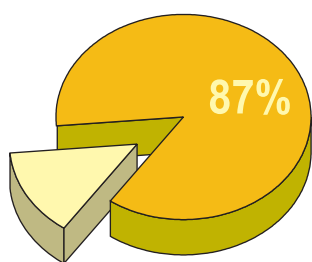


### Dental health

- 97% (97%) of pupils responded that they have been to the dentist, while 2% (1%) said they are 'not sure' if they have.

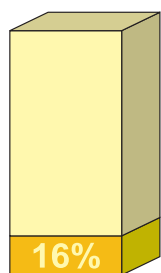
### SAFETY

- 87% (85%) of pupils said they 'always' feel safe at home and 61% (59%) said they 'always' feel safe at school.

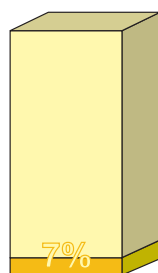


### Internet safety

- 16% (15%) of boys and 7% (8%) of girls said they communicate with people they have met online and don't know in real life.



Boys

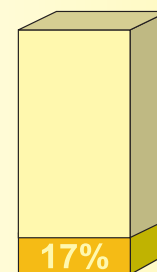
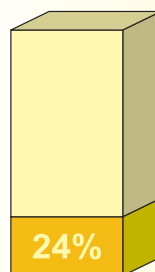


Girls

- 8% (12%) of pupils responded that they communicate with people online by posting things that lots of people can see and 13% (14%) said they communicate with people using picture/video sharing sites/apps.
- 5% (7%) of pupils responded that they have seen pictures, videos or games they found upsetting online; 46% (45%) said they have not experienced any of these things.
- 25% (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

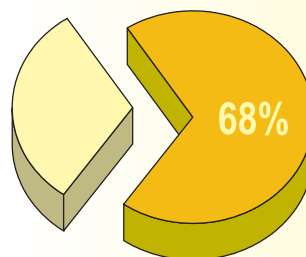
- 23% (26%) of boys and 34% (39%) of girls responded that they at least 'sometimes' feel afraid of going to school because they may be bullied.
- 22% (23%) of pupils said that they were bullied at or near school in the 12 months before the survey, while 3% (4%) said that they bullied another pupil in the same period.
- 24% (25%) of pupils responded that they were teased/made fun of in the month before the survey, while 17% (21%) said they had been called nasty names and 11% (13%) said they had been called 'gay'.
- 22% (24%) of pupils responded that they



were pushed/hit for no reason in the month before the survey, while 9% (9%) said they had belongings taken/broken.

- 7% (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 6% (7%) think it was because of their size or weight.
- 68% (67%) of pupils responded that they think their school takes bullying seriously, while 9% (11%) think it doesn't take it seriously.

- 9% (8%) said that bullying is not a problem in their school.



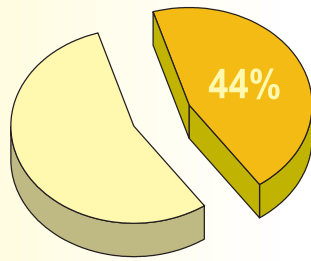
- 63% (62%) of pupils responded that they have found school lessons about bullying 'quite' or 'very' useful, while 11% (15%) have

found them 'not at all useful' and 7% (6%) couldn't remember any.

## PRIMARY

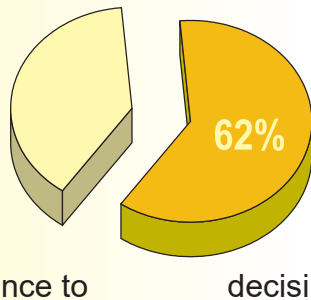
### LEISURE

- 49% (40%) of pupils said they spent time reading a book for pleasure after school on the day before the survey, while 8% (8%) were 'not sure' if they did.



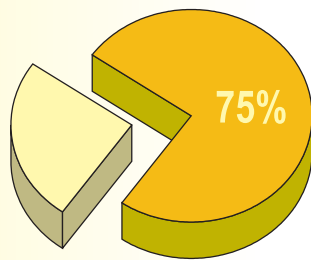
### Pupils' voice

- 62% (63%) of pupils think their ideas and opinions are asked for in school.
- 49% (50%) of pupils responded that the opinions of young people make a difference to decisions in school.



### BACKGROUND

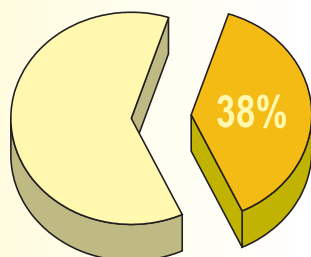
- 80% (86%) of pupils responded that they are White British.
- 75% (70%) of pupils responded that they live with their Mum and Dad together.
- 10% (14%) of pupils responded that they get free school meals, while 17% (15%) said they are 'not sure' if they do.
- 3% (5%) of pupils have a parent/carer in the armed forces.
- 1% (2%) 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 page 16.

### SCHOOL

- 86% (83%) of pupils responded that they think it is important to go to school regularly.
- 38% (39%) responded that they 'quite' or 'very' often worry about moving on to secondary school.



### Pupil Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Every Child Matters outcome areas.

- The percentage of pupils responding 'yes' were:

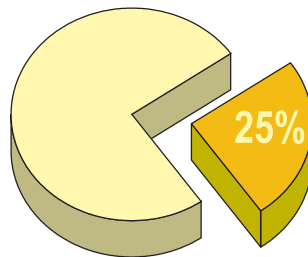
	Boys	Girls
The school cares whether I'm happy or not	67%	70%
My work is marked so I can see how to improve it	79%	83%
Adults at school talk to me about how to improve my work	76%	74%
I know my next steps in learning and what I need to do to improve	65%	67%
My achievements in and out of school are recognised	58%	57%
The school teaches me to deal with my feelings positively	64%	63%
The school helps me work as part of a team	70%	72%
In this school, people with different backgrounds are valued	81%	78%
The school encourages everyone to take part in decisions	74%	77%
The school encourages me to contribute to community events	55%	53%
The school prepares me for when I leave this school	83%	85%
The school encourages everyone to treat each other with respect	90%	91%
My teachers realise when I don't understand	54%	48%
The school encourages me to attempt difficult work	78%	75%
The school tells me it's OK to make mistakes	83%	83%
I have the opportunity to develop leadership skills at school	64%	66%
My school encourages me to take care of the planet and help prevent climate change	76%	78%



# Secondary school pupils in Years 8 & 10 in Harrogate (aged 12 - 13 and 14 - 15 years)

## HEALTHY EATING

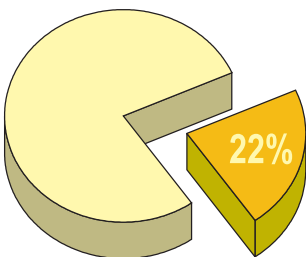
25% (26%) of pupils said they didn't have anything to eat before school/college on the morning of the survey.



7% (8%) of boys and 11% (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 8% (9%) of boys and 21% (23%) of girls said they don't like to eat in the mornings.

6% (6%) of pupils responded that they didn't have anything to eat or drink for lunch on the day before the survey. 80% (80%) had a drink and 85% (86%) had something to eat.

22% (19%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 11% (12%) had none at all.



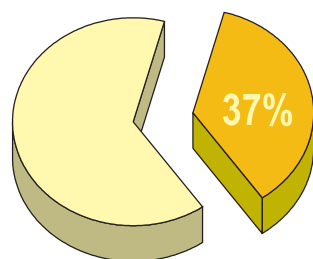
87% (85%) of pupils responded that they can get water at school/college, while 12% (13%) said 'not easily'.

49% (47%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.

## Diet

31% (32%) say they never worry about how much they eat; 11% (11%) of pupils responded that they are 'often on a diet, or at least being careful not to eat too much'.

37% (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.



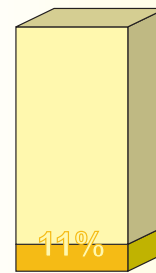
## DRUGS, ALCOHOL, SMOKING AND VAPING

### Drugs

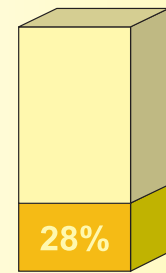
3% (3%) of Year 8 pupils and 14% (10%) of Year 10 pupils reported that they have taken drugs to get high. The most commonly taken drug in North Yorkshire was cannabis, and 13% (9%) of Year 10 pupils have ever taken it. The next most common drug type was Edibles, with 7% (5%) of Year 10 pupils ever having taken it.

### Alcohol

11% (13%) of Year 8 pupils and 28% (30%) of Year 10 pupils responded that they had an alcoholic drink in the 7 days before the survey.



Year 8



Year 10

### Smoking and Vaping

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

1% (2%) of pupils responded that they are an occasional/regular smoker and smoked in the 7 days before the survey.

8% (8%) of pupils said they have at least tried non-smoking tobacco (e.g. snus).

24% (25%) of Year 8 pupils and 42% (42%) of Year 10 pupils responded that they have at least tried vapes, e-cigarettes, or e-liquids, while 8% (7%) said they use one 'regularly' (at least once a week).

11% (9%) of pupils said they have at least tried CBD vapes (e.g. cali pen); 0% (0%) said they use them regularly (at least once a week).

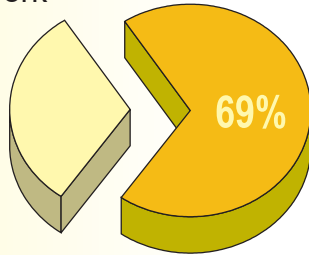
EMOTIONAL HEALTH AND WELLBEING

Worries

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

Boys	Girls
Exams and tests 26%	The way you look 57%
The way you look 22%	Exams and tests 53%
School/college-work 19%	School/college-work 46%

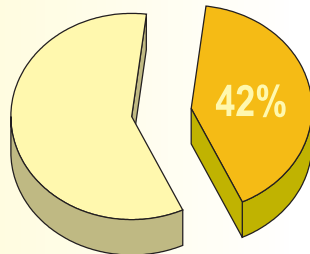
❑ 69% (69%) of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.



❑ When they have a problem or feel stressed 35% (35%) of pupils said they would talk to someone about it and 43% (39%) of pupils said they would think about it on their own. 10% (10%) of pupils responded that they cut or hurt themselves.

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

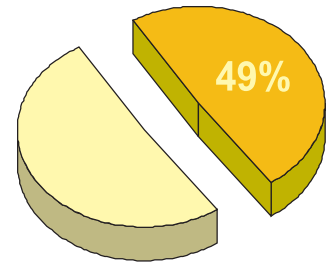
❑ 42% (45%) of pupils found their lessons about emotional and mental health and wellbeing 'quite' or 'very' useful.



Resilience and Wellbeing

❑ 47% (42%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 36% (39%) said they get angry or upset and feel bad for ages.

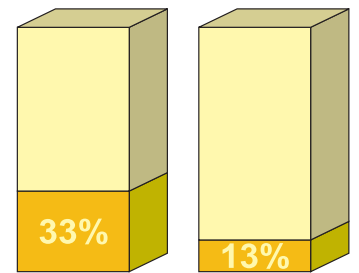
❑ 49% (48%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 34% (34%) ask for help and 20% (22%) give up.



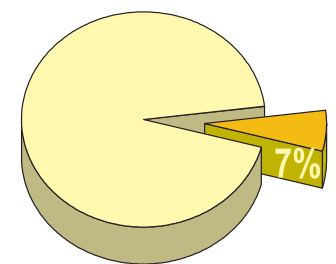
❑ We calculated an overall measure of resilience from a group of related items. 42% (44%) of pupils had a low measure of resilience (0 – 16).

❑ 12% (10%) of pupils had a high measure of resilience (24+).

❑ 23% (20%) of pupils [33% (28%) of boys and 13% (11%) of girls] scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.



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

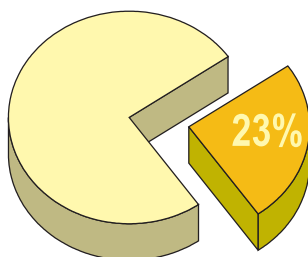


MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- ❑ 35% (33%) of pupils said they are asked for their ideas and opinions about what happens in their school; 23% (24%) said their opinions make a difference.
- ❑ 44% (43%) of pupils responded that they have had the chance to take part in supporting other students with their learning.
- ❑ 16% (16%) of pupils responded that they have had the chance to take part in being a member of an eco group or Fair Trade group.
- ❑ 10% (10%) of pupils responded that they have had the chance to take part in being a Wellbeing Champion
- ❑ 48% (46%) of pupils responded that they have had the chance to vote for School/College Council members and 13% (13%) said they have had the chance to take part in a mock general election.

## SEXUAL HEALTH AND RELATIONSHIPS

- 7% (8%) of Year 8 pupils and 11% (14%) of Year 10 pupils said they 'know how to use' or 'have used' a sexual health service.
- 23% (23%) of Year 10+ pupils responded that they know where they can get condoms free of charge.**
- 28% (30%) of pupils found school lessons about relationships and sex education 'quite' or 'very' useful.
- 42% (43%) responded that they found school lessons about healthy relationships, including child sexual exploitation and grooming 'quite' or 'very' useful, while 18% (22%) said the same about different relationships e.g. lesbian, gay, bisexual, trans & non-binary.



### Sexual relationships: Year 10 only

- 13% (15%) of Year 10 pupils responded that they are either in a sexual relationship or have had one in the past.
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 40% (49%) said 'yes' and 13% (13%) 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	Boys	Girls
Used hurtful or threatening language to me	9% (10%)	16% (19%)
Was angry or jealous when I wanted to spend time with friends	17% (17%)	24% (29%)
Kept checking my phone	11% (11%)	13% (17%)
Threatened to tell people things about me	7% (6%)	13% (14%)
Threatened to hit me	5% (6%)	7% (7%)

- 50% (50%) of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 53% (53%) responded that they would know where to get help.

## PHYSICAL ACTIVITY

- 73% (73%) of pupils agreed that they would like to be more active than they currently are.

### Sleeping patterns

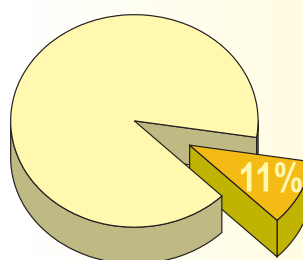
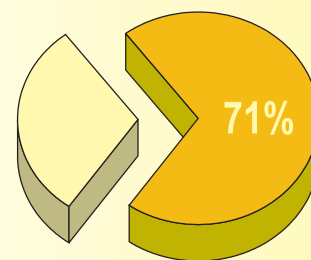
- 39% (39%) of pupils said they were asleep for at least '8-10 hours' the night before the survey; 13% (12%) of pupils said they were asleep for less than 6 hours the night before the survey,

### Swimming

- 87% (83%) of pupils said they can swim the full longest length of a swimming pool on their own, while 5% (7%) said they can't.

## BACKGROUND

- 76% (82%) of pupils describe themselves as White British.
- 71% (65%) of pupils responded that they live with their Mum and Dad together.**
- 9% (12%) of pupils have free school meals.



- 11% (11%) of pupils have a special educational need or learning difficulty.
- 11% (13%) of pupils have a disability or long-standing illness.**

### Service families

- 4% (6%) of pupils report they have a parent/carer who is in the armed forces.
- 19% (23%) of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.17.

## SECONDARY

### ENJOYING AND ACHIEVING

- ❑ 29% (27%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school/college.
- ❑ 38% (31%) of boys and 47% (39%) of girls responded that they want to continue in full-time education at the end of their course in Year 11
- ❑ 52% (44%) of pupils responded that they intend to apply for higher education in the future, while 40% (44%) said they are 'not sure' if they will.
- ❑ 23% (27%) of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 36% (30%) said they haven't had enough information and guidance.

### Homework

- ❑ 15% (16%) spent more than an hour doing homework on the day before the survey.

### Leisure Time

- ❑ 91% (89%) responded that they had spent some time the night before the survey using social media.
- ❑ 96% (97%) watched some TV, films or streaming the previous night.
- ❑ 30% (31%) of boys and 34% (41%) of girls spent more than 3 hours watching TV, films, streaming the night before.
- ❑ 29% (28%) of boys and 39% (37%) of girls spent some time reading a book for pleasure the previous night.

### *Pupils' Perceptions*

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

#### **The percentage of pupils responding 'agree' were:**

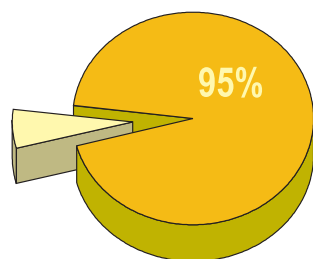
	<b>Overall</b>
The school/college cares whether I am happy or not	36% (37%)
My work is marked so I can see how to improve it	70% (68%)
Adults at school/college talk to me about how to improve my work	56% (56%)
I know my next steps in learning and what I need to do to improve	47% (44%)
My achievements in and out of school/college are recognised	33% (33%)
The school/college teaches me to deal with my feelings positively	32% (31%)
The school/college helps me work as part of a team	43% (40%)
In this school/college people with different backgrounds are valued	65% (64%)
The school/college encourages everyone to take part in decisions	59% (57%)
There are opportunities to discuss sensitive issues in class e.g. extremism	49% (46%)
The school/college encourages me to contribute to community events	40% (37%)
The school/college prepares me for when I leave this school/college	48% (52%)
The school/college encourages everyone to treat each other with respect	77% (75%)
My teachers realise when I don't understand	23% (23%)
The school/college encourages me to attempt difficult work	68% (65%)
The school/college tells me it's OK to make mistakes	57% (56%)
I am prepared to try something I am not used to or not so good at	50% (48%)
I have the opportunity to use things I have learnt in different situations	47% (45%)
Sometimes I have a choice of different ways to learn about something	38% (37%)
At school/college, I am encouraged to try different ways to do things	45% (42%)
I have the opportunity to develop leadership skills at school/college	46% (45%)
My school/college encourages me to take care of the planet and help prevent climate change	51% (49%)

- ❑ Young people who are from ethnic minorities and/or are worried about being different in culture or religion are over-represented among those who disagree that 'In this school/college people with different backgrounds are valued'.



## STAYING SAFE

95% (95%) of pupils responded that they 'usually' or 'always' feel safe at home and 71% (68%) said they 'usually' or 'always' feel safe at school/college.



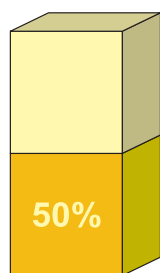
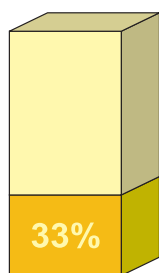
11% (12%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the 12 months before the survey.

6% (8%) of pupils said they have carried weapons when going out at least 'sometimes'.

## Bullying

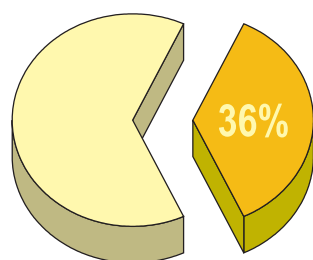
24% (24%) of pupils said that they had been bullied at or near school/college in the last 12 months.

33% (30%) of pupils responded that they have been pushed/hit in the last month. Other common negative behaviours were being teased/made fun of 50% (47%), being called 'gay' as an insult, or 'dyke'/other homophobic words 24% (22%), and being called nasty names 35% (33%).



23% (23%) of pupils responded that they experienced negative behaviour outside at school/college (breaktime/lunchtime) in the month before the survey; 25% (22%) said they experienced such behaviour during lesson time.

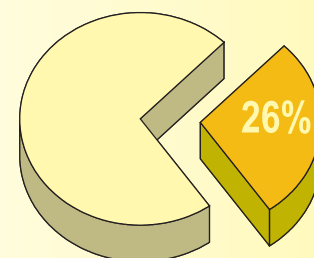
36% (38%) of pupils responded that their school/college deals with bullying 'quite' or 'very' well.



## Internet safety

94% (95%) of pupils responded that they communicate with friends and family they know in real life online.

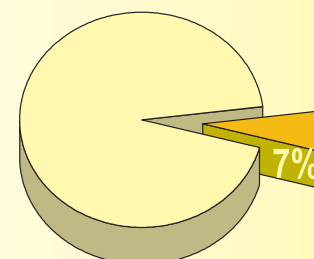
26% (24%) of pupils responded that they communicate with people they have met online and don't know in real life.



42% (42%) of pupils responded that they communicate with people through online games, while 47% (44%) said they do so through picture/videos sharing sites/apps.

12% (10%) of pupils responded that they have seen pictures, videos or games they found upsetting online.

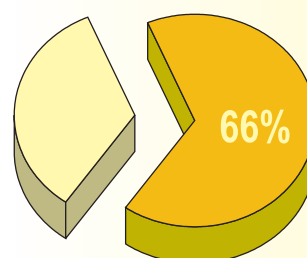
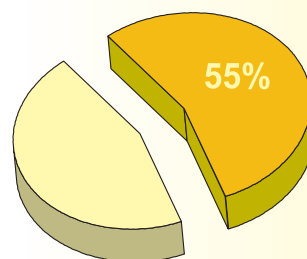
21% (20%) of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).



7% (6%) said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about it.

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

55% (56%) of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful



## Changes in Harrogate since 2022

- ❑ With a large sample and many questions, there are many significant differences to be seen. We have listed just the largest and most important of them here.

### Changes in Harrogate since 2022 - Year 2

#### Positive changes

#### Emerging data for consideration

- ❑ 'always' wash their hands after visiting the toilet (82% in 2022 vs 75% in 2024)
- ❑ like being at school 'most of the time' (61% in 2022 vs 54% in 2024)

### Changes in Harrogate since 2022 - Year 6

#### Positive changes

#### Emerging data for consideration

- ❑ have found school lessons about smoking 'quite' or 'very' useful (52% in 2022 vs 67% in 2024)
- ❑ have found school lessons about alcohol 'quite' or 'very' useful (50% in 2022 vs 63% in 2024)
- ❑ 'always' feel safe at home (77% in 2022 vs 87% in 2024)
- ❑ have found school lessons about growing up and body changes 'quite' or 'very' useful (53% in 2022 vs 63% in 2024)
- ❑ are 'never' supervised and their device doesn't have a filter system when using the internet at home (32% in 2022 vs 25% in 2024)
- ❑ can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do (15% in 2022 vs 10% in 2024)
- ❑ washed their hands before lunch on the day before the survey (70% in 2022 vs 53% in 2024)
- ❑ felt tired at school the day before the survey (45% in 2022 vs 55% in 2024)
- ❑ ate at least 5 portions of fruit and vegetables on the day before the survey (29% in 2022 vs 24% in 2024)
- ❑ have been bullied at or near school in the last 12 months (18% in 2022 vs 22% in 2024)
- ❑ feel unhappy, embarrassed, or worried/nervous/scared about growing up and body changes (30% in 2022 vs 34% in 2024)

### Changes in Harrogate since 2022 - Year 8/10

#### Positive changes

#### Emerging data for consideration

- ❑ worry about being different because of their culture or background 'often' or 'all of the time' (4% in 2022 vs 0% in 2024)
- ❑ who have received 'nudes'/'semi-nudes' (35% in 2022 vs 22% in 2024)
- ❑ had a high or maximum score (28 – 35) on the SWEMWB Scale (13% in 2022 vs 23% in 2024)
- ❑ can get water at school/college (79% in 2022 vs 87% in 2024)
- ❑ have at least 'often' been feeling optimistic about the future (30% in 2022 vs 38% in 2024)
- ❑ have been approached by an adult online who wanted a sexual encounter or relationship (12% in 2022 vs 7% in 2024)
- ❑ didn't have anything to eat or drink for lunch on the day before the survey (11% in 2022 vs 6% in 2024)
- ❑ had an alcoholic drink in the 7 days before the survey (27% in 2022 vs 20% in 2024)
- ❑ have had the chance to vote for School/College Council members (58% in 2022 vs 48% in 2024)
- ❑ have been excluded from school (5% in 2022 vs 8% in 2024)
- ❑ have found school/college lessons about alcohol 'quite' or 'very' useful (53% in 2022 vs 48% in 2024)

## Differences between Harrogate and the whole of North Yorkshire

This table lists the most significant differences between the pupils' responses in this district and those of pupils in North Yorkshire as a whole. There were more differences found than are listed here.

Harrogate	North Yorkshire	Year 2
18%	23%	<b>are allowed to watch TV after they have gone to bed.</b>
20%	25%	<b>are allowed to use a computer, tablet or phone after they have gone to bed</b>
Harrogate	North Yorkshire	Year 6
3%	5%	<b>have at least tried vapes or e-cigarettes</b>
70%	74%	<b>have been thinking that lots of people care about them over the past couple of weeks</b>
13%	16%	<b>are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live</b>
10%	13%	<b>can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do</b>
30%	33%	<b>at least 'sometimes' feel afraid of going to school because they may be bullied</b>
2%	3%	<b>who have been approached online by an adult who wanted a sexual encounter or relationship</b>
Harrogate	North Yorkshire	Year 8 & Year 10
87%	83%	<b>can swim the full longest length of a swimming pool on their own</b>
47%	42%	<b>said that when something goes wrong they 'usually' or 'always' learn from it for next time</b>
85%	81%	<b>enjoy taking part in physical activity and sports</b>
6%	8%	<b>who have at least 'sometimes' carried weapons when going out</b>
71%	68%	<b>usually' or 'always' feel safe at school/college</b>
23%	20%	<b>had a high or maximum score (28 – 35) on the SWEMWB Scale.</b>
95%	93%	<b>understand why physical activity and sports are good for them</b>
78%	75%	<b>at least 'sometimes' take part in outdoor activities outside of school/college time</b>
12%	10%	<b>had a high measure of resilience (24+)</b>
36%	30%	<i>haven't had enough information and guidance about their options after Year 11</i>
9%	6%	<i>have taken drugs to get high</i>
27%	24%	<i>said not having enough spare time stops them from getting involved in sports and activities outside of school</i>
<p>□ <b>Bold=positive finding, italic=emerging issue</b></p>		

# 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. We show the results for Year 6/10 pupils in the tables that follow.

Percentages in each year from social identity groups	Year 6		Year 8		Year 10	
	%	Valid N	%	Valid N	%	Valid N
Ethnic minority	11.70%	3896	14.90%	3552	17.50%	3244
Minority religion	2.60%	3896	2.90%	3556	3.30%	3242
Young Carer	4.80%	3886	4.70%	3549	4.20%	3241
Children in care	0.40%	3897	0.50%	3549	0.30%	3238
Single-parent family	13.20%	3897	14.10%	3549	15.60%	3238
Special educational needs	11.20%	3880	10.80%	3559	12.00%	3240
Disability or long-term illness	12.50%	3892	12.60%	3555	12.40%	3246
Free school meals	14.20%	3889	12.40%	3548	10.60%	3230
Armed forces family	5.30%	3891	6.70%	3015	6.10%	2881

Year 6	All	Boy	Girl	Ethnic minority	Minority religion	Young carer	Children in care	Single parent family	SEN	Disabled 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.



## Key Contacts

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