

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

As we adjust to life post-pandemic I am delighted that over 17,000 children and young people have once again participated and shared their perceptions and experiences through our biennial, 'Growing up in North Yorkshire' survey in 2022.

Our strategic vision as set out in 'Being Young in North Yorkshire' states, "All children and young people are safe, happy, healthy and able to achieve in North Yorkshire". The findings within the survey continue to provide all professionals who work with children and young people across North Yorkshire with key insights into their perceptions and experiences in order for us to achieve this strategic vision.

The data reinforces the need for us to continue to focus on supporting all our children and young people, including the most vulnerable, ensuring we all take collective responsibility for prioritising their health and wellbeing.

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 2020, 2018, 2014, 2012, 2010, 2008 and 2006. Where changes can be seen in the figures from the district in 2020, 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 over 17,000 pupils

	Harrogate				North Yorkshire			
	Year 2	Year 6	Year 8	Year 10	Year 2	Year 6	Year 8	Year 10
Males	413	543	314	255	2017	2223	1679	1475
Females	418	471	281	242	1886	2058	1544	1490
Total*	833	1070	613	519	3915	4505	3326	3060

*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 County priorities:

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

Since COVID-19 and lockdown	Y2
I am happy being at school 'most of the time'	61%
I have been getting on with my friends 'most of the time'	64%

COVID-19: Social distancing and staying at home % 'agree' or 'strongly agree'	Y6	Y8&10
I feel more behind in my school work	25%	44%
I feel more lonely/isolated	20%	24%
Lockdown had a bad effect on my friendships	18%	23%
Lockdown had a bad effect on my family relationships	14%	16%

Feeling safe and happy	Y2	Y6	Y8&10
I 'always' feel happy at school	49%		
I 'mostly' or 'always' feel safe at school		86%	
I 'usually' or 'always' feel safe at school/college			64%
I 'always' feel happy at home	68%		
I 'mostly' or 'always' feel safe at home		94%	
I 'usually' or 'always' feel safe at home			94%

Online safety	Y2	Y6	Y8&10
I have had lessons at school about keeping safe online	93%		
I have found school lessons about keeping safe online 'quite' or 'very' useful		69%	
I have found school/college lessons about keeping safe online 'quite' or 'very' useful			57%

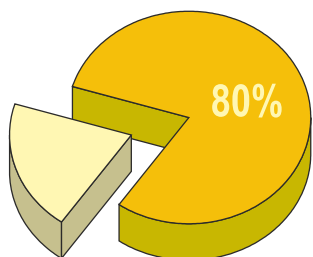
Worries	Y2	Y6	Y8&10
I worry about at least one of the issues listed on 'most days'	64%		
I worry about at least one of the issues listed 'quite' or 'very' often		84%	
I worry about at least one of the issues listed 'often' or 'all of the time'			72%

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 or drink before lessons on the morning of the survey, 3% (3%) said they had nothing before lessons. 75% (78%) responded that they had a drink, and 93% (94%) said that they had something to eat.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 58% (57%); water 75% (69%); milk 49% (47%); vegetables 49% (48%); sweets or chocolate 32% (37%).
- Among the foods or drinks most commonly consumed 'never' were fizzy drinks 30% (26%).
- 82% (78%) 'always' wash their hands after going to the toilet.
- 80% (78%) cleaned their teeth at least twice on the day before the survey.**
- 54% (53%) have been to a dentist in the last year.

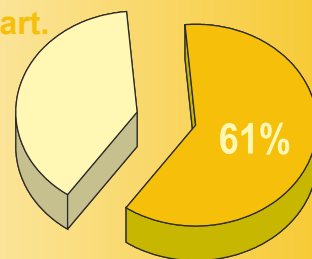


LEISURE

- After school on the day before the survey, the most common activities were: playing at home 72% (70%); watching live or recorded programmes or films (on TV, computer, laptop or smartphone) 62% (66%); playing outside 62% (61%).
- 69% (70%) of pupils responded that they have a set bedtime for nights when it's school the next day. 32% (30%) of pupils responded that someone usually reads them a bedtime story.
- 35% (48%) of pupils responded that they have a TV in their bedroom. 15% (19%) of pupils responded that they are allowed to watch TV after they have gone to bed.
- 65% (64%) use a computer/tablet or mobile device to go online/ use the Internet at home. Within this 46% (44%) say an adult always knows what they are looking at online and 20% (21%) said they have friends on-line that they don't know in real life.

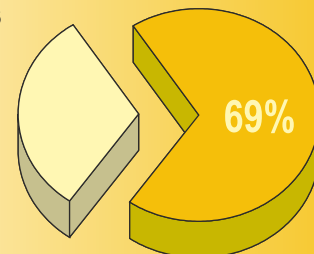
SAFETY

- 61% (60%) use a computer, tablet or mobile device to go online/use the Internet and know how to keep themselves safe on it.**
- 94% (95%) have a bike, 16% (16%) have a scooter and 85% (82%) have a bike helmet; 55% (47%) 'always' wear a bike helmet when they use their bike or scooter.
- When asked about sun safety, **the percentages of pupils responding that they do the following 'sometimes' or 'always' were:**

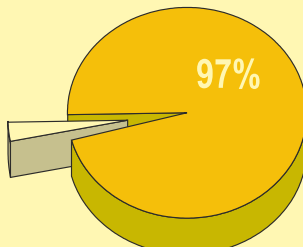


	Boys	Girls
Wear a hat	90% (85%)	89% (87%)
Wear long sleeves	50% (45%)	43% (36%)
Put on sun cream	91% (86%)	95% (94%)
Stay in the shade	79% (73%)	86% (83%)

- Overall, 69% (68%) of pupils responded that they 'always' use at least one of the prevention methods listed to avoid getting sunburnt.**
- 77% (77%) 'always' feel safe at school. 87% (85%) 'always' feel safe at home.
- 43% (43%) feel scared to be at school because of other children at least sometimes, while 23% (23%) feel scared to travel to school because of other children at least sometimes.



KEY



- 97% (95%) of pupils responded that they can get water at school, while 1% (3%) said 'not easily'**

Bold figure for District shown in chart

97% = District figure (95%) = N Yorks figure

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

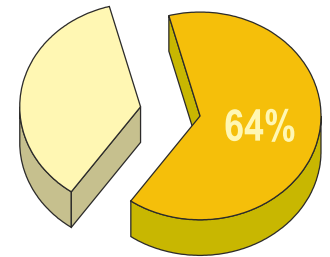
EMOTIONAL HEALTH AND WELLBEING

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

	Boys	Girls
School-work	25% (25%)	16% (19%)
Being ill	26% (26%)	25% (27%)
Friendships	32% (33%)	25% (32%)
Family	41% (44%)	34% (40%)
The way you look	23% (23%)	22% (23%)

❑ 91% (93%) of pupils said they have an adult they can talk to if they have worries or are upset.

❑ 64% (67%) of pupils responded that they worry about at least one issue 'most days'.

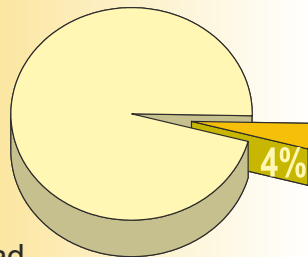


❑ 49% (51%) of pupils responded that they 'always' feel happy at school and 68% (68%) 'always' feel happy at home.

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

HEALTHY EATING

❑ 4% (6%) had nothing to eat or drink for breakfast on the day of the survey.

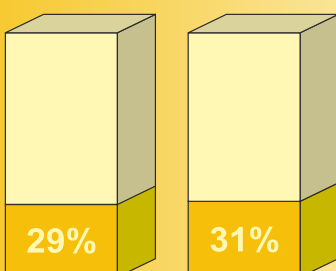


❑ 65% (62%) of pupils responded that they had a drink before lessons on the morning of the survey.

❑ 90% (88%) said that they had something to eat before lessons on the morning of the survey.

Five-a-day

❑ 8% (10%) of boys and 6% (7%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.



❑ 29% (26%) of boys and 31% (25%) of girls responded that they ate at least 5 portions of fruit or vegetables on the day before the survey.

Snacks and sugary drinks

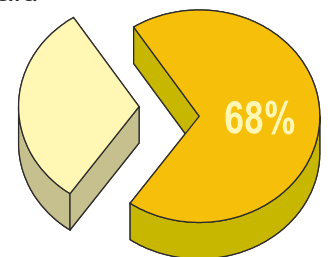
❑ 47% (45%) of pupils responded that they ate one or two snacks on the day before the survey.

❑ 24% (31%) of pupils responded that they drank at least 2 sugary drinks on the day before the survey.

School food

❑ 47% (49%) of pupils said they have food from school at lunchtime.

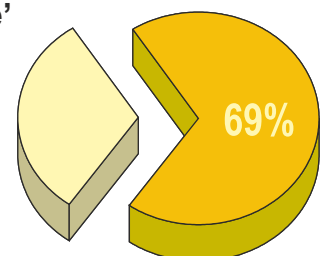
❑ 68% (72%) of pupils think school food has healthy options, while 5% (4%) think it doesn't.



Water

❑ 97% (97%) of pupils responded that they can get water at school, while 2% (2%) said 'not easily'.

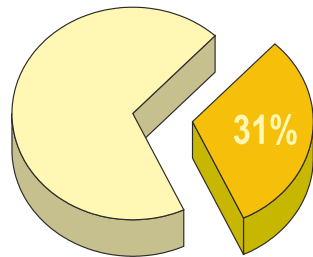
❑ 69% (69%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 5% (4%) have found them 'not at all' useful and 5% (5%) couldn't remember having any.



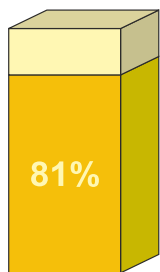
Primary school pupils in Year 6 (aged 10 - 11 years)

EMOTIONAL HEALTH AND WELLBEING

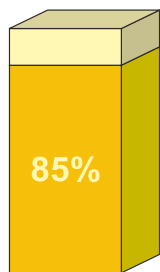
- 31% (35%) of pupils said they worry about family 'quite often' or 'very often' and 26% (27%) said they worry about falling out with friends.



- 84% (86%) of pupils [81% of boys and 85% of girls] said they worry about at least one of the problems listed in the questionnaire 'quite' or 'very' often.

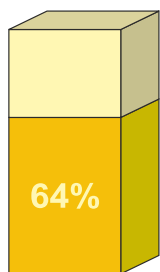


Boys

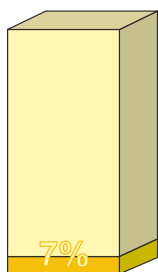


Girls

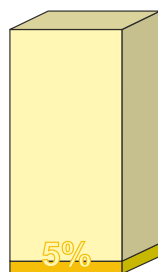
- 54% (50%) of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 64% (64%) of pupils responded that they have found school lessons about emotional health and wellbeing 'quite' or 'very' useful, while 7% (8%) have found them 'not useful' and 5% (6%) couldn't remember any.



Useful



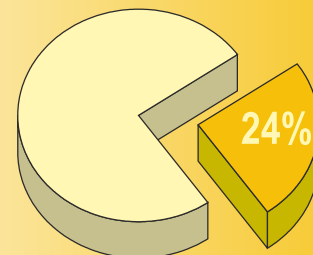
Not useful



Can't remember

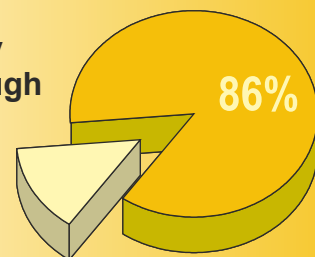
Resilience

- 69% (66%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 48% (49%) said they ask for help.
- We calculated an overall measure of resilience from a group of related items. 20% (22%) of pupils had a low measure of resilience (0 – 16), while 24% (23%) of pupils had a high measure of resilience (24+).
- 56% (52%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

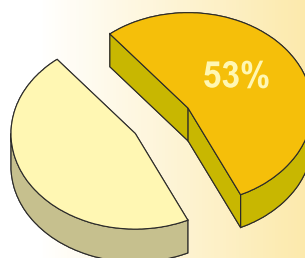


Puberty and growing up

- 86% (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.
- 26% (26%) of pupils responded that they feel 'happy' about growing up and body changes, while 4% (5%) of pupils responded that they feel 'unhappy' about growing up and body changes.
- 19% (25%) of boys and 45% (44%) of girls reported that they worry at least 'quite often' about the way they look.



- 53% (54%) of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

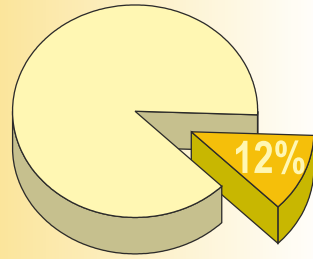


PRIMARY

DRUGS, ALCOHOL AND TOBACCO

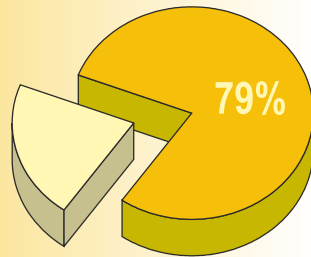
Drugs

- 12% (13%) of pupils responded that they are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live.
- 53% (54%) of pupils responded that they have found school lessons about medicines and drugs 'quite' or 'very' useful, while 10% (11%) have found them 'not useful' and 16% (16%) couldn't remember any.



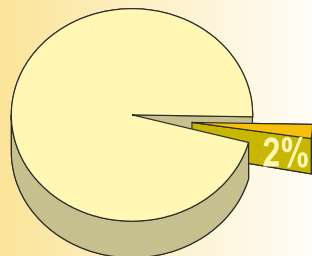
Alcohol

- 79% (75%) of pupils reported that they never drink alcohol and 16% (18%) drink only with their parents' knowledge.
- 5% (6%) of boys and 3% (3%) of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.
- 50% (50%) of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.



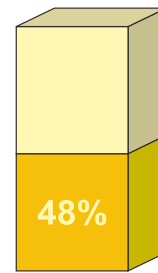
Tobacco

- 2% (2%) of pupils responded that they have smoked in the past or smoke now.
- 0% (0%) of pupils responded that they smoked at least one cigarette in the 7 days before the survey.
- 52% (52%) of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

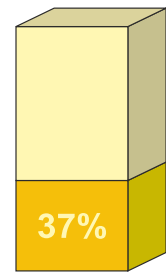


PHYSICAL ACTIVITY

- 43% (40%) of pupils (48% (45%) of boys and 37% (36%) of girls) said that they played sports or were physically active after school on the day before the survey.

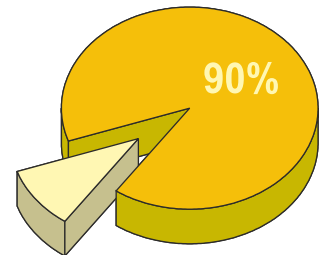


Boys



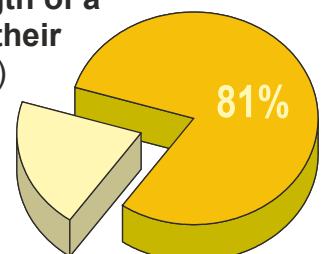
Girls

- 74% (74%) of pupils responded that they have found school lessons about physical education 'quite' or 'very' useful, while 6% (5%) found them 'not useful' and 2% (3%) couldn't remember any.
- 56% (54%) of pupils responded that they do five or more hours of physical activity in a typical week in school.
- 59% (56%) of pupils responded that they do five or more hours of physical activity in a typical week out of school.
- 90% (87%) of pupils responded that they at least 'sometimes' play running/skipping games/tag during school outdoor breaktimes, while 74% (75%) said they play ball games like football or netball. 30% (33%) said they read quietly at playtime.
- 66% (66%) of pupils agreed that they find physical activity and sports easy and 90% (87%) agreed that they know how to get involved in different types of physical activity and sports.



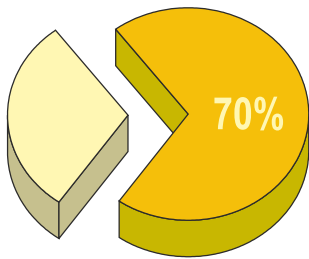
Swimming

- 81% (76%) of pupils said they can swim the full longest length of a swimming pool on their own, while 6% (11%) said they can't.



HEALTH AND HYGIENE

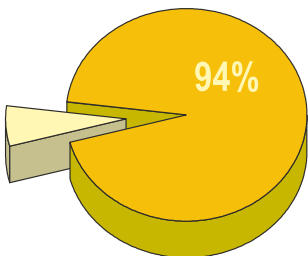
- 70% (70%) of pupils responded that they washed their hands before lunch on the day before the survey, while 10% (10%) said they are 'not sure' if they did.



Dental health

- 84% (80%) of pupils responded that they have been to the dentist in the last year, while 14% (18%) went more than a year ago and 2% (2%) have never been.

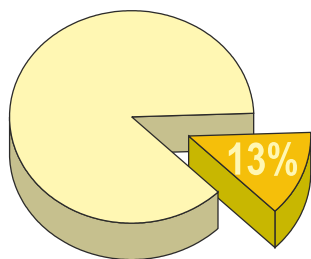
STAYING SAFE



- 94% (94%) of pupils responded that they 'mostly' or 'always' feel safe at home and 86% (84%) said they feel safe at school.

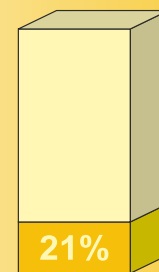
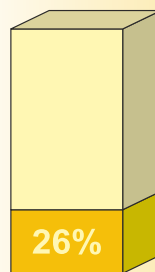
Internet safety

- 13% (14%) of pupils responded that they communicate with people they have met online and don't know in real life.
- 18% (20%) of pupils responded that they communicate with people online by posting things that lots of people can see and 17% (19%) said they communicate with people using picture/video sharing sites/apps.
- 8% (7%) of pupils responded that they have seen pictures, videos or games they found upsetting online; 53% (53%) said they have not experienced any of the things listed in Q72.
- 32% (33%) of pupils responded that they are 'never' supervised when using the Internet at home, 30% (27%) of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.



Bullying

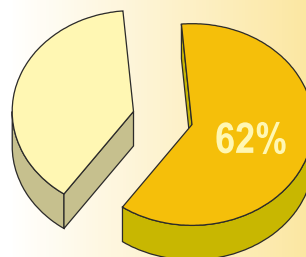
- 22% (27%) of boys and 36% (41%) of girls responded that they are at least 'sometimes' feel afraid of going to school because they may be bullied.
- 18% (21%) of pupils said that they were bullied at or near school in the 12 months before the survey, while 4% (4%) said that they bullied another pupil in the same period.
- 26% (29%) of pupils responded that they were teased/made fun of at least a 'few times' in the month before the survey, while 21% (25%) said they had been called nasty names and 14% (16%) said they had been called 'gay'.



- 24% (27%) of pupils responded that they were pushed/hit for no reason in the month before the survey, while 7% (10%) said they had belongings taken/broken.
- 69% (67%) of pupils responded that they think their school takes bullying seriously, while 8% (10%) think it doesn't take it seriously.

Sun safety

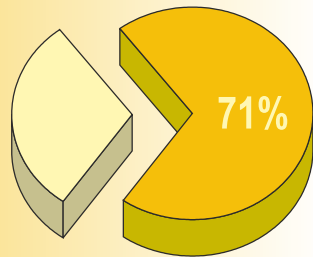
- 8% (9%) of pupils responded that they 'never' do anything to avoid sunburn.
- 62% (58%) of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.



PRIMARY

LEISURE

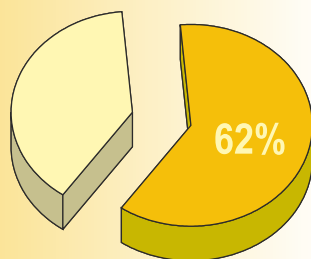
- 71% (69%) of pupils responded that they watched TV, films, YouTube or streamed video after school on the evening before the survey.



- 56% (53%) played with friends or siblings on the evening before the survey. 69% of boys and 37% of girls played computer games.
- 15% (14%) of boys and 16% (16%) of girls of girls spent time doing homework on the evening before the survey.

Pupils' voice

- 62% (61%) of pupils think their ideas and opinions are asked for in school.

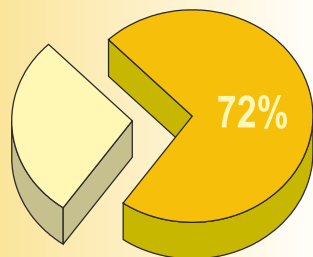


- 59% (63%) of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.

BACKGROUND

- 82% (87%) of pupils responded that they are White British.

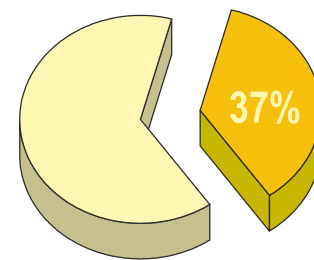
- 72% (67%) of the pupils in this survey live with both parents together.



- 10% (13%) of pupils responded that they get free school meals or vouchers for school meals, while 20% (17%) said they are 'not sure' if they do.
- 4% (6%) of pupils have a parent or 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 p.16.

SCHOOL

- 87% (86%) of pupils responded that they think it is important to go to school regularly.
- 37% (43%) 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.

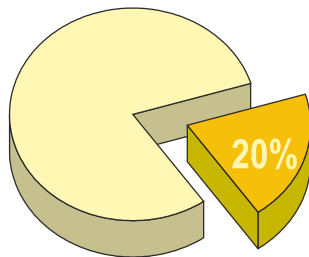
- The percentage of pupils responding 'yes' were:

	Boys	Girls
The school cares whether I'm happy or not	66%	67%
My work is marked so I can see how to improve it	84%	83%
Adults at school talk to me about how to improve my work	78%	74%
I know my next steps in learning and what I need to do to improve	70%	68%
My achievements in and out of school are recognised	58%	58%
The school teaches me to deal with my feelings positively	64%	60%
The school helps me work as part of a team	74%	71%
In this school, people with different backgrounds are valued	76%	79%
The school encourages everyone to take part in decisions	74%	78%
The school encourages me to contribute to community events	52%	53%
The school prepares me for when I leave this school	81%	86%
The school encourages everyone to treat each other with respect	89%	89%
My teachers realise when I don't understand	61%	54%
The school encourages me to attempt difficult work	77%	76%
The school tells me it's OK to make mistakes	84%	85%

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

HEALTHY EATING

- 20% (20%) had nothing to eat or drink before lessons on the day of the survey.
- 58% (60%) of pupils had a drink before lessons on the day of the survey, 65% (64%) responded that they had something to eat.
- 11% (9%) of pupils in the survey had no lunch on the day before the survey. 71% (73%) had a drink and 78% (83%) had something to eat.
- 14% (15%) of pupils responded that they ate at least 5 snacks on the day before the survey.
- 5% (4%) of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



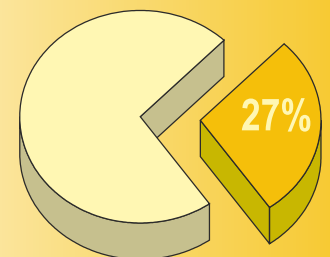
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 6% (5%) of pupils said they took some form of illegal drug in the month before the survey. The most commonly taken drug in North Yorkshire was cannabis, and 12% (10%) of Year 10 pupils have ever taken it. The next most common drug type was cocaine, with 2% (2%) of Year 10 pupils ever having taken it.

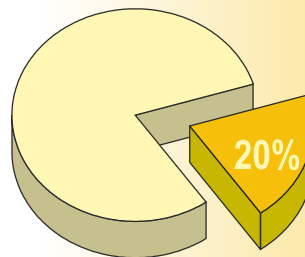
Alcohol

- 27% (23%) had at least one alcoholic drink in the week before the survey.

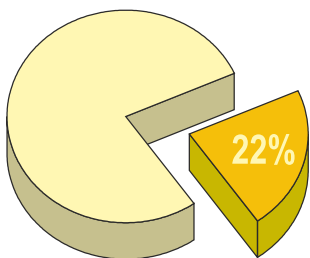


Tobacco

- 20% (18%) say they have tried smoking in the past or smoke now.
- 5% (4%) of pupils smoked at least one cigarette in the week before the survey.
- 6% (5%) say they smoke 'regularly' or 'occasionally'; 45% (39%) of those who smoke 'regularly' would like to give up smoking.



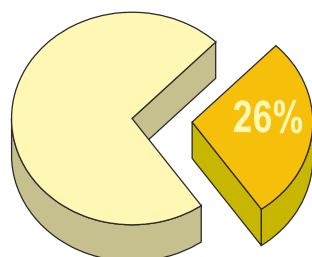
- 22% (19%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 10% (12%) had none at all.



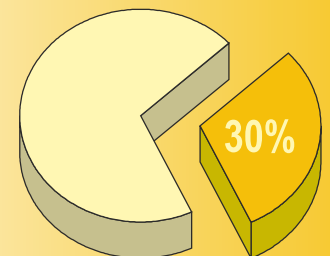
- 79% (79%) of pupils responded that they can get water at school, while 19% (19%) said 'not easily'.
- 50% (47%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.

Diet

- 26% (26%) say they never worry about how much they eat; 15% (15%) say they are often or always careful with their diet.
- 26% (29%) of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.



- 30% (30%) of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 20% (20%) said they do so at least 'once or twice a week'.
- 37% (34%) of pupils responded that they have at least tried vaping (electronic cigarettes or 'e-cigarettes'), while 11% (9%) said they use one 'regularly' (at least once a week).



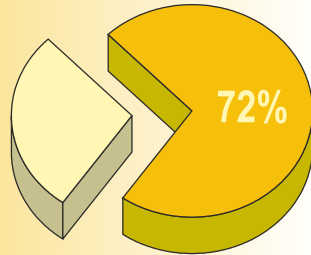
**SECONDARY
EMOTIONAL HEALTH AND WELLBEING**

Worries

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

Boys	Girls
Exams and tests 33%	The way you look 62%
The way you look 24%	Exams and tests 58%
School-work 21%	School-work 47%

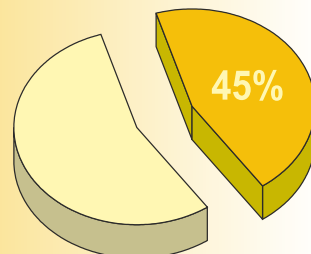
❑ **72% (71%) of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.**



❑ When they have a problem or feel stressed 36% (36%) of pupils said they would talk to someone about it and 45% (44%) of pupils said they would think about it on their own. 12% (11%) of pupils responded that they cut or hurt themselves.

❑ 69% (67%) of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 20% (21%) said they 'maybe' do.

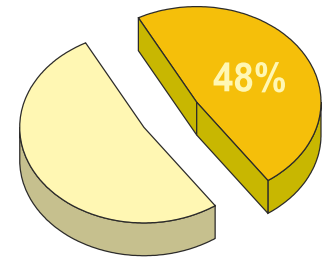
❑ **45% (45%) of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.**



Resilience and Wellbeing

❑ 43% (43%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 37% (37%) said they get angry or upset and feel bad for ages.

❑ **48% (47%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 34%**

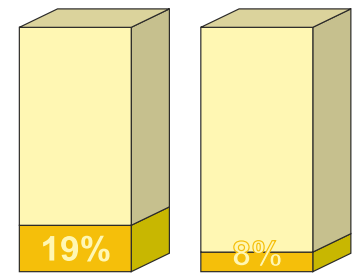


(34%) ask for help and 20% (20%) give up.

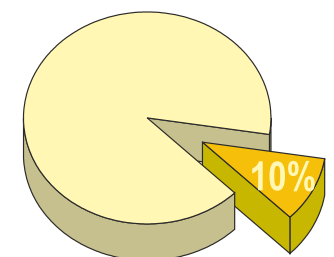
❑ We calculated an overall measure of resilience from a group of related items. 41% (41%) of pupils had a low measure of resilience (0 – 16).

❑ 9% (10%) of pupils had a high measure of resilience (24+).

❑ 13% (15%) of pupils (**19% (21%) of boys and 8% (9%) of girls**) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.



❑ 10% (9%) of pupils scored low (7 – 13) on the Wellbeing Scale.



MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

❑ 56% (57%) of pupils responded that they are asked for their opinions about what they learn in school; 38% (41%) said their opinions make a difference.

❑ 46% (46%) of pupils responded that they are asked for their opinions about how they learn in school; 42% (44%) said their opinions make a difference.

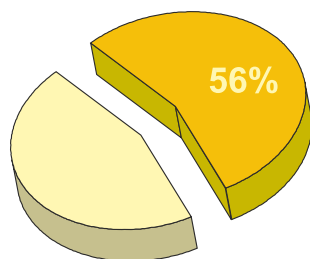
❑ 48% (49%) of pupils responded that they are asked for their opinions about the school environment; 43% (47%) said their opinions make a difference.

❑ 34% (32%) of pupils responded that they are asked for their opinions about their community; 36% (39%) said their opinions make a difference.

❑ 58% (50%) of pupils responded that they have had the chance to vote for School/College Council members and 14% (16%) said they have had the chance to take part in a mock general election.

SEXUAL HEALTH AND RELATIONSHIPS

- 56% (56%) believe there is a sexual health service for young people available locally.



- 26% (24%) of Year 10+ pupils responded that they know where they can get condoms free of charge.
- 36% (36%) of pupils found school lessons about relationships and sex education 'quite' or 'very' useful.
- 44% (47%) responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 29% (31%) said the same about different relationships e.g. lesbian, gay, bisexual, trans.

Sexual relationships: Year 10 only

- 7% (9%) of Year 10 pupils have had a sexual relationship in the past and 9% (8%) report that they are currently in a sexual relationship (that is, overall 16% (17%) have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 44% (49%) said 'yes' and 16% (11%) 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	Overall
Used hurtful or threatening language to me	16% (16%)
Was angry or jealous when I wanted to spend time with friends	20% (25%)
Kept checking my phone	11% (14%)
Threatened to tell people things about me	11% (11%)
Threatened to hit me	5% (6%)

- 53% (51%) of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 52% (52%) responded that they would know where to get help.

PHYSICAL ACTIVITY

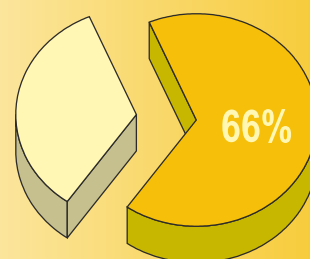
- 45% (45%) of pupils responded that they do five or more hours of physical activity in a typical week out of school.
- 71% (71%) of pupils agreed that they would like to be more active than they currently are.

Swimming

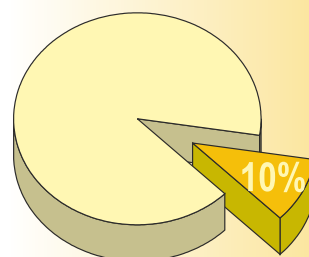
- 84% (83%) of pupils said they can swim the full longest length of a swimming pool on their own, while 7% (7%) said they can't.

BACKGROUND

- 86% (86%) of pupils describe themselves as White British.
- 66% (65%) of the pupils in this survey live with both parents together.



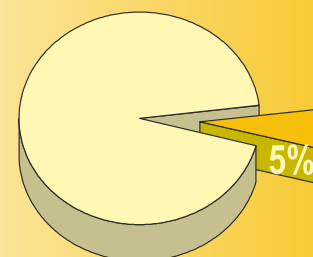
- 11% (11%) of pupils have free school meals or vouchers/credits for free meals.



- 10% (10%) of pupils have a special educational need or learning difficulty.
- 10% (12%) of pupils have a disability or long-standing illness.

Service families

- 5% (6%) of pupils report they have a parent/carer who is in the armed forces.

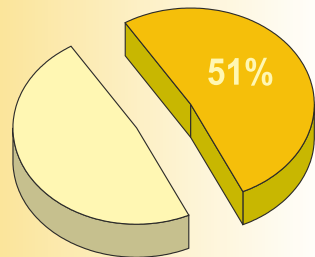


- 25% (27%) of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.16.

SECONDARY

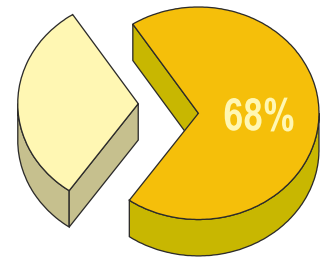
ENJOYING AND ACHIEVING

- 61% (59%) of pupils report enjoying at least half of their school lessons.
- 35% (33%) of boys and 44% (43%) of girls said they want to continue in full time education at the end of their course.
- 51% (47%) of pupils responded that they intend to apply for higher education in the future,** while 41% (43%) said they are 'not sure' if they do.
- 19% (25%) of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 41% (35%) said they haven't had enough information and guidance.



Homework

- 68% (66%) of pupils did homework on the evening before the survey.** 23% (20%) reported they did more than an hour.
- The school lessons most often described 'quite' or 'very' useful (not already listed in the report) were those about drugs (59% (55%)), prejudice, discrimination and bullying (49% (53%)) and religious education (45% (44%)).



LEISURE AND WORK

- 89% (90%) responded that they had spent some time the night before the survey using social media.
- 97% (96%) watched some TV, films or streaming the previous night and 38% (37%) watched for over 3 hours.

Pupils' Perceptions

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

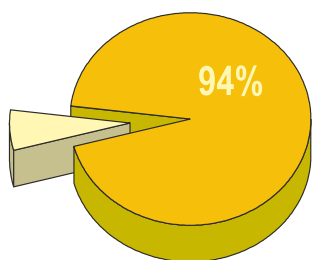
The percentage of pupils responding 'agree' were:

	Male	Female
The school/college cares whether I am happy or not	45% (45%)	27% (33%)
My work is marked so I can see how to improve it	72% (73%)	66% (67%)
Adults at school/college talk to me about how to improve my work	63% (65%)	54% (58%)
I know my next steps in learning and what I need to do to improve	58% (55%)	45% (46%)
My achievements in and out of school/college are recognised	38% (36%)	33% (30%)
The school/college teaches me to deal with my feelings positively	32% (34%)	25% (26%)
The school/college helps me work as part of a team	46% (46%)	42% (41%)
In this school/college people with different backgrounds are valued	68% (69%)	60% (64%)
The school/college encourages everyone to take part in decisions	59% (60%)	62% (62%)
There are opportunities to discuss sensitive issues in class e.g. extremism	41% (44%)	46% (44%)
The school/college encourages me to contribute to community events	39% (41%)	33% (34%)
The school/college prepares me for when I leave this school/college	54% (57%)	50% (53%)
The school/college encourages everyone to treat each other with respect	80% (81%)	71% (76%)
My teachers realise when I don't understand	32% (34%)	20% (22%)
The school/college encourages me to attempt difficult work	72% (70%)	68% (67%)
The school/college tells me it's OK to make mistakes	68% (67%)	56% (58%)
I am prepared to try something I am not used to or not so good at	61% (61%)	43% (44%)
I have the opportunity to use things I have learnt in different situations	53% (53%)	45% (43%)
Sometimes I have a choice of different ways to learn about something	38% (42%)	37% (36%)
At school/college, I am encouraged to try different ways to do things	45% (48%)	41% (43%)

- 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

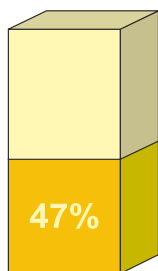
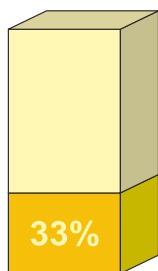
- 94% (95%) of pupils responded that they 'usually' or 'always' feel safe at home and 64% (68%) said they 'usually' or 'always' feel safe at school/college.



- 11% (11%) 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.
- 7% (7%) of pupils said they have carried weapons when going out at least 'sometimes'.

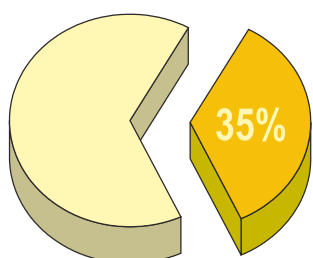
Bullying

- 24% (22%) of pupils said that they had been bullied at or near school/college in the last 12 months.
- 33% (29%) of pupils responded that they have been pushed/hit for no reason in the last month. Other common negative behaviours were being teased/made fun of 47% (44%), being called gay 24% (22%), and being called nasty names 35% (33%).



- 24% (23%) of pupils responded that they experienced negative behaviour outside at school/college during breaktimes in the month before the survey; 24% (20%) said they experienced such behaviour during lesson time.

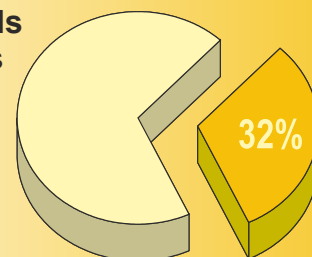
- 35% (42%) of pupils reported that they think their school deals with bullying well, or that bullying isn't a problem in their school.



Internet safety

- 92% (93%) of pupils responded that they communicate with friends and family they know in real life online.

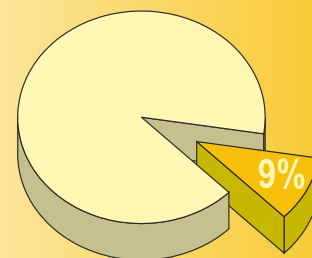
- 32% (29%) of pupils (34% (30%) of boys and 29% (27%) of girls) responded that they communicate with people they have met online and don't know in real life.



- 43% (43%) of pupils responded that they communicate with people through online games, while 44% (43%) said they do so through picture/videos sharing sites/apps.

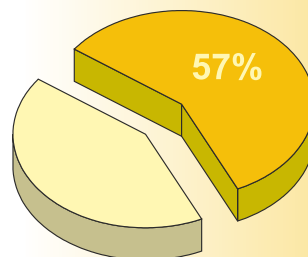
- 12% (12%) of pupils responded that they have seen pictures, videos or games they found upsetting online.

- 23% (22%) of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).



- 9% (9%) said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about doing so.

- 11% (11%) of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'.



- 57% (58%) of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful

Changes in Harrogate since 2020

- ❑ 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. For this analysis we have used only those schools which took part in the survey in 2020 and in 2022, so the figures on this page may be different to those used in the rest of the report.
- ❑ If a trend continues (or contradicts) earlier findings, this has been noted.

Changes in Harrogate since 2020 - Year 2

Positive changes

- ❑ played with friends after school on the day before the survey (27% in 2020 vs 48% in 2022)
- ❑ have been to a dentist in the last year (43% in 2020 vs 54% in 2022)
- ❑ worry about at least one of the issues listed on 'most days' (73% in 2020 vs 64% in 2022)
- ❑ mostly use a computer at home by themselves (74% in 2020 vs 61% in 2022)

Emerging data for consideration

- ❑ 'always' use at least one of the prevention methods listed to avoid getting sunburnt (83% in 2020 vs 69% in 2022)
- ❑ 'always' wear a helmet when using a bike, scooter, skates or skateboard (66% in 2020 vs 55% in 2022)
- ❑ someone usually reads them a bedtime story (41% in 2020 vs 32% in 2022)

Changes in Harrogate since 2020 - Year 6

Positive changes

- ❑ think the opinions of young people make a difference to decisions about what they learn in school (40% in 2020 vs 59% in 2022)
- ❑ have found school lessons about growing up and body changes 'quite' or 'very' useful (37% in 2020 vs 53% in 2022)
- ❑ do five or more hours of physical activity in a typical week out of school (49% in 2020 vs 59% in 2022)
- ❑ feel they know enough about how their body changes as they get older (80% in 2020 vs 86% in 2022)

Emerging data for consideration

- ❑ washed their hands before lunch on the day before the survey (92% in 2020 vs 70% in 2022)
- ❑ have been away from school due to illness or injury in the last month (24% in 2020 vs 36% in 2022)
- ❑ are 'never' supervised and their device doesn't have a filter system when using the internet at home (26% in 2020 vs 32% in 2022)

Changes in Harrogate since 2020 - Year 8/10

Positive changes

- ❑ can get water at school (68% in 2020 vs 79% in 2022)
- ❑ have taken part in volunteering at some point outside of school in the last six months (35% in 2020 vs 47% in 2022)
- ❑ (Year 10+ pupils) know where they can get condoms free of charge (14% in 2020 vs 26% in 2022)
- ❑ do five or more hours of physical activity in a typical week in school (10% in 2020 vs 15% in 2022)

Emerging data for consideration

- ❑ been bullied at or near school/college in the last 12 months (16% in 2020 vs 24% in 2022)
- ❑ have regularly made themselves sick at some point (11% in 2020 vs 20% in 2022)
- ❑ had an alcoholic drink in the 7 days before the survey (18% in 2020 vs 27% in 2022)
- ❑ got at least eight hours' sleep the night before the survey (64% in 2020 vs 54% in 2022)

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
78%	73%	have been to swimming lessons
55%	47%	'always' wear a helmet when using a bike, scooter, skates or skateboard
15%	19%	allowed to watch TV after they have gone to bed
78%	83%	<i>do one or more of the physical activities listed in the questionnaire at least 'twice a week' at school</i>
Harrogate	North Yorkshire	Year 6
24%	31%	drank at least 2 sugary drinks on the day before the survey
81%	76%	can swim the full longest length of a swimming pool on their own
37%	43%	'quite' or 'very' often worry about moving on to secondary school
30%	35%	at least 'sometimes' feel afraid of going to school because they may be bullied
68%	72%	<i>think school food has healthy options</i>
Harrogate	North Yorkshire	Year 8 & Year 10
58%	50%	have had the chance to vote for School/College Council members
53%	47%	have found school/college lessons about alcohol 'quite' or 'very' useful
51%	47%	intend to apply for higher education in the future
56%	44%	normally walk most of the way to school/college (on a typical day)
51%	46%	have found school/college lessons about smoking 'quite' or 'very' useful
41%	35%	<i>haven't had enough information and guidance about their options after Year 11, including apprenticeships</i>
33%	29%	<i>were pushed/hit in the month before the survey</i>
49%	53%	<i>have found school/college lessons about prejudice, discrimination and bullying 'quite' or 'very' useful</i>
21%	17%	<i>their school/college deals with bullying 'badly'</i>

□ **Bold=positive finding, italic=emerging issue**

Equality Monitoring in North Yorkshire 2022

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
Ethnic minority	9	12	12
Minority religion (non-Christian)	2	3	4
Young carer	4	5	5
Children in care	1	<1	<1
Single-parent family	15	15	17
Special educational needs (SEN)	11	10	10
Disability or long-term illness	11	12	12
Free school meals	13	12	11
Armed forces family	6	7	6
Lesbian, gay or bisexual (LGB)	NA	14	18
Transgender	NA	1	1

Year 6 results

***99 Statistically significant difference.**

Shaded a significant difference was previously found for the equivalent result in 2020

Figures in main part of table are percentages

Full sample size=4505

	All	Male	Female	Ethnic minority	Minority religion	Young Carer	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family
	4505	2223	2058	427	89	180	23	661	503	476	597	276
Eat 5-a-day	25	26	25	26	33	*29	*35	*19	*22	26	*19	29
Ever tried smoking	2	2	2	3	3	*7	*9	*4	*3	3	*6	3
Drank last week	4	*6	3	5	8	*7	*0	5	*7	5	*7	6
High wellbeing score	33	*39	29	32	29	*22	*25	*25	32	33	*27	30
High resilience score	23	*27	20	22	31	21	*18	*18	22	21	*18	23
Low wellbeing score	19	*13	22	21	24	*33	19	*29	*27	19	*28	*28
Low resilience score	22	19	24	21	26	*30	*32	*31	*34	22	*33	*28
Bullied at school last year	21	21	20	21	29	*39	*41	*24	*28	24	*29	*27
Worry about health	20	*17	21	*27	31	*33	22	*23	*27	21	*30	*28
Worry about moving on to secondary school	43	*34	50	42	51	*60	*35	*48	*47	42	*51	*49
The school encourages everyone to treat each other with respect	88	88	90	86	81	*83	*64	86	*82	89	*82	85
Adults at school talk to me about how to improve my work	76	78	75	76	75	*71	*50	74	*70	77	74	75
I know my next steps in learning and what I need to do to improve	70	73	69	71	75	*58	*64	*65	*60	68	66	64
Pupils' views and opinions asked for in school	61	61	62	59	60	*56	62	*54	59	60	*56	55

Equality Monitoring in North Yorkshire 2022

Year 10

	All 3060	Males 1468	Females 1470	Ethnic minority 367	Minority religion 114	Young Carer 140	Children in care 13	Single-parent family 508	Special educational needs 297	Disability or long-term illness 362	Free school meals 319	Armed forces family 150	LGB 484	Transgender 39
Eat 5-a-day	18	*20	*15	19	*10	17	22	*12	17	18	*11	*12	*15	24
Ever tried smoking	25	*21	*29	28	23	*38	33	*36	*36	27	*40	26	*30	26
Drank last week	33	32	33	*23	*21	*42	42	32	*41	32	33	*40	*29	*18
Ever taken drugs	12	12	*13	*15	16	*17	17	*16	*19	*15	*16	*16	*14	13
High wellbeing score	14	*20	*8	13	14	*8	8	*10	14	12	*7	15	*8	5
High resilience score	9	*13	*5	*12	*15	7	0	*5	7	7	*5	6	*5	5
Low wellbeing score	10	*6	*12	12	*17	*20	*42	*13	*16	*14	*14	*17	*19	*32
Low resilience score	43	*30	*53	*33	37	*54	*75	*50	*52	*48	*52	46	*61	*61
Bullied at school last year	19	*15	*21	18	*26	*37	25	*24	*33	*26	*33	20	*34	*59
Worry about money	19	*14	*22	19	23	*33	25	*28	*23	*23	*33	21	*29	*37
Worry about being different	6	*4	*7	*12	*13	*12	8	6	*10	*8	*9	6	*23	*39
Sexually active	17	*16	*18	19	14	*24	27	*21	19	19	*24	*26	19	21
Know where to get free condoms	24	*28	*21	*20	17	*30	10	*28	*32	26	*31	28	*20	19
Enjoy at least half of school lessons	60	*64	*57	63	64	*51	46	*51	*50	59	*49	*50	63	67
Intend FTE after Y11	46	*37	*54	*55	*64	*37	50	*41	*36	46	*40	43	*59	*69
Term-time job	40	*36	*45	*30	*21	42	17	39	41	39	41	42	*31	28
The school encourages everyone to treat each other with respect	76	*80	*73	*70	*60	*67	*46	77	*68	73	*70	75	*67	72
Adults at school talk to me about how to improve my work	63	*69	*59	64	60	*55	54	*55	*58	61	*57	59	*59	59
I know my next steps in learning and what I need to do to improve	52	*57	*48	*56	58	*44	*77	*45	*40	51	*42	48	*46	*31
Pupils' views make a difference in school	55	54	56	56	56	55	45	*50	57	57	53	55	52	46

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

Shaded a significant difference was previously found for the equivalent result in 2020

This report will be disseminated to:-

- ❑ Elected members
- ❑ North Yorkshire Health and Wellbeing Board
- ❑ Headteachers and Governors
- ❑ Children and Young People's Service Units
- ❑ NYCC Corporate Equality Group
- ❑ North Yorkshire Youth Voice Cabinet
- ❑ North Yorkshire Safeguarding Children Partnership
- ❑ North Yorkshire Community Safety Partnership
- ❑ Integrated Care Boards
- ❑ York, North Yorkshire and East Riding Local Enterprise Partnership
- ❑ North Yorkshire Police

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 2021-2024](#). 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 on healthy eating](#).
- ❑ 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 County 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
- ❑ North Yorkshire Police [website](#)
- ❑ North Yorkshire Sport [Website](#). Driving positive change through sport and physical activity. Find a range of CPD opportunities and support for children & young people and staff based in educational settings across the county.



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