

Growing Up in Richmondshire

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

| | Richmondshire | | | | North Yorkshire | | | |
|----------------|---------------|--------|--------|---------|-----------------|--------|--------|---------|
| | Year 2 | Year 6 | Year 8 | Year 10 | Year 2 | Year 6 | Year 8 | Year 10 |
| Males | 178 | 190 | 199 | 179 | 2017 | 2223 | 1679 | 1475 |
| Females | 129 | 180 | 163 | 138 | 1886 | 2058 | 1544 | 1490 |
| Total* | 308 | 388 | 373 | 325 | 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. 4 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' | 74% |
| I have been getting on with my friends 'most of the time' | 76% |

| COVID-19: Social distancing and staying at home % 'agree' or 'strongly agree' | Y6 | Y8&10 |
|--|-----|-------|
| I feel more behind in my school work | 26% | 41% |
| I feel more lonely/isolated | 21% | 26% |
| Lockdown had a bad effect on my friendships | 22% | 25% |
| Lockdown had a bad effect on my family relationships | 14% | 15% |

| Feeling safe and happy | Y2 | Y6 | Y8&10 |
|---|-----|-----|-------|
| I 'always' feel happy at school | 63% | | |
| I 'mostly' or 'always' feel safe at school | | 77% | |
| I 'usually' or 'always' feel safe at school/college | | | 66% |
| I 'always' feel happy at home | 77% | | |
| I 'mostly' or 'always' feel safe at home | | 92% | |
| I 'usually' or 'always' feel safe at home | | | 96% |

| Online safety | Y2 | Y6 | Y8&10 |
|--|-----|-----|-------|
| I have had lessons at school about keeping safe online | 98% | | |
| I have found school lessons about keeping safe online 'quite' or 'very' useful | | 68% | |
| I have found school/college lessons about keeping safe online 'quite' or 'very' useful | | | 63% |

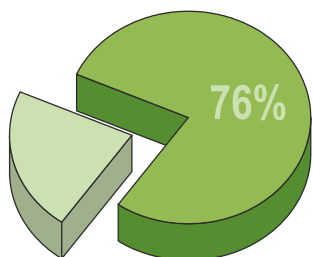
| Worries | Y2 | Y6 | Y8&10 |
|--|-----|-----|-------|
| I worry about at least one of the issues listed on 'most days' | 58% | | |
| I worry about at least one of the issues listed 'quite' or 'very' often | | 85% | |
| I worry about at least one of the issues listed 'often' or 'all of the time' | | | 74% |

Primary school pupils in Year 2 in Richmondshire (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, 1% (3%) said they had nothing before lessons. 79% (78%) responded that they had a drink, and 98% (94%) said that they had something to eat.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 66% (57%); water 74% (69%); milk 47% (47%); vegetables 49% (48%); sweets or chocolate 32% (37%).
- Among the foods or drinks most commonly consumed 'never' were fizzy drinks 22% (26%).
- 80% (78%) 'always' wash their hands after going to the toilet.
- 76% (78%) cleaned their teeth at least twice on the day before the survey.**
- 55% (53%) have been to a dentist in the last year.

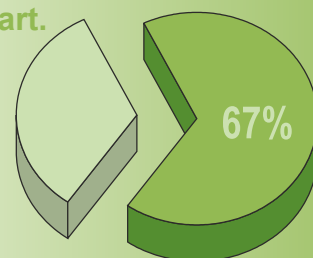


LEISURE

- After school on the day before the survey, the most common activities were: playing at home 70% (70%); watching live or recorded programmes or films (on TV, computer, laptop or smartphone) 68% (66%); playing outside 63% (61%).
- 75% (70%) of pupils responded that they have a set bedtime for nights when it's school the next day. 27% (30%) of pupils responded that someone usually reads them a bedtime story.
- 60% (48%) of pupils responded that they have a TV in their bedroom. 24% (19%) of pupils responded that they are allowed to watch TV after they have gone to bed.
- 69% (64%) use a computer/tablet or mobile device to go online/ use the Internet at home. Within this 53% (44%) say an adult always knows what they are looking at online and 17% (21%) said they have friends on-line that they don't know in real life.

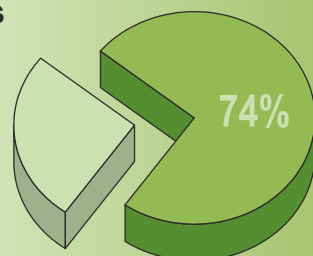
SAFETY

- 67% (60%) use a computer, tablet or mobile device to go online/use the Internet and know how to keep themselves safe on it.**
- 96% (95%) have a bike, 13% (16%) have a scooter and 84% (82%) have a bike helmet; 48% (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:

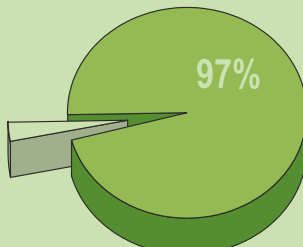


| | Boys | Girls |
|-------------------|-----------|-----------|
| Wear a hat | 86% (85%) | 82% (87%) |
| Wear long sleeves | 41% (45%) | 29% (36%) |
| Put on sun cream | 88% (86%) | 93% (94%) |
| Stay in the shade | 79% (73%) | 82% (83%) |

- Overall, 74% (68%) of pupils responded that they 'always' use at least one of the prevention methods listed to avoid getting sunburnt.**
- 87% (77%) 'always' feel safe at school. 91% (85%) 'always' feel safe at home.
- 29% (43%) feel scared to be at school because of other children at least sometimes, while 14% (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)

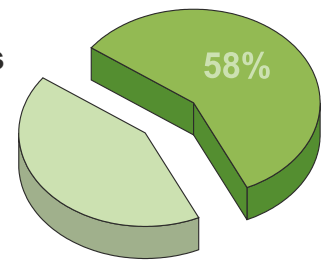
EMOTIONAL HEALTH AND WELLBEING

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

| | Boys | Girls |
|------------------|-----------|-----------|
| School-work | 20% (25%) | 11% (19%) |
| Being ill | 22% (26%) | 19% (27%) |
| Friendships | 27% (33%) | 22% (32%) |
| Family | 38% (44%) | 32% (40%) |
| The way you look | 16% (23%) | 12% (23%) |

❑ 95% (93%) of pupils said they have an adult they can talk to if they have worries or are upset.

❑ **58% (67%) of pupils responded that they worry about at least one issue 'most days'.**

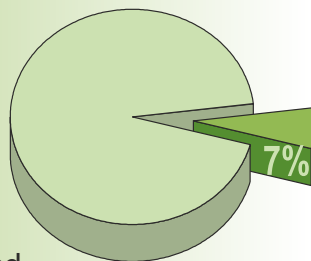


❑ 63% (51%) of pupils responded that they 'always' feel happy at school and 77% (68%) 'always' feel happy at home.

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

HEALTHY EATING

❑ **7% (6%) had nothing to eat or drink for breakfast on the day of the survey.**

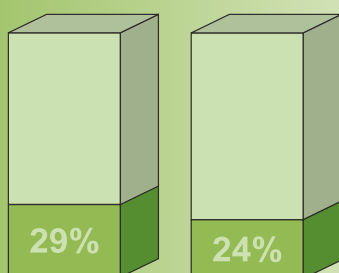


❑ 56% (62%) of pupils responded that they had a drink before lessons on the morning of the survey.

❑ 86% (88%) said that they had something to eat before lessons on the morning of the survey.

Five-a-day

❑ 14% (10%) of boys and 7% (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 24% (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

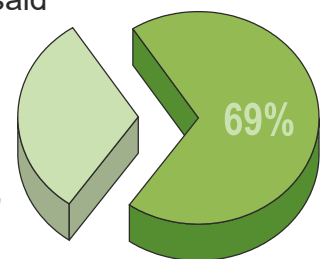
❑ 46% (45%) of pupils responded that they ate one or two snacks on the day before the survey.

❑ 34% (31%) of pupils responded that they drank at least 2 sugary drinks on the day before the survey.

School food

❑ 42% (49%) of pupils said they have food from school at lunchtime.

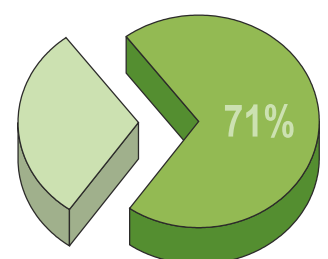
❑ **69% (72%) of pupils think school food has healthy options, while 4% (4%) think it doesn't.**



Water

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

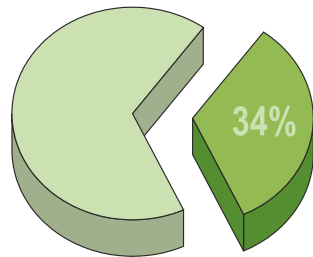
❑ **71% (69%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 5% (4%) have found them 'not at all' useful and 4% (5%) couldn't remember having any.**



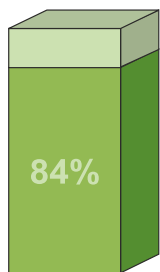
Primary school pupils in Year 6 (aged 10 - 11 years)

EMOTIONAL HEALTH AND WELLBEING

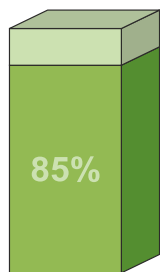
- 34% (35%) of pupils said they worry about family 'quite often' or 'very often' and 29% (27%) said they worry about falling out with friends.



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

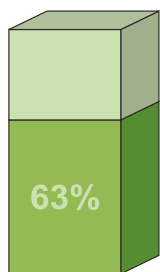


Boys

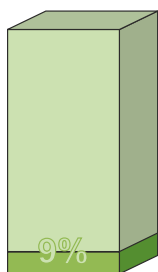


Girls

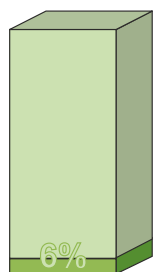
- 44% (50%) of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 63% (64%) of pupils responded that they have found school lessons about emotional health and wellbeing 'quite' or 'very' useful, while 9% (8%) have found them 'not useful' and 6% (6%) couldn't remember any.



Useful



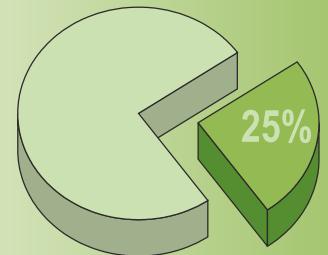
Not useful



Can't remember

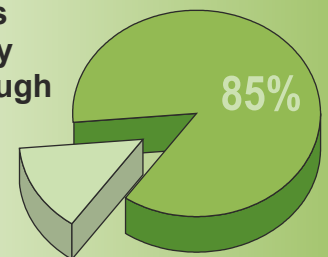
Resilience

- 60% (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. 26% (22%) of pupils had a low measure of resilience (0 – 16), while 25% (23%) of pupils had a high measure of resilience (24+).
- 53% (52%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

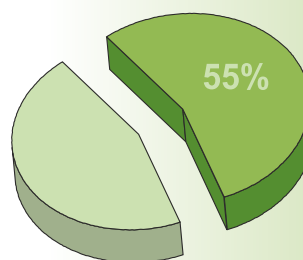


Puberty and growing up

- 85% (85%) of pupils responded that they feel they know enough about how their body changes as they get older, while 4% (2%) feel they don't know enough.
- 27% (26%) of pupils responded that they feel 'happy' about growing up and body changes, while 6% (5%) of pupils responded that they feel 'unhappy' about growing up and body changes.
- 23% (25%) of boys and 39% (44%) of girls reported that they worry at least 'quite often' about the way they look.



- 55% (54%) of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

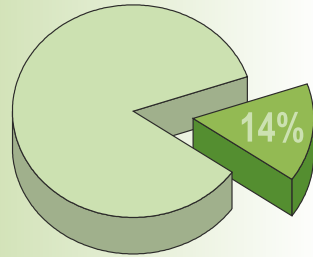


PRIMARY

DRUGS, ALCOHOL AND TOBACCO

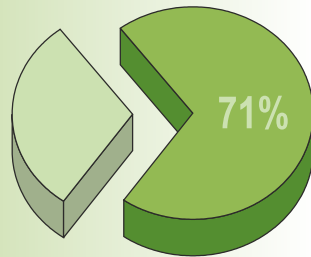
Drugs

- 14% (13%) of pupils responded that they are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live.
- 58% (54%) of pupils responded that they have found school lessons about medicines and drugs 'quite' or 'very' useful, while 11% (11%) have found them 'not useful' and 15% (16%) couldn't remember any.



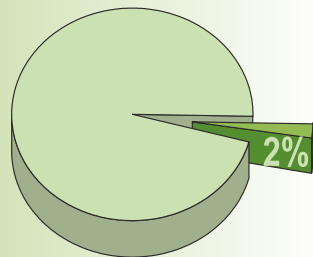
Alcohol

- 71% (75%) of pupils reported that they never drink alcohol and 22% (18%) drink only with their parents' knowledge.
- 6% (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.
- 52% (50%) of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.



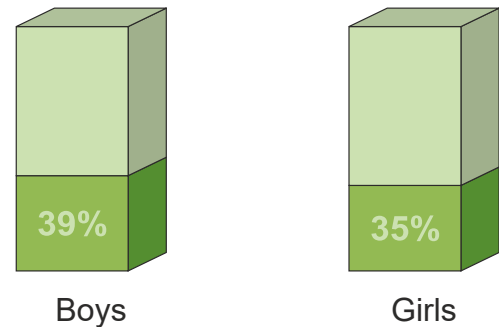
Tobacco

- 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.
- 54% (52%) of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

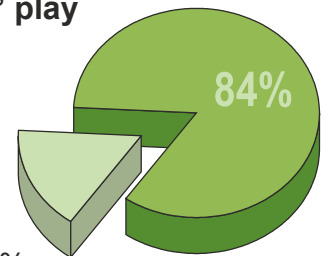


PHYSICAL ACTIVITY

- 37% (40%) of pupils (39% (45%) of boys and 35% (36%) of girls) said that they played sports or were physically active after school on the day before the survey.

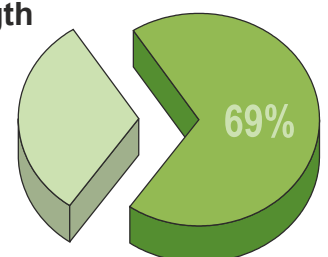


- 77% (74%) of pupils responded that they have found school lessons about physical education 'quite' or 'very' useful, while 4% (5%) found them 'not useful' and 2% (3%) couldn't remember any.
- 54% (54%) of pupils responded that they do five or more hours of physical activity in a typical week in school.
- 56% (56%) of pupils responded that they do five or more hours of physical activity in a typical week out of school.
- 84% (87%) of pupils responded that they at least 'sometimes' play running/skipping games/tag during school outdoor breaktimes, while 75% (75%) said they play ball games like football or netball. 32% (33%) said they read quietly at playtime.
- 66% (66%) of pupils agreed that they find physical activity and sports easy and 86% (87%) agreed that they know how to get involved in different types of physical activity and sports.



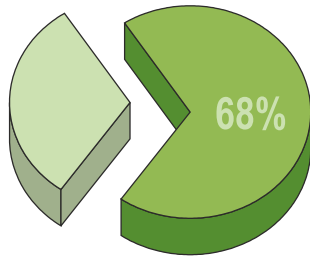
Swimming

- 69% (76%) of pupils said they can swim the full longest length of a swimming pool on their own, while 16% (11%) said they can't.



HEALTH AND HYGIENE

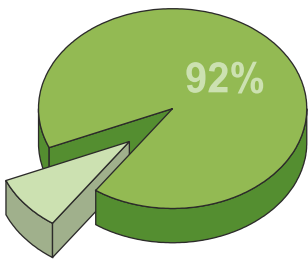
- 68% (70%) of pupils responded that they washed their hands before lunch on the day before the survey, while 13% (10%) said they are 'not sure' if they did.



Dental health

- 76% (80%) of pupils responded that they have been to the dentist in the last year, while 22% (18%) went more than a year ago and 2% (2%) have never been.

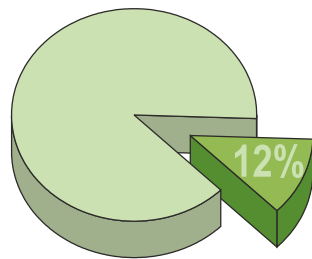
STAYING SAFE



- 92% (94%) of pupils responded that they 'mostly' or 'always' feel safe at home and 77% (84%) said they feel safe at school.

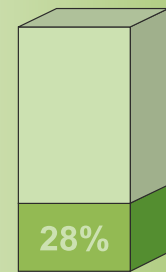
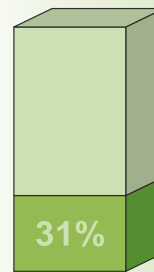
Internet safety

- 12% (14%) of pupils responded that they communicate with people they have met online and don't know in real life.
- 17% (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.
- 5% (7%) of pupils responded that they have seen pictures, videos or games they found upsetting online; 55% (53%) said they have not experienced any of the things listed in Q72.
- 36% (33%) of pupils responded that they are 'never' supervised when using the Internet at home, 26% (27%) of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.



Bullying

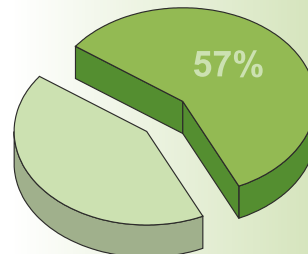
- 28% (27%) of boys and 38% (41%) of girls responded that they are at least 'sometimes' feel afraid of going to school because they may be bullied.
- 22% (21%) of pupils said that they were bullied at or near school in the 12 months before the survey, while 5% (4%) said that they bullied another pupil in the same period.
- 31% (29%) of pupils responded that they were teased/made fun of at least a 'few times' in the month before the survey, while 28% (25%) said they had been called nasty names and 20% (16%) said they had been called 'gay'.



- 26% (27%) of pupils responded that they were pushed/hit for no reason in the month before the survey, while 12% (10%) said they had belongings taken/broken.
- 62% (67%) of pupils responded that they think their school takes bullying seriously, while 13% (10%) think it doesn't take it seriously.

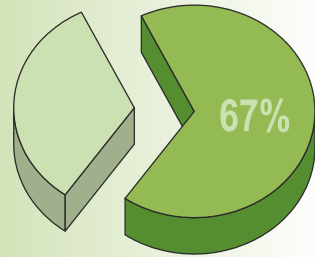
Sun safety

- 13% (9%) of pupils responded that they 'never' do anything to avoid sunburn.
- 57% (58%) of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.



**PRIMARY
LEISURE**

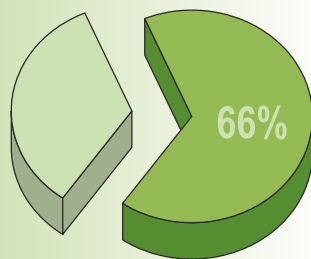
❑ **67% (69%) of pupils responded that they watched TV, films, YouTube or streamed video after school on the evening before the survey.**



- ❑ 49% (53%) played with friends or siblings on the evening before the survey. 62% of boys and 46% of girls played computer games.
- ❑ 8% (14%) of boys and 9% (16%) of girls of girls spent time doing homework on the evening before the survey.

Pupils' voice

❑ **66% (61%) of pupils think their ideas and opinions are asked for in school.**

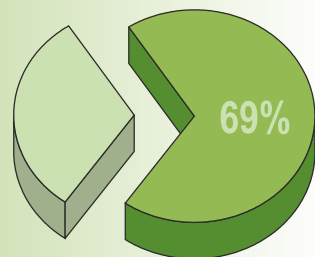


- ❑ 70% (63%) of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.

BACKGROUND

❑ 85% (87%) of pupils responded that they are White British.

❑ **69% (67%) of the pupils in this survey live with both parents together.**

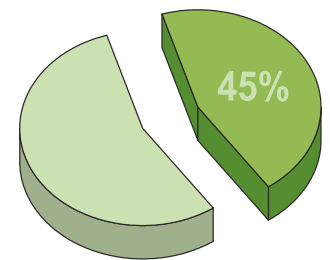


- ❑ 12% (13%) of pupils responded that they get free school meals or vouchers for school meals, while 18% (17%) said they are 'not sure' if they do.
- ❑ 31% (6%) of pupils have a parent or carer in the armed forces.
- ❑ 12% (2%) say their parent or carer has been away on operations in the last 12 months.
- ❑ The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.16.

SCHOOL

❑ 86% (86%) of pupils responded that they think it is important to go to school regularly.

❑ **45% (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.

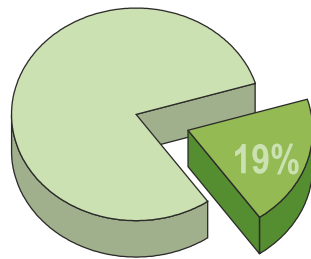
❑ **The percentage of pupils responding 'yes' were:**

| | Boys | Girls |
|---|------|-------|
| The school cares whether I'm happy or not | 62% | 65% |
| My work is marked so I can see how to improve it | 85% | 82% |
| Adults at school talk to me about how to improve my work | 76% | 75% |
| I know my next steps in learning and what I need to do to improve | 70% | 66% |
| My achievements in and out of school are recognised | 58% | 52% |
| The school teaches me to deal with my feelings positively | 61% | 67% |
| The school helps me work as part of a team | 72% | 70% |
| In this school, people with different backgrounds are valued | 76% | 82% |
| The school encourages everyone to take part in decisions | 75% | 79% |
| The school encourages me to contribute to community events | 53% | 54% |
| The school prepares me for when I leave this school | 83% | 88% |
| The school encourages everyone to treat each other with respect | 88% | 92% |
| My teachers realise when I don't understand | 57% | 51% |
| The school encourages me to attempt difficult work | 76% | 75% |
| The school tells me it's OK to make mistakes | 82% | 87% |

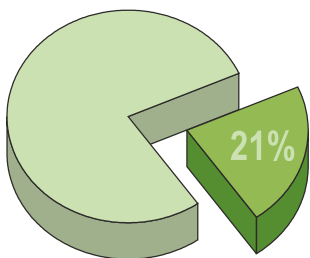
Secondary school pupils in Years 8 & 10 in Richmondshire (aged 12 - 13 and 14 - 15 years)

HEALTHY EATING

- 19% (20%) had nothing to eat or drink before lessons on the day of the survey.
- 61% (60%) of pupils had a drink before lessons on the day of the survey, 65% (64%) responded that they had something to eat.
- 7% (9%) of pupils in the survey had no lunch on the day before the survey. 74% (73%) had a drink and 86% (83%) had something to eat.
- 17% (15%) of pupils responded that they ate at least 5 snacks on the day before the survey.
- 4% (4%) of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



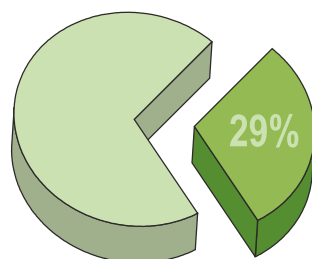
- 21% (19%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 11% (12%) had none at all.



- 73% (79%) of pupils responded that they can get water at school, while 22% (19%) said 'not easily'.
- 51% (47%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.

Diet

- 28% (26%) say they never worry about how much they eat; 15% (15%) say they are often or always careful with their diet.
- 29% (29%) of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.



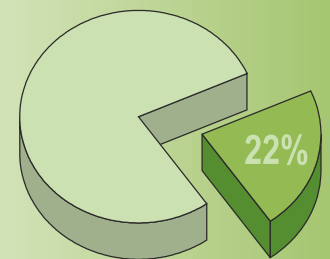
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 3% (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 6% (10%) of Year 10 pupils have ever taken it. The next most common drug type was cocaine, with 1% (2%) of Year 10 pupils ever having taken it.

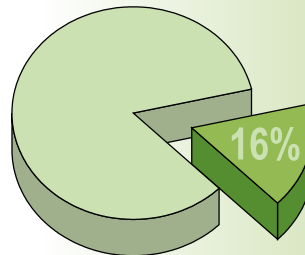
Alcohol

- 22% (23%) had at least one alcoholic drink in the week before the survey.

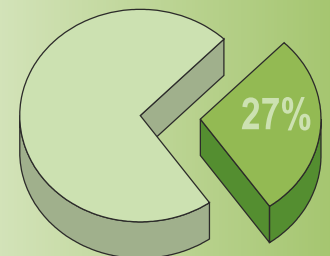


Tobacco

- 16% (18%) say they have tried smoking in the past or smoke now.
- 3% (4%) of pupils smoked at least one cigarette in the week before the survey.
- 4% (5%) say they smoke 'regularly' or 'occasionally'; 33% (39%) of those who smoke 'regularly' would like to give up smoking.



- 27% (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'.



- 28% (34%) of pupils responded that they have at least tried vaping (electronic cigarettes or 'e-cigarettes'), while 6% (9%) said they use one 'regularly' (at least once a week).

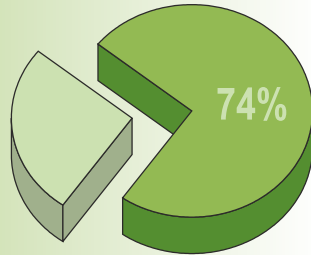
SECONDARY
EMOTIONAL HEALTH AND WELLBEING

Worries

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

| Boys | Girls |
|----------------------|----------------------|
| Exams and tests 33% | The way you look 64% |
| The way you look 26% | Exams and tests 62% |
| School-work 21% | School-work 49% |

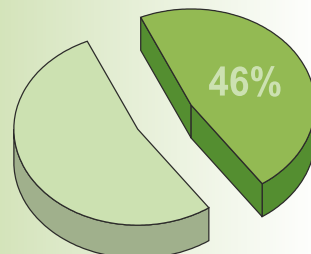
❑ 74% (71%) of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.



❑ When they have a problem or feel stressed 34% (36%) of pupils said they would talk to someone about it and 43% (44%) of pupils said they would think about it on their own. 10% (11%) of pupils responded that they cut or hurt themselves.

❑ 68% (67%) of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 21% (21%) said they 'maybe' do.

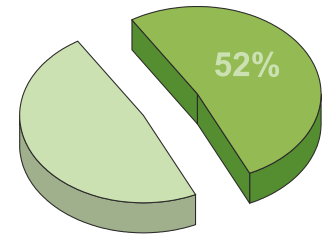
❑ 46% (45%) of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.



Resilience and Wellbeing

❑ 45% (43%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 40% (37%) said they get angry or upset and feel bad for ages.

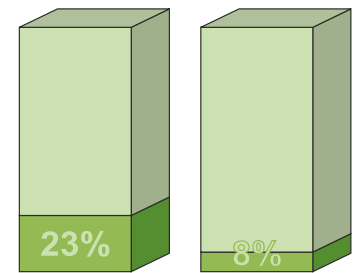
❑ 52% (47%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 33% (34%) ask for help and 17% (20%) give up.



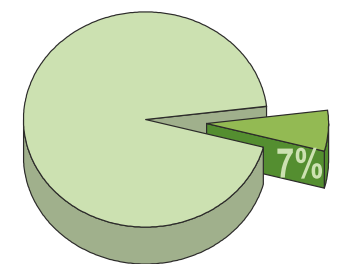
❑ We calculated an overall measure of resilience from a group of related items. 39% (41%) of pupils had a low measure of resilience (0 – 16).

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

❑ 16% (15%) of pupils (23% (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.



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



MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

❑ 62% (57%) of pupils responded that they are asked for their opinions about what they learn in school; 41% (41%) said their opinions make a difference.

❑ 51% (46%) of pupils responded that they are asked for their opinions about how they learn in school; 46% (44%) said their opinions make a difference.

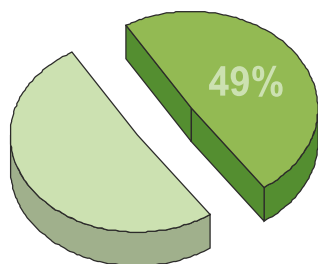
❑ 55% (49%) of pupils responded that they are asked for their opinions about the school environment; 51% (47%) said their opinions make a difference.

❑ 35% (32%) of pupils responded that they are asked for their opinions about their community; 42% (39%) said their opinions make a difference.

❑ 47% (50%) of pupils responded that they have had the chance to vote for School/College Council members and 15% (16%) said they have had the chance to take part in a mock general election.

SEXUAL HEALTH AND RELATIONSHIPS

- 49% (56%) believe there is a sexual health service for young people available locally.



- 24% (24%) of Year 10+ pupils responded that they know where they can get condoms free of charge.
- 31% (36%) of pupils found school lessons about relationships and sex education 'quite' or 'very' useful.
- 47% (47%) responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 30% (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 6% (8%) report that they are currently in a sexual relationship (that is, overall 14% (17%) have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 65% (49%) said 'yes' and 5% (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 | 19% (16%) |
| Was angry or jealous when I wanted to spend time with friends | 23% (25%) |
| Kept checking my phone | 13% (14%) |
| Threatened to tell people things about me | 13% (11%) |
| Threatened to hit me | 7% (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. 54% (52%) responded that they would know where to get help.

PHYSICAL ACTIVITY

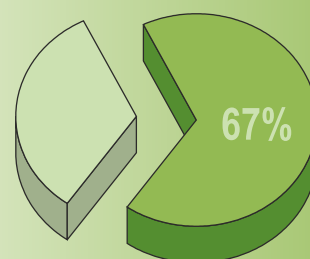
- 47% (45%) of pupils responded that they do five or more hours of physical activity in a typical week out of school.
- 69% (71%) of pupils agreed that they would like to be more active that they currently are.

Swimming

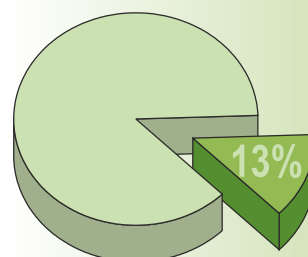
- 82% (83%) of pupils said they can swim the full longest length of a swimming pool on their own, while 8% (7%) said they can't.

BACKGROUND

- 86% (86%) of pupils describe themselves as White British.
- 67% (65%) of the pupils in this survey live with both parents together.



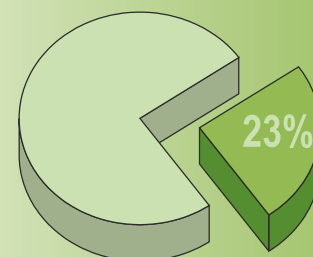
- 10% (11%) of pupils have free school meals or vouchers/credits for free meals.



- 12% (10%) of pupils have a special educational need or learning difficulty.
- 13% (12%) of pupils have a disability or long-standing illness.

Service families

- 23% (6%) of pupils report they have a parent/carer who is in the armed forces.

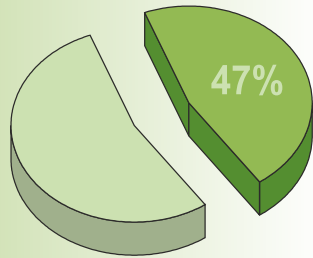


- 35% (27%) of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.16.

SECONDARY

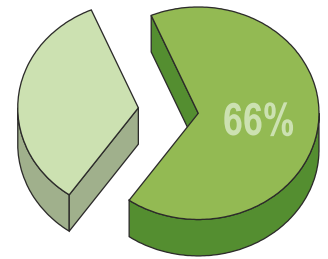
ENJOYING AND ACHIEVING

- 59% (59%) of pupils report enjoying at least half of their school lessons.
- 34% (33%) of boys and 47% (43%) of girls said they want to continue in full time education at the end of their course.
- 47% (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.
- 38% (25%) of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 25% (35%) said they haven't had enough information and guidance.



Homework

- 66% (66%) of pupils did homework on the evening before the survey.** 20% (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 (54% (55%)), prejudice, discrimination and bullying (59% (53%)) and religious education (50% (44%)).



LEISURE AND WORK

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

Pupils' Perceptions

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

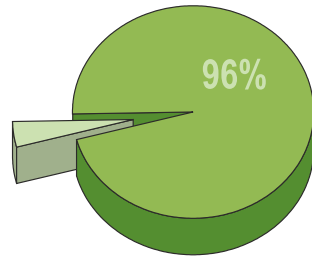
The percentage of pupils responding 'agree' were:

| | Male | Female |
|---|-----------|-----------|
| The school/college cares whether I am happy or not | 49% (45%) | 33% (33%) |
| My work is marked so I can see how to improve it | 75% (73%) | 68% (67%) |
| Adults at school/college talk to me about how to improve my work | 67% (65%) | 55% (58%) |
| I know my next steps in learning and what I need to do to improve | 55% (55%) | 47% (46%) |
| My achievements in and out of school/college are recognised | 40% (36%) | 29% (30%) |
| The school/college teaches me to deal with my feelings positively | 38% (34%) | 21% (26%) |
| The school/college helps me work as part of a team | 54% (46%) | 44% (41%) |
| In this school/college people with different backgrounds are valued | 77% (69%) | 70% (64%) |
| The school/college encourages everyone to take part in decisions | 69% (60%) | 67% (62%) |
| There are opportunities to discuss sensitive issues in class e.g. extremism | 43% (44%) | 37% (44%) |
| The school/college encourages me to contribute to community events | 46% (41%) | 36% (34%) |
| The school/college prepares me for when I leave this school | 66% (57%) | 65% (53%) |
| The school/college encourages everyone to treat each other with respect | 86% (81%) | 84% (76%) |
| My teachers realise when I don't understand | 39% (34%) | 19% (22%) |
| The school/college encourages me to attempt difficult work | 75% (70%) | 67% (67%) |
| The school/college tells me it's OK to make mistakes | 68% (67%) | 53% (58%) |
| I am prepared to try something I am not used to or not so good at | 61% (61%) | 45% (44%) |
| I have the opportunity to use things I have learnt in different situations | 57% (53%) | 40% (43%) |
| Sometimes I have a choice of different ways to learn about something | 49% (42%) | 33% (36%) |
| At school/college, I am encouraged to try different ways to do things | 51% (48%) | 39% (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

96% (95%) of pupils responded that they 'usually' or 'always' feel safe at home and 66% (68%) said they 'usually' or 'always' feel safe at school/college.



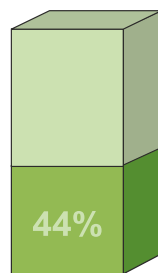
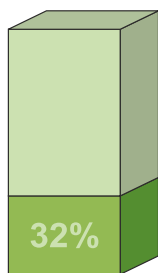
15% (11%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the 12 months before the survey.

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

Bullying

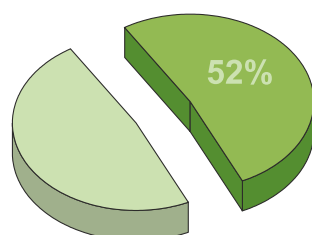
21% (22%) of pupils said that they had been bullied at or near school/college in the last 12 months.

32% (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 44% (44%), being called gay 27% (22%), and being called nasty names 33% (33%).



26% (23%) of pupils responded that they experienced negative behaviour outside at school/college during breaktimes in the month before the survey; 18% (20%) said they experienced such behaviour during lesson time.

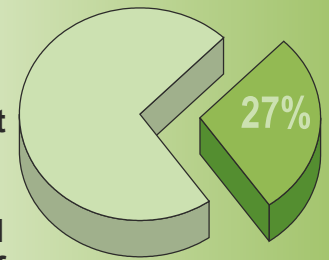
52% (42%) of pupils reported that they think their school deals with bullying well, or that bullying isn't a problem in their school.



Internet safety

95% (93%) of pupils responded that they communicate with friends and family they know in real life online.

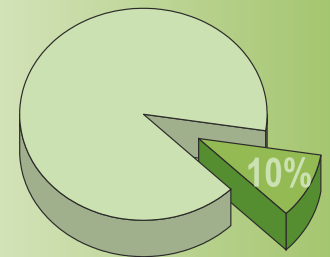
27% (29%) of pupils (26% (30%) of boys and 26% (27%) of girls) responded that they communicate with people they have met online and don't know in real life.



47% (43%) of pupils responded that they communicate with people through online games, while 39% (43%) said they do so through picture/videos sharing sites/apps.

13% (12%) of pupils responded that they have seen pictures, videos or games they found upsetting online.

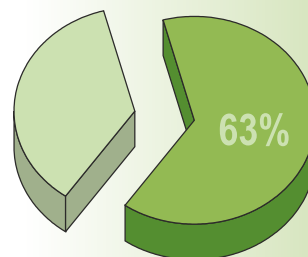
24% (22%) of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).



10% (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.

9% (11%) of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'.

63% (58%) of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful



Changes in Richmondshire 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 Richmondshire since 2020 - Year 2

Positive changes

- ❑ do one or more of the physical activities listed in the questionnaire at least 'twice a week' at school (66% in 2020 vs 90% in 2022)
- ❑ think they are getting better at school work 'most of the time' (56% in 2020 vs 77% in 2022)
- ❑ worry about at least one of the issues listed on 'most days' (77% in 2020 vs 58% in 2022)
- ❑ played with friends after school on the day before the survey (36% in 2020 vs 54% in 2022)

Emerging data for consideration

- ❑ 'always' use at least one of the prevention methods listed to avoid getting sunburnt (86% in 2020 vs 74% in 2022)
- ❑ 'always' wear a helmet when using a bike, scooter, skates or skateboard (60% in 2020 vs 48% in 2022)

Changes in Richmondshire since 2020 - Year 6

Positive changes

- ❑ think the opinions of young people make a difference to decisions about what they learn in school (44% in 2020 vs 70% in 2022)
- ❑ have found school lessons about growing up and body changes 'quite' or 'very' useful (36% in 2020 vs 55% in 2022)
- ❑ do five or more hours of physical activity in a typical week out of school (40% in 2020 vs 56% in 2022)
- ❑ feel they know enough about how their body changes as they get older (74% in 2020 vs 85% in 2022)

Emerging data for consideration

- ❑ washed their hands before lunch on the day before the survey (90% in 2018 vs 68% in 2020)
- ❑ think their school takes bullying seriously (73% in 2020 vs 62% in 2022)
- ❑ are 'never' supervised and their device doesn't have a filter system when using the Internet at home (26% in 2020 vs 36% in 2022)

Changes in Richmondshire since 2020 - Year 8/10

Positive changes

- ❑ can get water at school (66% in 2020 vs 73% in 2020)
- ❑ have had the chance to vote for School/College Council members (38% in 2020 vs 47% in 2022)
- ❑ do five or more hours of physical activity in a typical week in school (10% in 2020 vs 20% in 2022)
- ❑ haven't had enough information and guidance about their options after Year 11, including apprenticeships (41% in 2020 vs 25% in 2022)

Emerging data for consideration

- ❑ enjoy 'most' or 'all' of their lessons at school/college (43% in 2020 vs 31% in 2022)
- ❑ been the victim of violence or aggression in the area where they live in the last 12 months (7% in 2020 vs 15% in 2022)
- ❑ went to bed at 11pm or later the night before the survey (38% in 2020 vs 49% in 2022)
- ❑ ate at least 5 snacks on the day before the survey (9% in 2020 vs 17% in 2022)

Differences between Richmondshire 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.

| Richmond shire | North Yorkshire | Year 2 |
|--|-----------------|--|
| 76% | 61% | do one or more of the physical activities listed in the questionnaire at least 'twice a week' out of school |
| 74% | 60% | happy being at school 'most of the time' since COVID and lockdown |
| 83% | 72% | think school food has healthy options |
| 67% | 73% | <i>have been to swimming lessons</i> |
| Richmond shire | North Yorkshire | Year 6 |
| 36% | 45% | felt tired at school the day before the survey |
| 70% | 63% | think the opinions of young people make a difference to decisions about what they learn in school |
| 69% | 76% | <i>can swim the full longest length of a swimming pool on their own</i> |
| 44% | 50% | <i>talk to someone when they have a problem or feel stressed or lonely</i> |
| Richmond shire | North Yorkshire | Year 8 & Year 10 |
| 60% | 43% | have found school/college lessons about careers education 'quite' or 'very' useful |
| 52% | 40% | think their school/college food has healthy options |
| 25% | 35% | haven't had enough information and guidance about their options after Year 11, including apprenticeships |
| 57% | 49% | had a high pupil perception score |
| 20% | 15% | do five or more hours of physical activity in a typical week in school |
| 12% | 17% | their school/college deals with bullying 'badly' |
| 28% | 34% | have at least tried electronic cigarettes |
| 59% | 53% | have found school/college lessons about prejudice, discrimination and bullying 'quite' or 'very' useful |
| 15% | 11% | <i>have been the victim of violence or aggression in the area where they live in the last 12 months</i> |
| 73% | 79% | <i>can get water at school</i> |
| <p>□ Bold=positive finding, italic=emerging issue</p> | | |

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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