

CHILDREN'S AND YOUNG PEOPLE'S SURVEY REPORT 2017

YEARS 6,8 & 10

in partnership with

SHEU

Schools Health Education Unit



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4 Key Areas of Focus

Access to internet

- 97.3% primary and 99.1% secondary have access to the internet at home with two thirds of primary respondents (66.5%) stating that an adult always knows what they are looking at and just over half (52.3%) stating that software blocks some access to the internet as compared to only 35.3% and 39.4% of secondary respectively. A higher proportion of those with no parental checks or blocking software talk to people they do not know on line

Screen time

- Nearly 70% of secondary respondents (69.3%) engaged in 3 or more hours of screen time 'yesterday', with over a third of primary (36.5%). The duration of screen time increases with age with nearly a third of secondary school respondents (30.1%) looking at a device screen for five hours or more 'yesterday';
- Those engaged in three or more hours of screen time were less likely to have parental checks or blocking software, less likely to feel refreshed in the morning, less happy with their life and less happy with the way they look and more likely to talk to people they do not know in real life

Social Media

- Nearly a third of Year 10 males (32.0%) and a quarter of Year 10 females (25.5%) speak to people on line they do not know in real life;
- 10.8% of secondary respondents have given personal details on line to people they did not know;
- 46.0% of Year 10 females have been asked for pictures of themselves on line;
- There seems to be an increase of people sending intimate images of themselves to people they know;
- Over a third (36.5%) of female Year 10 respondents had been asked online to meet up with someone they did not know;
- Overall 7.9% of Year 10 respondents actually met with someone they didn't know after talking online;
- Over a third (34.0%) of Year 10 respondents had visited sites on illegal downloading;
- Just under a third (32.4%) of male Year 10 respondents had visited pornographic sites and nearly 15% (14.8%) had visited sites that promoted racism and extreme views;
- 16.6% of Year 10 females respondents have visited extreme dieting sites and 13.7% have visited suicide or self-harm sites

Sleep

- The majority of Year 6 and Year 8 respondents have 8 or more hours of sleep, the majority of Year 10 respondents stated that they had 5 to 7 hours of sleep. The majority in all years stated that they had enough sleep to stay alert and concentrate however, the majority of secondary respondents did not feel refreshed in the morning with 22.0% of Year 10 females stating they had been too tired to attend school on occasion;

- For secondary aged respondents the main reason given for not getting to sleep quickly was playing on tablet or phone (23.5% male, 21.8% female) with 10.5% of secondary females being kept awake by worrying;
- Those who did not feel refreshed in the morning were more likely to feel unhappy or very unhappy with their life and were less positive about the future

Weight

- Over 50% of secondary females want to lose weight;
- Over 50% of those Year 10 respondents who didn't eat lunch also missed breakfast and those who missed lunch were more likely to worry about their appearance

Physical exercise

- Although not directly comparable due to changes in wording of the question, a higher proportion of boys and girls in all years surveyed were exercising for 7 days a week as compared to 2015 (32.6% of Year 6 boys compared to 24.5% in 2015, 21.1% of Year 6 girls compared to 14.1% in 2015; 33.1% Year 8 boys compared to 18.8% in 2015, 18.2% Year 8 girls compared to 11.4% in 2015; 28.3% of Year 10 boys compared to 14.0% in 2015, 10.7% Year 10 girls compared to 5.6% in 2015).
- Main barriers to exercise were lack of time and lack of enjoyment;
- For girls particularly, being shy in front of others and uncomfortable with the way they look were also barriers

Sexual health and relationships

- Only 30.4% of Year 10 males stated that they always used a method of contraception with 17.4% of Year 10 males and 10.7% of Year 10 females never using contraception;
- 40.9% of Year 10 respondents had experienced some form of threatening behaviour either in current or past relationship

Smoking

- The majority: 96.3% in primary and 77.1% in secondary had not smoked. However, a slight decrease in non-smoking percentages from 2015 (96.6% and 79.6% respectively);
- Those living with smokers are over three times more likely to smoke than those who live in a smoke free house;
- e-cigarette use is higher in those who already smoke;

Alcohol

- Over half (54.4%) of secondary respondents had drunk alcohol with as many as 72.5% of Year 10 girls;
- Nearly a quarter (24.3%) of secondary respondents had had an alcoholic drink in the last seven days with the highest proportion being 37.9% of Year 10 girls, overall this is an increase on 2015 figures where 19.2% of secondary respondents had had a drink in the last seven days
- Prevalence increases with age and is higher among girls than boys

Drugs

- The majority (86.0%) of secondary respondents had not taken drugs;

- Just over 15% (15.6%) of Year 10 males and just over 20% (21.1%) of Year 10 females had taken drugs;
- Prevalence increases with age and is higher among girls than boys - a reversal of 2015 findings in terms of gender; (2.9% of Year 8 males and 1.4% of Year 8 females had taken drugs compared to 8.5% of males and 2.3% of females in 2015; 15.6% of Year 10 males and 21.1% of Year 10 females compared to 13.5% of males and 9.0% of females in 2015)
- Year 8 percentages overall have fallen in comparison to 2015 findings but Year 10 figures have increased;
- Boys less likely to ask for help over drugs, alcohol and relationships

Happiness

- The majority of primary (74.8%) and secondary (60.5%) respondents are happy with their life;
- 7.0% of primary and 13.8% of secondary are either unhappy or very unhappy with their life;
- Unhappiness seems to increase with age and is higher among girls than boys;
- 68.4% of primary and 60.2% of secondary felt that the things they did were either worthwhile or totally worthwhile - below the national average

Worries

- The majority of respondents (73.6% of primary and 83.2% of secondary) worry a lot or quite a lot about one or more of the issues raised;
- For primary respondents their main worries were family problems and war and terrorism;
- For secondary respondents the main worry was exams and tests with as many as three quarters (75.1%) of Year 10 female respondents and half (51.1%) of Year 10 males respondents concerned about this;
- Over half (54.7%) of secondary females were also worried about the way they look - still considerably higher compared to nationally where 75.8% (70.6% of girls and 81.0% of boys) were relatively happy with their appearance (The Children's Society Household Panel Survey, 2017);
- Just over 40% (40.8%) of secondary girls score medium-low on the self-esteem scale and just under 40% (39.6%) of Year 10 females score low on the resilience scale

Bullying

- Overall 43.2% of Year 6 and 44.6% of Years 8 and 10 have experienced bullying;
- As many as 71.8% of Year 10 females felt their appearance was the reason for bullying;
- Those who were bullied in the last twelve months were more likely to worry about their appearance, want to lose weight, not feel safe at school, not feel life was worthwhile and more likely to have accessed counselling;
- Just over a quarter (25.3%) of Year 6 and 37.7% of Year 8 and 10 have received a hurtful, nasty or scary message online;
- Girls experienced a higher percentage of online bullying with over half (53.1%) of Year 10 girls receiving these sorts of messages (compared to 30.4% of Year 10 boys), 41.2% of Year 8 girls as compared to 28.0% of Year 8 boys;

- 39.9% of Year 6 and 28.3% of Year 8 and 10 said the bullying stopped after they told someone

Injuries

- For both primary and secondary respondents boys had higher percentages experiencing cuts and knocks to the head with secondary females suffering more often from toothache (15.6% compared to 9.3% of males) and swallowing something with 7.1% of Year 10 females stating this as compared to 1.9% Year 10 males

Future

- Over half (55.8%) of primary males wanted to training for a skilled job when they leave school with the majority of primary girls (53.4%) and secondary males and females (49.1% and 59.2% respectively) wanting to stay in full time education, nationally 80.6% stated that would like to go on to full time education at college or university (The Children's Society Household Panel Survey, 2017).

5 Background

The Isle of Wight Council in partnership with Schools Health Education Unit (SHEU) and local schools and young people carried out the biannual Children and Young People's Survey for 2017 in order to ask students in Years 6, 8 and 10 about their experiences of life at home, at school and in their neighbourhoods.

SHEU have 40 years of experience in surveys for children and young people and are nationally recognised as the specialist provider of reliable local survey data about young people's health and wellbeing (see: <http://sheu.org.uk>)

All state-run secondary and primary schools on the Isle of Wight were invited to take part with 60% of primaries and 67% of secondaries participating. A total of 1,754 responses were received from Years 6, 8 and 10 equating to a 47% uptake in these years. The survey responses are completely confidential and no individual pupil can be identified.

The questionnaire covered the key areas of young people's lives from family relationships, health and wellbeing to their feelings about the local area. A similar survey was carried out in 2015 to allow for some tracking of cohorts and comparisons over time. It is hoped that another survey will be commissioned in 2019 to continue this work.

This survey is representative of children and young people aged 10 to 15 years across the Isle of Wight and provides a unique insight into their lives.

6 Profile of Participants

Overall, around 93% of both primary and secondary respondents live with their mum with just over two thirds living with their dad. Only around 1% of respondents in primary and secondary live with foster parents with less than 1% living with other adults (non-relatives).

Around 90% of all respondents describe their ethnicity as white British, 2.9% of Years 8 and 10 and 2.0% of Year 6 class themselves as living with a disability with 14.0% of Year 8 and 10 and 12.1% of Year 6 as living with a long standing illness. 9.4% of Year 8 and 10 and 7.4% of Year 6 stated that they had a special educational need or learning difficulty.

7 Survey aims

Analysis of the surveys aims to provide information from young people about their thoughts and behaviours helping to inform service delivery and to better understand the challenges and positive elements of young people's lives today. As well as revealing any changes in the thoughts and behaviour of respondents and what interventions these changes can be attributed to; thus enabling changes or additions to services that affect children.

Recent national reports have shed light on the challenges young people face now and in their future. 'Factors affecting children's mental health over time' (Barnardo's and The Children's Society, 2018) evidences how factors such as family support, peer relationships, school experience and bullying have a profound impact on a young person's mental health and 'Listening to our future: Early findings from the Health Foundation's Young people's future health inquiry' (Health Foundation, June 2018) show how appropriate skills and qualifications, personal connections, financial and practical support and emotional support are elements pivotal in shaping young people's transition into adulthood. The survey carried out on the Isle of Wight provides a vital source of information to better understand these important factors for the young people growing up on the Island.

8 Methodology

8.1 Design and content

The questionnaire was developed by Public Health and the Schools Health and Education Unit (SHEU) in consultation with the Local Safeguarding Children's Board (LSCB), Children's Trust, Children's Services, Isle of Wight Clinical Commissioning Group (CCG), Youth Offending Team (YOT) and the Police. It covers all aspects of children's lives, including school life, home life, and emotional wellbeing.

There were three versions of the questionnaire that were adapted to suit the respondents' age. For example questions on sexual health were only asked in the questionnaires for Year 8 and 10.

8.2 Sample size

From Year 6, 8 and 10, 3,710 students were given the opportunity to complete the questionnaire. This resulted in a 47.3% uptake. This level of uptake is representative of ten to fifteen year olds and provides a robust data set that enables meaningful conclusions to be drawn.

8.3 Response rate

1,754 responses were received from Years 6, 8 and 10 from a student body of 3,710. This equated to a 57.1% uptake in Year 6 and a 40.8% and 42.8% uptake for Years 8 and 10 respectively. This is an increase on 2015 figures for both Year 6 and 10 with a slight

decrease for Year 8. Overall nearly 200 more young people completed the questionnaire as compared to 2015.

Please see table 1 below for summary of response rate:

Table 1

	Year 6 2017	Year 6 2015	Year 8 2017	Year 8 2015	Year 10 2017	Year 10 2015	Total 2017
Responses	768	646	509	537	477	383	1,754
Total population	1,346	1,268	1,249	1,293	1,115	1,394	3,710
% uptake	57.1	51	40.8	42	42.8	28	47.3

8.4 Reported percentages

The School Health Education Unit have submitted the responses for analysis by their software and produced tables of percentages. Where a note is made that the table is based on the "total sample", this refers to the number of cases submitted for analysis by the software. The actual number of cases available for analysis for a given question may be less than this; a count of the "valid responses" for each question is given where possible, and if not a note will be made.

If the sample for a particular group is small, the number of percentage points represented by a single pupil will be relatively high.

Please note that 30 primary school pupils and 37 secondary school pupil(s) didn't specify whether they are a boy or a girl. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures.

Two separate reports presenting the data from primary and secondary respondents have been developed by SHEU and disseminated to schools.

9 Areas of Focus from 2015 survey and comparisons to 2017 findings

	2015	2017	difference	2015	2017	difference	explanatory notes
	primary (year 6)			secondary (years 8 and 10)			
internet access	96% had internet access	97% have internet access	↑	96% had internet access	99% have internet access	↑	
supervision	34% use internet with supervision or blocking software, 40% were unsure (74%)	67% primary adult always know what they are looking at, 52% blocking software	-	23% use internet with supervision or blocking software, 33% unsure (56%)	35% had adult supervision, 39% blocking software	-	similar figures from 2015 to 2017 when include 'unsure' in 2015 figures - question worded differently so not directly comparable
screen time	56% engaged in 3 hours and over screen time 'each day'	37% of Year 6 engaged in 3 or more hours of screen time 'yesterday'	-	75% engaged in 3 hours and over screen time 'each day'	69% engaged in 3 or more hours of screen time 'yesterday'	-	not directly comparable
social media	15% spoke to people they didn't know in real life	14% talk to people they do not know in real life	→	20% in Year 8 and nearly 30% in Year 10 spoke to people they didn't know in real life	20% Year 8, 28% Year 10 - talk to people they do not know in real life	→	little change
intimate images	-	-		13% of Year 10 students had sent an intimate image	16% sent intimate images of themselves to people they did know with 4% sending to people they didn't know.	↑	question worded differently but increase still evident
unhappiness	3% unhappy or very unhappy with their life as a whole	7% unhappy or very unhappy with their life	↑	11% were unhappy or very unhappy with their life as a whole	14% unhappy or very unhappy with their life	↑	
	-	-		32% of secondary females were unhappy or very unhappy with their appearance	55% of secondary females were 'worried about the way they looked'	-	question worded differently but high percentage in 2017 still of importance
accessing counselling	11% males, 8% females	9% males, 9% females	↓ ↑	10% males, 14% females	14% males, 18% secondary females	↑↑	
bullying	52% report that they had been bullied	43% primary (57% including not sure)	-	61% Year 8 and 53% Year 10 respondents reporting that they had been bullied	45% Year 8 (61% inc not sure) 44% Year 10 (61% inc not sure)	-	question worded differently so not directly comparable - figures similar when not sure included in 2017 results

	31% of felt they had been bullied due to the way they looked	40% of Year 6 felt they had been bullied due to the way they looked	↑	51% felt they had been bullied due to the way they looked	60% felt they had been bullied due to the way they looked	↑	
	55% primary said the bullying stopped after they told someone	40% of Year 6 said the bullying stopped after they told someone	↓	47% secondary said the bullying stopped after they told someone	28% said the bullying stopped after they told someone	↓	
sleep	12% hardly ever had enough sleep to feel refreshed in the morning	21% stated 'no' to having enough sleep to feel refreshed in the morning	-	24% of Year 8 and 26% of Year 10 hardly ever had enough sleep to feel refreshed in the morning	35% of Year 8 and 48% of Year 10 stated 'no' to having enough sleep to feel refreshed in the morning	-	question worded differently so not directly comparable
exercise	14% of Year 6 girls exercised to breathe harder and faster over all 7 days as compared to 25% of Year 6 boys	21% of girls and 33% of boys exercised for at least 30 mins for 7 days a week	↑↑	11% of Year 8 girls and 19% of Year 8 boys 6% of Year 10 girls 14% of Year 10 boys	18% of Year 8 girls and 33% of Year 8 boys 11% Year 10 girls and 28% boys	↑↑↑↑	question worded differently so not directly comparable but increase still evident
alcohol	-	-		19% had had an alcoholic drink in the previous 7 days	24% of respondents had had an alcoholic drink in the previous 7 days	↑	
drug	-	-		6% of Year 8 respondents and 14% of Year 10 had taken drugs;	3% year 8 and 18% year 10 had taken drugs	↓↑	
future	70% agreed that they did feel positive about the future with 68% stating that they had the right support for the future they wanted	68% feel positive about the future with 78% stating they had the right support	↓↑	55% in Year 8 were positive about the future and had the right support, 46% and 42% respectively in Year 10	63% in Year 8 were positive about the future with 74% feeling they had the right support, 53% and 57% in Year 10 respectively	↑↑, ↑↑	

10 Demography of respondents

10.1 Gender

Overall just over half of the respondents were male (50.9%) with 45.3% female and a further 3.8% class themselves in some other way or did not want to say. Nearly 100 more males answered the survey than females:

Table 2

	Year 6	%	Year 8	%	Year 10	%	Yr 8 and 10 total	All	%
Male	387	50.4	256	50.3	249	52.2	505	892	50.9
Female	351	45.7	231	45.4	213	44.7	444	795	45.3
Transgender	n/a		7	1.4	5	1.0	12	12	0.7
I describe my gender in some other way	9	1.2	1	0.2	3	0.6	4	13	0.7
I don't want to say	20	2.6	13	2.6	3	0.6	16	36	2.1
[Not provided]	1	0.1	1	0.2	4	0.8	5	6	0.3
Total Sample (Count)	768	100	509	100	477	100	986	1,754	100

10.2 Ethnicity

Tables 3 and 4 show the majority for both Year 6 (89.9%) and Years 8 and 10 (89.6%) describe their ethnicity as white British. This is similar to 2015 figures (87.6% in total). The second largest group was 'Other white background' (1.6% and 2.1% respectively) followed by 'Other background' and 'White Irish':

Table 3

Primary (year 6)	
White British	89.9%
Other white background	1.6%
Other background	1.4%
White Irish	1.2%
British Asian	0.8%
Mixed White and Black Caribbean	0.8%

Table 4

Secondary (Year 8 and 10)	
White British	89.6%
Other white background	2.1%
Other background	1.0%
White Irish	0.7%
Other mixed background	0.7%
Traveller of Irish heritage	0.6%

10.3 Disability / Illness / Special Educational Need (SEN)

The percentage of all respondents from primary (Year 6) and secondary (Years 8 and 10) that answered 'yes' to living with a long term illness is 12.1% and 14.0% respectively. A further 2.0% (Year 6) and 2.9% (Years 8 and 10) stated that they have a disability. This is an increase on 2015 figures where 10.4% answered yes to having a long-standing illness and/or disability across the three year groups.

2017 combined figures reflect most recent published data (2014/15) which sees 16.9% with a long term illness, disability or medical condition diagnosed by a doctor. Nationally this figure is 14.1% (see: <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-school-age/data#page/3/qid/1938132998/pat/6/par/E12000008/ati/102/are/E06000046/iid/91816/age/44/sex/4>).

9.4% of Year 8 and 10 and 7.4% of Year 6 stated that they had a special educational need or learning difficulty, a slight decrease on 2015 overall figure of 10.3%. Published data on special educational needs (SEN) indicate that 17.9% of pupils are receiving SEN support or have a statement or EHC (Education, Health and Care) plan. Nationally the figure is 14.4% (see: <https://www.gov.uk/government/statistics/special-educational-needs-in-england-january-2017>). 15.0% of primary (Year 6) and 13.8% of secondary (Year 8 and 10) didn't want to say.

10.4 Young Carers

8.6% of Year 6 and 7.4% of Year 8 and 10 stated that they were young carers. This equates to 139 young people. A further 15.5% of primary and 12.9% of secondary were unsure whether they were a young carer.

There is limited national and local data on young carers with many providing support without being known to services. Although such caring can have positive impacts, it is recognised that such responsibility and increased workload can have an adverse impact therefore it is important that young carers get the support they need. 62% of the 66 Year 6 pupils who stated they were young carers felt they got the support they needed with 66% of the 73 young people from Years 8 and 10. 14% of the Year 6 young carers felt they did not get the support they needed as compared to 7% of those from Year 8 and 10.

Respondents were asked if anything stopped them from going to school in the last 12 months and 5.7% of primary and 7.4% of secondary respondents stated that caring for family members had prevented them from attending school.

10.5 Free School Meals

14.0% of Year 6 respondents and 9.6% of Years 8 and 10 stated that they were in receipt of free school meals. This is in line with nationally published data which see 14.7% of primary school children and 10.9% of secondary school pupils on the Isle of Wight eligible and claiming free school meals (See: <https://www.gov.uk/government/publications/local-authority-interactive-tool-lait>) This is a decreasing trend on previous years and is in line with England averages for primary (14.1%) but slightly lower for secondary (12.9%).

11 Family, Home and Community Life

11.1 Home

93% of primary and secondary respondents live with their mum, with around 67% living with their dad. Around 13% live with a step dad with 4.4% of primary and 2.1% of secondary living with a step mum. Around 1% of primary and secondary respondents live with foster carers.

When asked if they felt safe at home, happily the vast majority (94.9% of primary and 94.2% secondary) stated that they did. 0.8% of primary and 1.5% of secondary did not feel safe. Although a small minority it is interesting to note that this feeling of being unsafe increases with age and is higher amongst boys than girls.

A 'Bright Spots' Survey was carried out with looked after children on the Isle of Wight in 2017 which found 87% felt safe in their placements with 6% of 4 to 7 years olds not feeling safe and 9% of 8 to 11 year olds and 16% of 11 to 18 year olds not feeling safe (Coram, 2017). Levels of feeling safe are slightly lower than their peers locally but follow a similar pattern where feeling safe decreases with age.

Overall percentages locally for young people are higher in comparison to the general population figure of 77% (The Good Childhood Report, The Children's Society 2015).

77.9% of primary and 74.5% of secondary respondents stated that they were asked their ideas and opinions at home, again interesting to note that this decreases slightly with age. In Years 6 and 8 a higher percentage of girls felt they were asked their opinion, whereas for Year 10 a higher percentage of boys felt they were asked. When asked if these opinions make a difference at home 66.8% of primary and 63.8% of secondary felt that they did. This reflected the pattern above with a higher percentage of girls feeling that their opinions made a difference except for in Year 10. Just over half of primary and secondary respondents would like to be asked their opinion more often – the highest percentage of which was amongst Year 6 boys and girls and Year 10 girls.

86% of 8 to 11 year olds looked after 'always' or 'sometimes' felt included in decisions about their life with 82% of 11 to 18 year olds looked after feeling this way. This is higher than their peers locally (Coram, 2017).

Longitudinal analysis carried out by The Children's Society and Barnardos in 'Factors affecting children's mental health over time' (Barnardo's and The Children's Society, 2018) lists certain factors that are important for children's mental health. The quality of children's family relationships being one of these with 14 to 15 year olds more likely to experience emotional symptoms, peer relationship problems and hyperactivity/inattention problems if they do not feel supported by their family at the age of 10 to 11 years.

11.2 Community

Just over half of primary and secondary respondents stated that they felt safe in their community. 38.7% of primary and 34.7% of secondary respondents were unsure whilst around 10% of primary (9.1%) and secondary (10.9%) respondents did not feel safe. Feeling unsafe in your community increased overall with age and was higher amongst girls than boys.

29.3% of primary and 20.2% of secondary felt that they were asked their ideas and opinions in the community with 33.5% of primary and 28.4% of secondary respondents believing that these opinions made a difference. This decreased with age and was higher among males. Nearly two fifths of primary and secondary respondents would like to be asked their opinion in the community more often.

11.3 Access and use of the Internet and Online safety

11.3.1 Access to the internet

The vast majority of all respondents have access to the internet at home (97.3% primary and 99.1% secondary). This is a greater proportion than within the adult population where 22.2% have not accessed the internet in the last 3 months or never accessed it (see: <https://www.ons.gov.uk/businessindustryandtrade/itandinternetindustry/datasets/internetusers>).

This is in line with the national average which sees 98% of 10 to 15 year olds with access to a computer at home (ONS, 2014). Locally for looked after children access is slightly lower at 88% (Coram, 2017).

11.3.2 Parental Controls

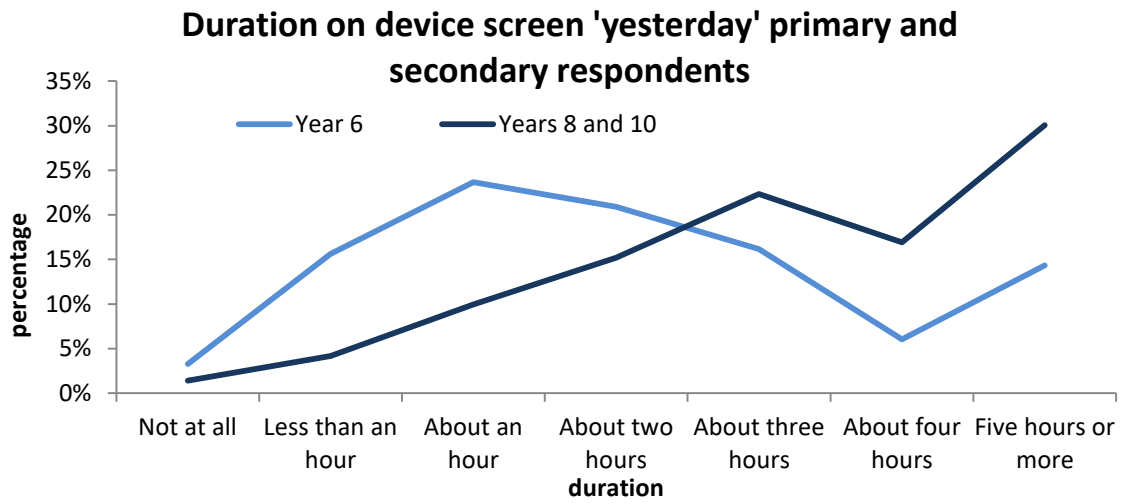
The perceived absence of parental control on internet use increases with age: with 66.5% of primary respondents stating that an adult always knows what they are looking at on the internet as compared to only 35.3% of secondary. Just over half of primary respondents (52.3%) said that software blocks some access as compared to only 39.4% of secondary respondents.

Of those pupils with no parental controls or blocking software 32.7% in Year 6 talked to people they didn't know on line compared to only 10.2% of those with parental checks, 29.0% in Year 8 compared with only 14.8% of those with checks and 37.5% in Year 10 talked to people on the internet who they didn't know as compared to 18.6% of those with parental checks.

11.3.3 Screen Time

36.5% of Year 6 and 69.3% of Year 8 and 10 engaged in 3 or more hours of screen time 'yesterday'. The duration of screen time increases with age with nearly a third of secondary school respondents (30.1%) looking at a device screen for five hours or more 'yesterday' as compared with 14.3% of primary. For primary school respondents the peak (23.7%) was 'about an hour':

Figure 1



For both primary and secondary respondents more boys are looking at a device screen for over five hours than girls:

Figure 2

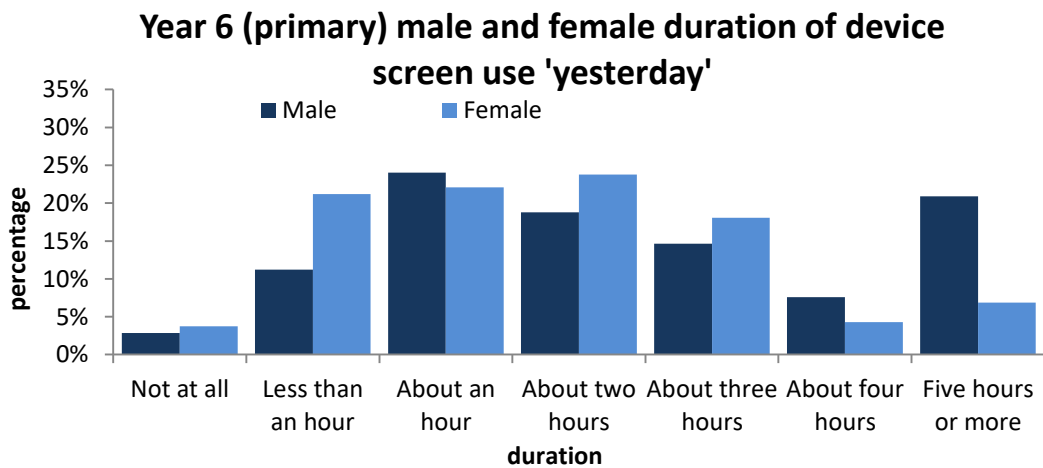
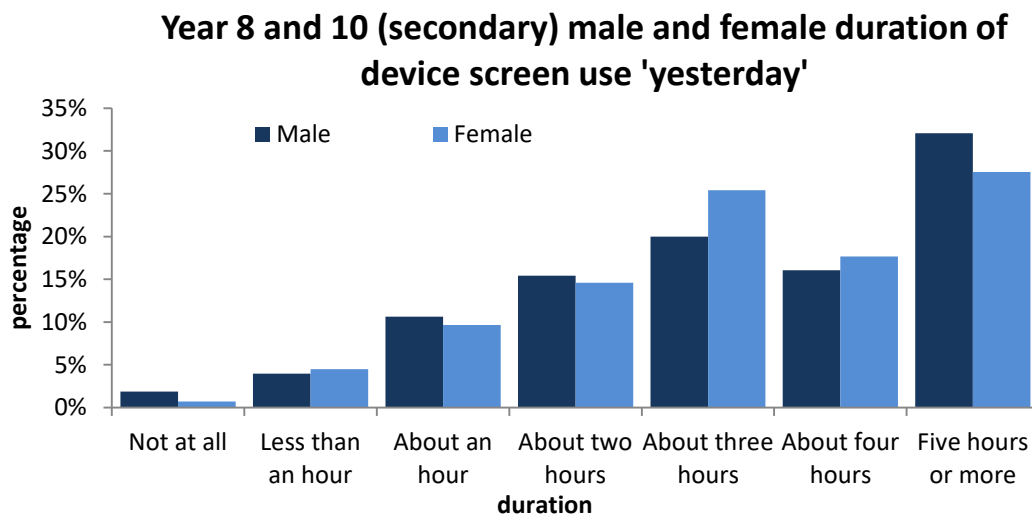


Figure 3



Although the use of the internet brings many benefits it has associated risks for young people as use can encourage addictive behaviours, affect exercise, sleeping and diet and give opportunity for online bullying, grooming and further harmful behaviours. In 2017/18, more than 3,000 Childline counselling sessions were about bullying online and online safety (Childline, 2018). Among reviews by young people of the most popular social networks, apps and games, 15.9 per cent reported seeing sexual content. The increased risk can be seen locally with those engaged in 3 or more hours of screen time less likely to have parental checks with 26.3% of those engaging in 3 or more hours of screen time 'yesterday' in Year 6 not believing there were parental checks or blocking software compared with 16.0% who engaged in less screen time, 41.6% in Year 8 compared with 28.7% who engaged in less screen time use and 58.2% in Year 10 compared with 38.1% who were on a device screen for fewer than 3 hours. Those engaged in increased screen time use were also less likely to feel refreshed in the morning (Year 6 27.7% not refreshed compared to 16.7%, Year 8 41.0% compared with 25.5%, Year 10 52.4% compared with 32.6%), less happy with their life (Year 6 9.2% compared with 5.8%, Year 8 11.1% compared with 8.9% and Year 10 19.3% compared with 11.6%) and less happy with the way they look (Year 6 24.3% compared to 16.0%, Year 8 41.6% compared with 25.4%, Year 10 42.3% compared with 34.4%).

11.3.4 Social Media Use

Increased hours on screen time also allows for greater use of social media which has been particularly linked with risks for young people. Social media use can lead to increased rates of anxiety, depression and poor sleep with rates of anxiety and depression in young people rising by 70% over the past 25 years (RSPH, 2017).

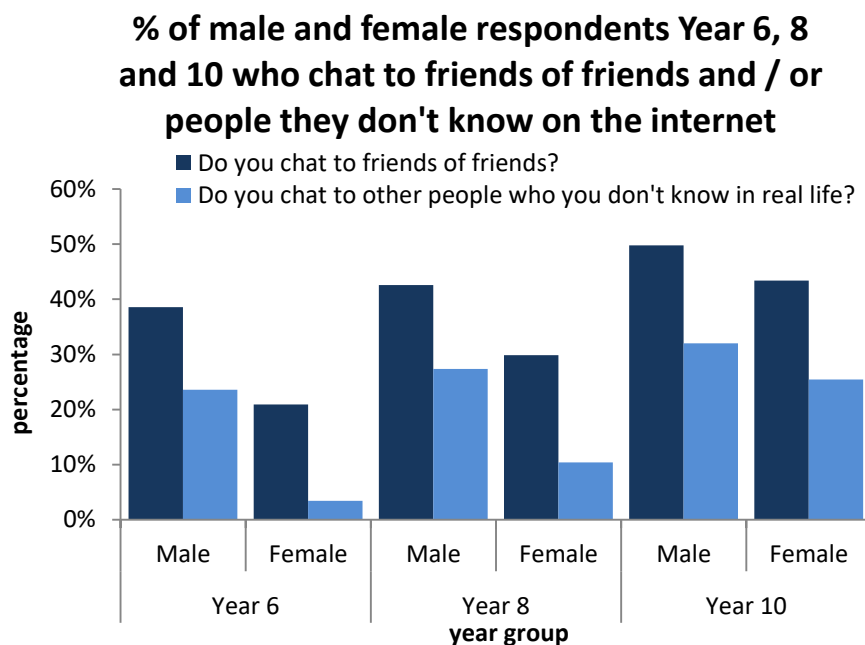
Young Minds and The Children's Society have also recently published a report on social media use and bullying: 'Safety Net: Cyberbullying's impact on young people's mental health Inquiry report' (The Children's Society, 2018) which states that thirty eight percent of young people reported that social media has a negative impact on how they feel about themselves, compared to 23% who reported that it has a positive impact. This was exacerbated for girls, with 46% of girls stating that social media had a negative impact on their self-esteem.

Locally, just over ninety two percent of secondary respondents use social media and 62.5% of Year 6. This is a reduction of 10% for primary respondents as compared to the last survey and a slight increase from 90% for secondary respondents. In each of the three years more girls use social media than boys. When asked if they 'chat' on the internet a higher proportion of Year 6 (70.1%) stated that they did as compared to those who use social media. 88.7% of secondary respondents also stated that they chat on the internet. For Years 8 and 10 the percentage of boys and girls chatting on the internet was similar (88.1% and 88.9% respectively) whereas for primary aged respondents more boys chatted than girls (75.6% and 65.0% respectively) in contrast to the general pattern with social media use.

When asked who and how they chat on the internet just over half of Year 6 respondents (54.1%) stated that they used video chat with 70.1% of secondary respondents doing so. More females than males used video chat in all three year groups. 60.4% of those primary respondents and 67.4% of secondary respondents said they chat to friends and family they know. More secondary females chat in this way as compared to males. The trend changes when asked if they speak to friends of friends or people they don't know in real life with more

males than females stating they do this. Again, the trend increases with age with nearly a third of Year 10 males (32.0%) and a quarter of Year 10 females (25.5%) speaking to people they do not know in real life. One explanation for this is the increase in popularity of online gaming which can involve playing against people anywhere in the world. This has traditionally been more popular amongst males although continues to increase in popularity with females.

Figure 4



When asked if they had ever given personal information such as full name, address or phone number to someone they didn't know on line, the majority had not, with 94.9% of Year 6 and 89.2% of secondary stating they hadn't. Although a high majority this still leaves 5.1% of Year 6 and 10.8% of secondary respondents who have given personal details to people they did not know. Reflecting the trend with chatting on line, more males than females in each year group had shared this information.

Of those who spent three or more hours a day on the internet 22.7% in Year 6 talked to people they didn't know in real life as compared to 9.4% who were online for fewer than 3 hours. In Year 8 24.1% talked to people they didn't know as compared to 13.4% who accessed the internet for fewer than three hours. In Year 10, the same pattern applies with 31.4% of those accessing the internet for 3 hours and over talking to people they didn't know as compared to 18.0% who were using the internet for fewer than three hours.

11.3.5 Sending images and visiting extreme sites (Year 10 only)

Year 10 only were asked a number of questions about sending images and meeting people who they had met on line.

When asked if they have ever been told how to stay safe on line 95.1% (93.0% males, 98.6% females) said that they had with 56.8% (54.5% males, 60.2% females) stating that they always follow the advice they have been given. 45.4% have been upset by something

that has happened on line with as many as 65.4% of females feeling upset. In response to being upset 66.8% of Year 10 female respondents and 32.0% of male Year 10 respondents have blocked someone. 25.6% have insulted someone back with 22.0% talking to their parents/carers. 4.1% have approached the police:

Table 4

If Yes, because of something upsetting that happened online, have you ever...?	Percentage		
	Male	Female	All
Blocked someone	32.0	66.8	47.4
Insulted someone back	21.7	30.8	25.6
Talked to your parents/carers	12.3	34.6	22.0
Asked a friend to reply for you	5.7	31.3	17.3
Talked to an adult at school	3.3	10.4	6.4
Talked to an adult outside school	2.0	9.5	5.3
Talked to the police	1.6	7.1	4.1
Reported to CEOP*	0.8	2.4	1.5
I didn't do any of these things	13.1	7.1	10.5
None of the above (or incomplete)	47.5	21.8	36.3

Overall 29.7% of Year 10 respondents stated that people have asked to see pictures of them on line with as many as 46.0% of female Year 10 respondents stating this. 8.1% of Year 10 respondents stated that they had felt threatened or pressurised to do this with 13.7% of females as compared to 2.9% males. 20.4% of females and 12.7% of males had sent intimate images of themselves to people they did know with 2.9% of males and 5.2% of females sending to people they didn't know. In the 2015 survey 12.5% Year 10 students responded that they had sent an intimate image with 3.9% sending to someone they did not know. Therefore there seems to have been an increase in respondents sending images to people they know.

As many as 36.5% of female Year 10 respondents had been asked online by someone they did not know to meet up compared with 15.2% of males. 16.1% of females stated that this person had been quite a bit older than them as compared to only 1.6% of males. Overall 7.9% of Year 10 respondents actually met with someone they didn't know after talking online:

Table 5

	Percentage		
	Male	Female	All
Has anyone online who you didn't know asked to see pictures of you?	16.8	46.0	29.7
Has anyone (online or in person) threatened or pressured you to send a picture or video of yourself or show yourself on webcam?	2.9	13.7	8.1
Have you sent intimate images of yourself to someone you don't know? (online or by 'phone message)	2.9	5.2	3.9
Have you sent intimate images of yourself to someone you do know? (online or by 'phone message)	12.7	20.4	16.0
Has anyone you don't know in person asked to meet with you?	15.2	36.5	25.4
If YES, was this person (as far as you know) quite a bit older than you?	1.6	16.1	8.5
Did you actually meet with them?	6.6	9.5	7.9

Year 10 were also asked if they had visited website promoting extreme behaviour. Over half of the respondents (52.6%) had not. 34.0% had visited sites on illegal downloading. 32.4% of male Year 10 respondents had visited pornographic sites as compared to only 9.5% of females with 16.6% of females going to extreme dieting sites and 13.7% visiting suicide or self-harm sites as compared to 7.8% and 7.0% males respectively. 14.8% of males had visited sites that promoted racism and extreme views as compared to 7.6% of females:

Table 6

Have you ever visited websites which show or promote...?	Percentage		
	Male	Female	All
Illegal downloading	33.6	34.1	34.0
Pornography	32.4	9.5	21.4
Extreme dieting	7.8	16.6	11.8
Racism/extreme views	14.8	7.6	11.5
Suicide or self-harm	7.0	13.7	9.8
None of the above (or incomplete)	49.6	55.9	52.6

The NSPCC has recently undertaken research into social media use among young people aged 11 to 18-years-old (see: #WildWestWeb campaign and Net Aware, Childline, 2018). Findings are based on the responses from 2,059 children, and reveal the percentage exposed to bullying, drink and drugs, sexual content, suicide and violence when visiting social network or gaming sites. Facebook, YouTube and computer game Grand Theft Auto: San Andreas were the top three worst offenders, along with. 58 per cent of children using Facebook exposed to bullying, 37 per cent to drink and drugs, 36 per cent to sexual content, 36 per cent to suicide and 55 per cent to violence.

12 General Health

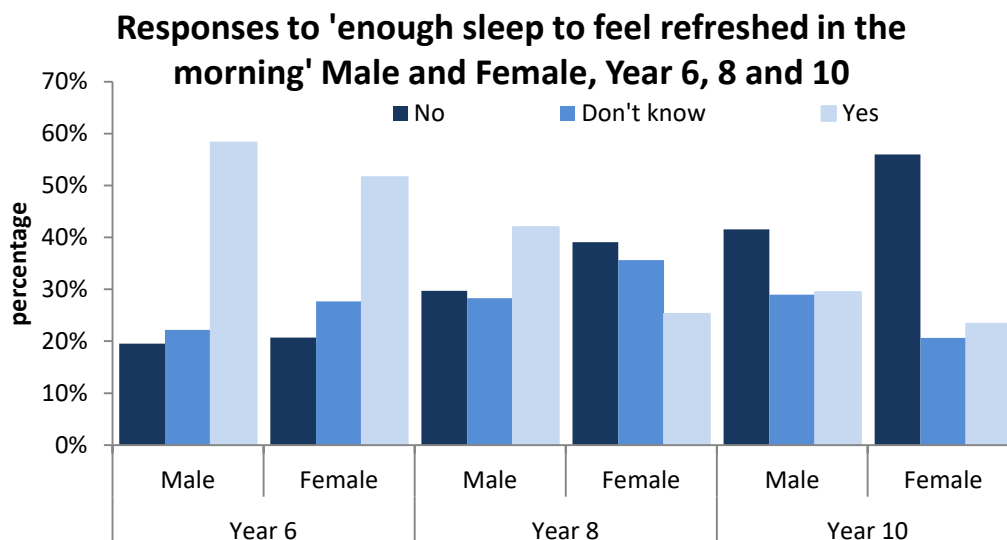
12.1 Sleep

The majority of Year 6 respondents (72.1%) have 8 or more hours of sleep with 21.2% having 5 to 7 hours and 6.7% 4 hours or fewer. More girls have 8 hours or over as compared to boys with more boys having 4 or fewer hours (7.7% as compared to 4.1%). The majority of Year 8 also has 8 or more hours of sleep with 62.7% boys and 54.2% girls. Unlike Year 6 respondents boys have more hours of sleep than girls with 6.1% of boys having 4 hours or fewer as compared to 10.3% of girls. The majority of Year 10 respondents stated that they had 5 -7 hours of sleep (52.7% boys, 54.9% girls) with 6.8% of males having 4 hours or fewer and 12.5% of girls. The general trend is that the older the respondent the less sleep and that girls have less sleep than boys the older they get.

The majority in all years stated that they had enough sleep to stay alert and concentrate (77.2% primary, 58.5% secondary) again this decreased the older the respondent was and was lower amongst girls as they got older as compared to boys.

When asked if they had enough sleep to feel refreshed in the morning, the majority of Year 6 (54.7%) felt they did. For secondary aged respondents the majority did not feel refreshed in the morning with 58.0% of males in Year 8 and as many as 70.5% in Year 10 and 74.8% of females in Year 8 and 76.6% in Year 10 not sure they are getting enough sleep to feel refreshed in the morning. Overall girls are feeling less refreshed as compared to boys:

Figure 5



Of those in Year 6 who did not get enough sleep to feel refreshed 48.7% engaged in 3 or more hours of screen time a day as compared to 33.2% of those that did feel refreshed. In Year 8 this increases to 72.2% compared with 56.1% who did feel refreshed and for Year 10 84.3% as compared to 70.2% who did feel refreshed.

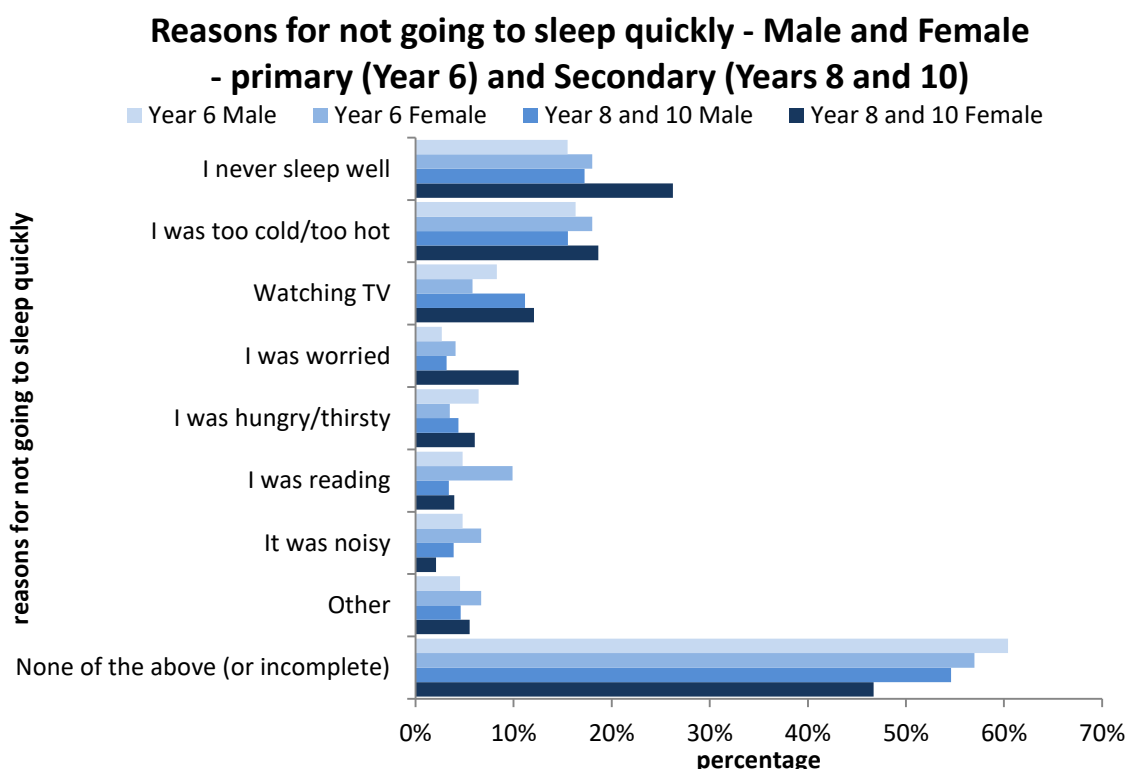
When asked if anything prevented them from attending school in the last 12 months, 8.2% of primary and 11.6% of secondary stated that on occasions they had been too tired to attend.

This increased to as many as 22.0% of Year 10 females stating they had been too tired to attend.

The survey also asked if young people got to sleep soon after going to bed with the majority of Year 6 respondents stating they did (59.6% of males and 56.1% of females). The majority of Year 8 males (60.7%) also felt they got to sleep quickly. The pattern changes with secondary aged girls and Year 10 boys with the majority feeling they did not manage to get to sleep soon after going to bed (52.0% Year 8 females, 56.5% Year 10 females, 53.6% Year 10 males).

The main reasons given by Year 6 respondents for not getting to sleep quickly were that they never sleep well (15.5% male, 18.0% female) and were either too hot or too cold (16.3% male, 18.0% female). For secondary aged respondents the main reason given for not getting to sleep quickly was playing on tablet or phone (23.5% male, 21.8% female). Other key reasons given for failing to fall off to sleep quickly mirror primary respondents with 17.2% of secondary males and 26.2% of secondary females feeling they never sleep well and 15.5% of secondary males and 18.6% secondary females feeling too hot or too cold. It is interesting to note that a higher percentage of females in all year groups asked feel they never sleep well. With this in mind, it is also important to see that a considerably higher percentage of girls feel worried and this stops them getting off to sleep quickly with 4.1% of primary females compared to 2.7% of males and 10.5% of secondary females compared to 3.2% of males:

Figure 6



To shed further light on worrying and wellbeing in connection to sleeping: of those who stated they did not feel refreshed in the morning, 16.9% of Year 6 felt unhappy or very unhappy with their life as compared to only 4.4% who did feel refreshed in the morning.

Furthermore, 11.9% were not positive about the future as compared to 3.9% of those who felt refreshed in the morning. This pattern can also be seen with secondary respondents with 19.2% of Year 8 and 24.7% of Year 10 unhappy or very unhappy with their life compared to 5.7% and 10.6% respectively who did get enough sleep to feel refreshed. Of those who did not feel refreshed in the morning 13.6% of Year 8 respondents and 21.6% of Year 10 did not feel positive about the future as compared to 1.9% and 7.7% respectively who did feel refreshed.

12.2 Weight and Healthy Eating

12.2.1 Weight

61.1% of Year 6 are happy with their weight while 57.1% of secondary males would like to put weight on with 53.7% of secondary females wanting to lose weight.

In terms of Year 6, percentages stating they are happy with their weight are relatively in line with the National Child Measurement Programme findings which saw 63.2% with a healthy weight. Of more concern is that over half of Year 10 girls would like to lose weight. Headlines and trends from the SHEU dataset gathered from 2016 and informing their report 'Young People into 2017' see: this as a growing trend with 58% of 14-15year old females wanting to lose weight (SHEU, 2017).

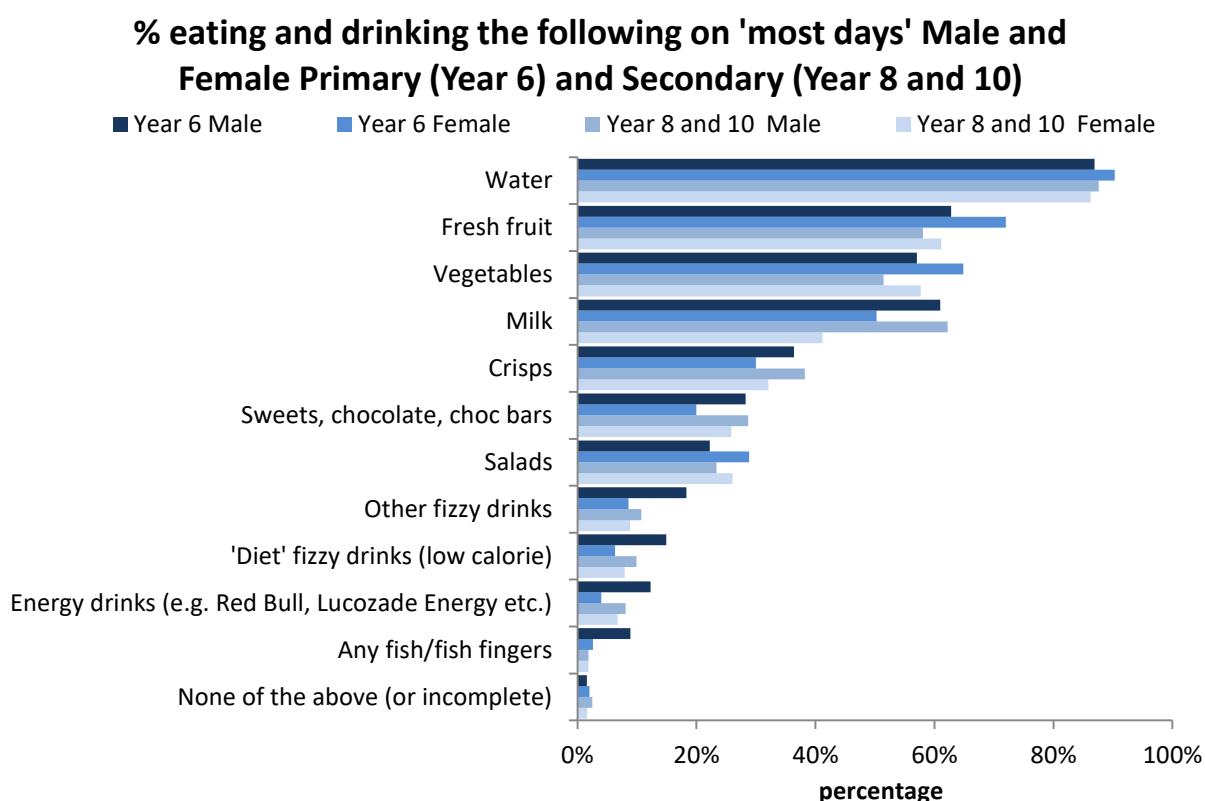
12.2.2 Healthy Eating

The majority in all years ate breakfast 'yesterday' (88.7% primary, 73.4% secondary) and lunch (97.8% primary, 82.7% secondary). However, percentages reduced as respondents got older and were lower among females compared to males with just over a fifth (21.4%) of Year 10 males not eating breakfast and over a third (36.1%) of Year 10 females. Just under a third (30.8%) of Year 8 females also missed breakfast. 18.1% of Year 10 males and 22.6% of Year 10 females missed lunch. More concerning is that 51.6% of those Year 10 respondents who didn't eat lunch also missed breakfast.

Of those who didn't eat lunch, in Year 6 and 8 around 70% wanted to lose weight, with 53.8% in Year 10. Furthermore, of those who didn't eat lunch in Year 6 nearly 30% worried about their appearance as compared to 18.9% who had eaten lunch, increasing to 64.2% in Year 8 and 61.2% in Year 10.

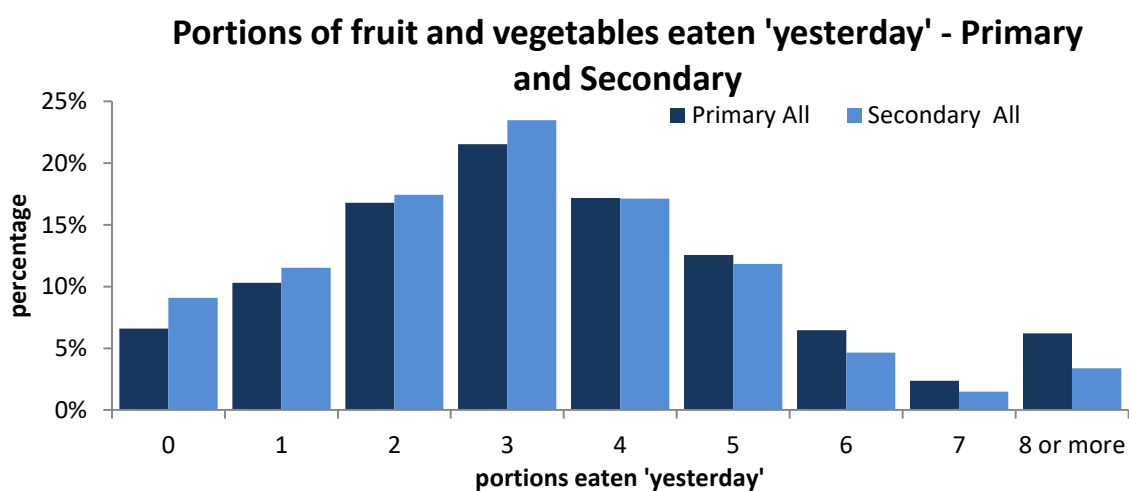
In terms of healthy eating, a large majority of respondents drank water each day (87.9% primary, 87.1% secondary). A majority also ate fruit and vegetables each day (primary: fruit 66.9%, vegetables 59.8%, secondary: fruit 59.7%, vegetables 54.7%). 6.2% of primary respondents and 7.4% of secondary rarely or never ate fresh fruit rising to 29.0% of primary and 23.0% of secondary rarely or never eating salad with 7.9% of primary and 6.8% of secondary rarely eating vegetables (see Figure 8 for '5-a-day' breakdown). A majority also drank milk, with a higher proportion of males drinking this as compared to females (61.0% in primary compared to 50.3% females and 62.2% males in secondary as compared to 41.2% females). Around a third of the primary and secondary respondents consumed crisps 'on most days' with around a quarter eating chocolate. 13.9% in primary and 10.2% in secondary drank fizzy drinks on most days with 8.7% primary and 7.4% secondary drinking energy drinks. A small minority consume fish with the majority rarely or never eating fish (46.1% primary, 59.0% secondary):

Figure 7



It is recommended that 5 or more portions of fruit and vegetables are eaten a day. In the Public Health behaviours survey for young people 'What About YOUth?' from 2014/15 the England average is 52.4% meeting this recommendation with 46.8% locally stating that they did (see: <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-behaviours>). In terms of the survey, only 27.6% of primary and 21.4% of secondary respondents meet this recommendation. The highest proportion eat 3 portions a day:

Figure 8



Of those in Year 6 who ate the recommended amount of fruit and vegetables 'yesterday' 63.6% exercised for 5 or more days a week as opposed to 43.4% who did not eat the recommended amount. In Year 8 52.1% exercised for 5 days or more as compared to 43.5%

and 53.8% in Year 10 as compared to 29.6%. This possibly indicates a healthier lifestyle all round if eating the recommended level of fruit and veg.

The largest proportion of respondents stated they 'sometimes' thought about their health when choosing what to eat (32.8% primary, 36.0% secondary) with around 30% always or very often considering this. 8.0% of primary and 12.4% of secondary never considered their health when choosing what to eat.

12.3 Oral Health

The majority of respondents in all years brushed their teeth twice or more 'yesterday' with 82.4% in primary and 83.4% in secondary. 2.6% in primary and 1.3% in secondary did not brush their teeth at all 'yesterday'.

12.3.1 Visiting the dentist

The majority of respondents had visited the dentist within the year with 88.0% of primary and 90.1% of secondary stating this. Nearly 10% in primary (9.5%) and 8.0% in secondary had visited over a year ago with 2.5% in primary and 1.9% in secondary never having visited the dentist.

18.2% of primary and 12.4% of secondary have suffered with toothache over the past 12 months with 12.9% in primary and 10.4% in secondary experiencing a bad mouth or jaw.

17.2% of primary and 19.3% of secondary have received treatment from the dentist following a toothache or bad mouth or jaw.

2.4% of those who had cleaned their teeth twice a day or more had not visited the dentist in the last year as compared to 7.2% who had only cleaned their teeth once or less.

5.9% of primary and 5.5% of secondary respondents had missed school due to toothache or a bad mouth or jaw.

(See Oral Health Briefing Paper November 2017 for more context around oral health on the Isle of Wight: <https://www.iwight.com/azservices/documents/2552-Oral-Health-factsheet-Nov-2017-FINAL-v2.pdf>)

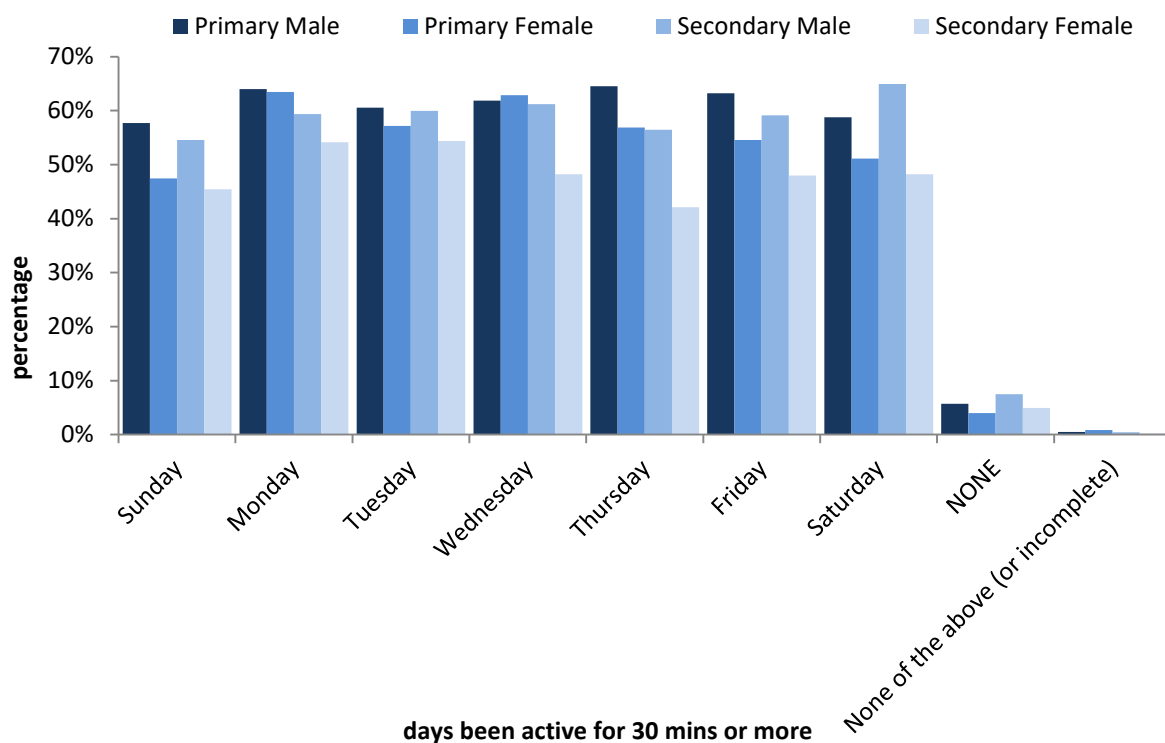
13 Lifestyle

13.1 Physical activity

The Department of Health (DoH) recommends that those aged 5 to 18 years should exercise for 60 minutes every day to be healthy. We encourage any period of physical activity including formal and informal forms of exercise so we asked respondents on which days had they been active for 30 minutes or more. There was a fairly even spread over the week with around 50-60% of respondents being active on each day of the week. The general pattern is that the secondary respondents are slightly less active overall with girls being less active than boys. For primary respondents the peak days for activity are Monday, Wednesday and Thursday possibly reflecting in school activity and for secondary respondents the more active days are Monday, Tuesday and Saturday possibly reflecting in school as well as leisure activity. 5.0% of primary respondents and 6.4% of secondary respondents were not active for 30 minutes on any of the days:

Figure 9

Days respondents have been active for 30 minutes or more - male and female - Primary and Secondary



Pupils were also asked on how many days they had been active for at least 30 minutes. The majority of respondents were active for over half the week with 58.1% of primary respondents and 50.4% of secondary respondents exercising for 4 days or more.

In the 2015 survey young people were asked on how many days a week they exercised enough to make them breathe harder and faster. 14.1% of Year 6 girls exercised in this way over all 7 days as compared to 24.5% of Year 6 boys. Although not directly comparable, in 2017 a higher proportion of both Year 6 boys (32.6%) and girls (21.1%) exercised for at least 30 minutes to breathe harder and faster over the 7 days. This trend can also be seen in Years 8 and 10 where only 11.4% of Year 8 girls and 18.8% of Year 8 boys in 2015 exercised for 7 days as compared to over a third of Year 8 boys (33.1%) and 18.2% of Year 8 girls in 2017. For Year 10 only 5.6% of girls exercised in this way in 2015 compared to 10.7% in 2017 and 14.0% of boys compared to 28.3% boys in 2017.

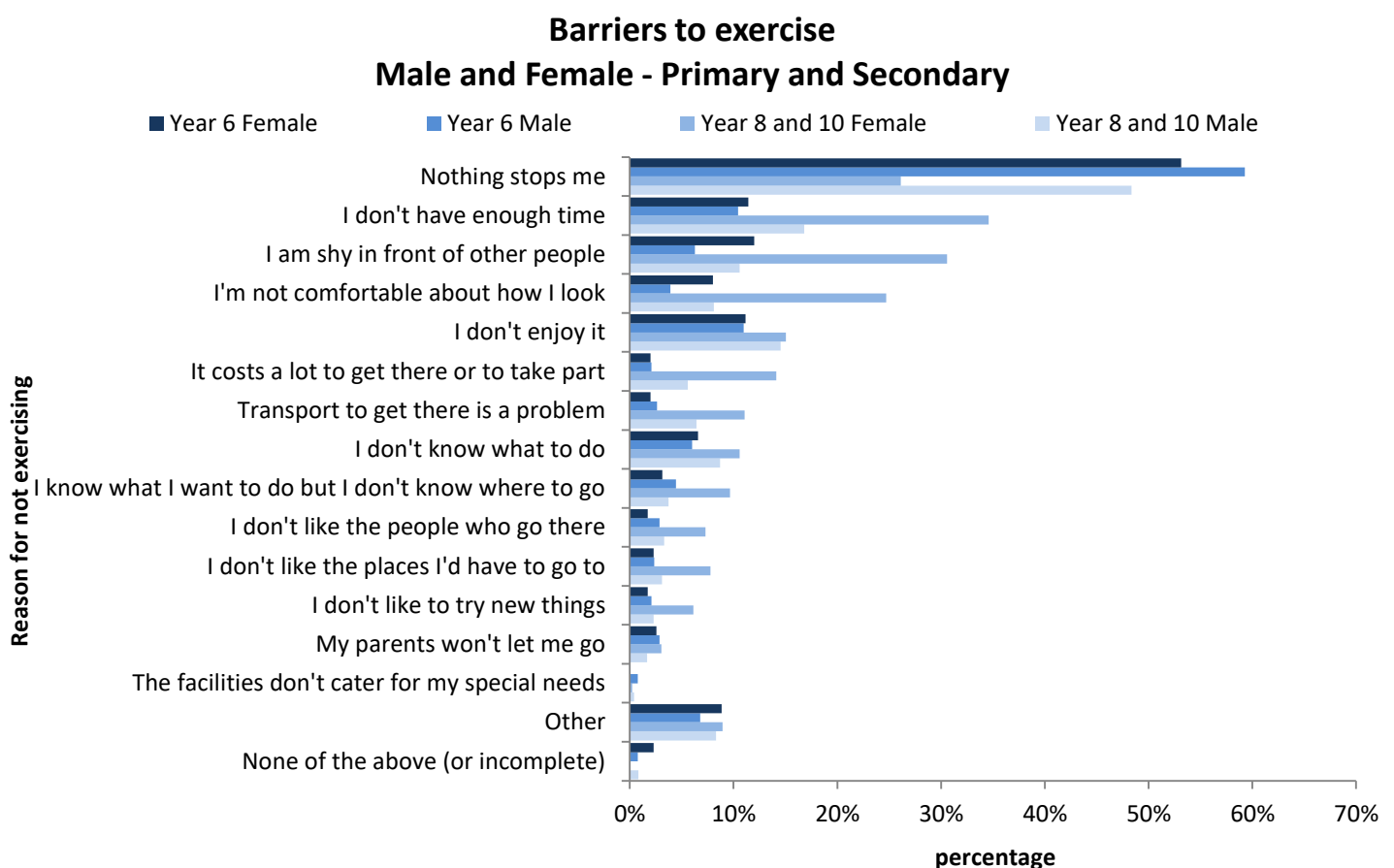
In 2017, most Year 10 girls stated they exercised for 2 days a week (22.9%). Interestingly, a higher proportion of Year 10 males (10.5%) stated they exercised on none of the days as compared to all other groups. This may reflect an interest in sedentary pursuits such as computer games.

The Public Health behaviours survey for young people 'What About YOUth?' from 2014/15 collected percentages of those physically active for 60 minutes 7 days a week. On the Isle of Wight 15.8% of young people were active in this way compared to the national average of

13.9%. However, the percentage locally with a mean daily sedentary time in the last week over 7 hours per day is 73.1% and fourth highest amongst comparator group.

To better understand what might prevent young people from doing physical activity we asked if there was anything stopping them from exercising. Over half (56.3%) in Year 6 felt nothing prevented them from being active but this reduced to 37.4% for secondary aged respondents. The main overall barrier was lack of time with 11.2% of primary and 25.2% of secondary respondents stating this with as many as 42.9% of Year 10 girls stating this. Other key barriers were lack of enjoyment with 11.0% of primary boys, 16.0% of Year 10 boys and 17.1% of Year 10 girls stating this. For girls being shy in front of others featured highly with 12.0% of those in primary and 30.6% of secondary girls feeling this. Girls were also uncomfortable with the way they look with 24.7% of secondary girls stating this:

Figure 10



For Year 10 67.3% of those who exercised for 5 or more days a week engaged in 3 hours or more screen time as compared to 83.4% of those who engaged in fewer days of exercise. For Year 8 56.6% engaged in 3 hours or more screen time as compared to 64.9% of those who did less exercise. For Year 6 there was no discernible difference. There was also no significant difference between those who exercised for 5 days or more a week and those who did not in terms of wanting to lose weight except for with Year 8 where 43.9% of those who did less exercise wanted to lose weight as compared to 36.4% of those exercising for 5 or more days.

13.2 Sexual Health and Relationships (Years 8 and 10 only)

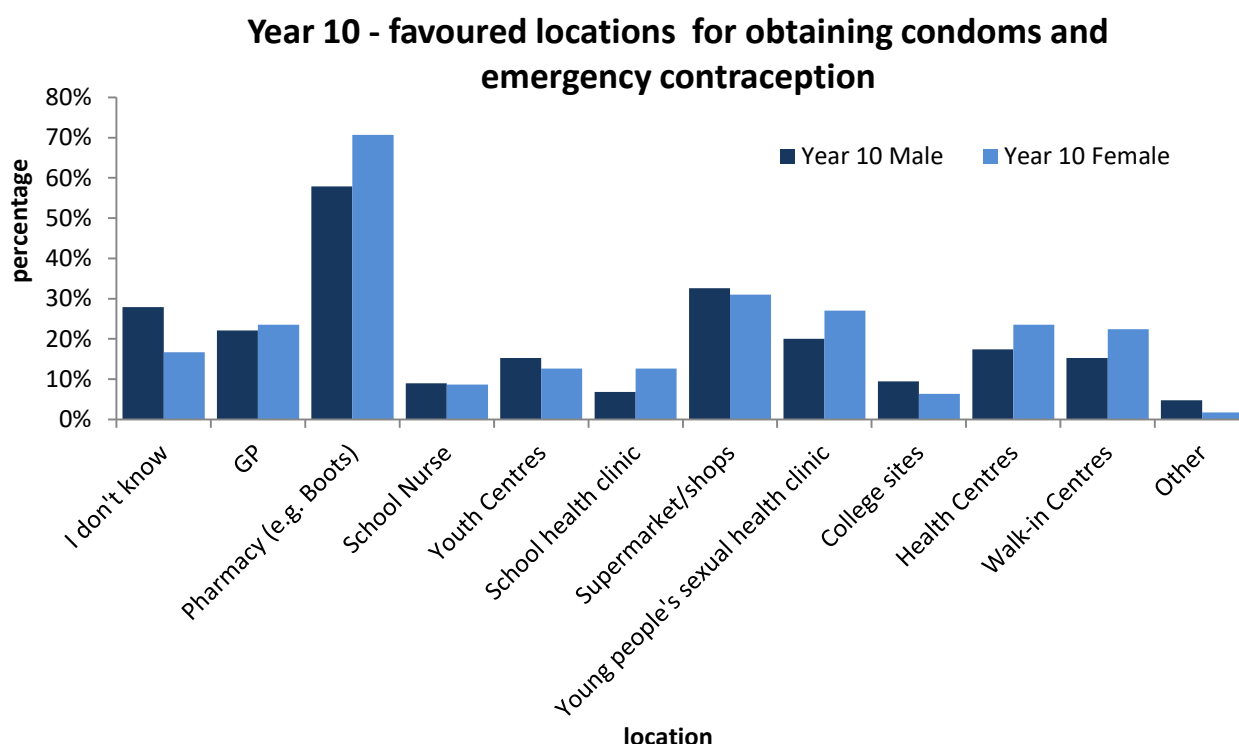
Year 10 only were asked about their relationship status. Overall 71.9% had not had sex with a further 3.8% in a relationship and thinking about having sex. 14.2% stated that they had had sex.

13.2.1 Contraception

67.9% of Year 10 females having sex stated that they always used a method of contraception with only 30.4% of males stating this. 43.5% of Year 10 males sometimes used contraception. 17.4% of Year 10 males and 10.7% of Year 10 females never used contraception.

Year 10 were also asked where they felt young people would like to be able to get condoms and emergency contraception from. 70.7% of females and 57.9% of males thought pharmacies would be best followed by 32.6% of males and 31.0% of females opting for supermarkets. Also favoured were young people's sexual health clinics, health centres, GPs and walk-in clinics with males also favouring youth centres:

Figure 11



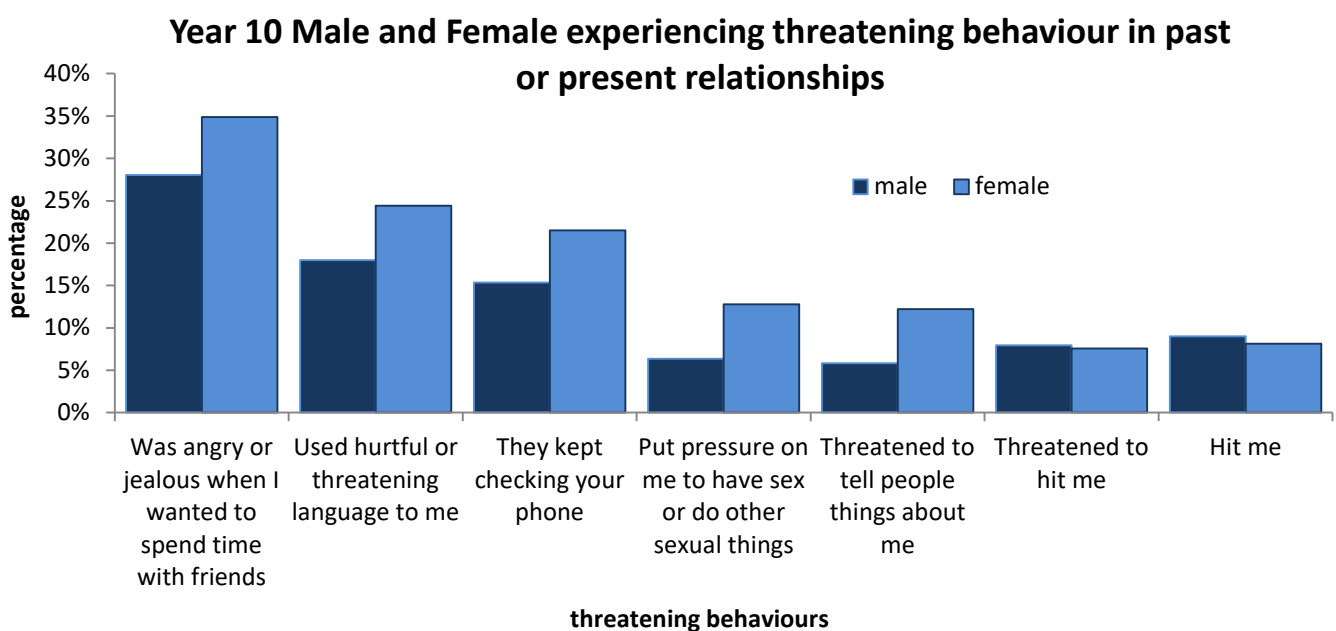
13.2.2 Behaviour in Relationships

Respondents in Year 10 only were asked about behaviour in relationships and whether they had experienced any form of threatening behaviour from a partner. The majority had not with 60.8% of males and 57.0% of females not experiencing negative behaviours. However, overall 40.9% had experienced some form of threatening behaviour either in current or past relationship with 4.2% of males and 7.0% of females experiencing some form of negative behaviour in current relationship.

Over a third (34.9%) of females and 28.0% of males in Year 10 experiencing negative behaviours had experienced angry or jealous behaviour when they wanted to spend time with their friends. Nearly a quarter (24.4%) of females and 18.0% of males experiencing negative behaviours have had hurtful or threatening language used towards them with just over a fifth (21.5%) of females and 15.3% of males having had their phone checked by their partner. 12.8% of females and 6.3% of males have had pressure to do sexual things. 19.8% of females and 13.8% of males have been threatened either that their partner would tell people things about them or that they would hit them. 8.1% of females and 9.0% of males had been hit in a relationship.

The majority of threatening behaviours were experienced by females except for actual violence which was experienced slightly more by males:

Figure 12



If experienced any of the behaviours 68.9% of Year 10 respondents knew where to go for help. The majority of females (62.6) would get help whereas the majority of males (50.3%) would look after themselves without help.

13.2.3 Knowledge

Students in Years 8 and 10 were asked about their knowledge on sexual health and relationships such as feelings and emotions as well as where to go for services and advice.

The highest majority in both Year 8 and 10 for both male and female felt they knew enough for now about growing up and changes to their body (69.8% Year 8 male, 78.3% Year 8 female, 66.7% Year 10 male, 78.6% Year 10 female). Other topics that respondents felt they had enough information about include gender and sexuality and drinking, For Year 10 sex, sexual feeling and emotions, healthy relationships, how to use a condom and contraception were also subjects that had a higher percentage of 'enough knowledge for now'.

Generally Year 8 respondents felt less secure in their knowledge than Year 10. For both years knowledge on sexual health and where to get support were areas where more information was welcomed with 30.7% of Year 8 females and 17.9% of Year 10 females wanting more information on where to get tested for chlamydia and 26.6% of Year 8 males and 18.2% of Year 10 males. 25.4% of Year 8 females and 16.2% of Year 10 females as well as 22.4% of Year 8 males and 10.9% of Year 10 males wanted more information on HIV/AIDS. 24.3% of Year 8 females and 19.1% of Year 10 females wanted information on sexually transmitted infections with 20.8% of Year 8 males and 17.2% of Year 10 males wanting to know where to get free condoms. 22.8% and 21.9% of Year 8 females and males respectively want information on contraception. This reduced to 11.0% and 9.9% respectively in Year 10:

Figure 13

Percentage of FEMALE respondents Year 8 and 10 responding 'Would like to know more' about sexual health and relationship topics

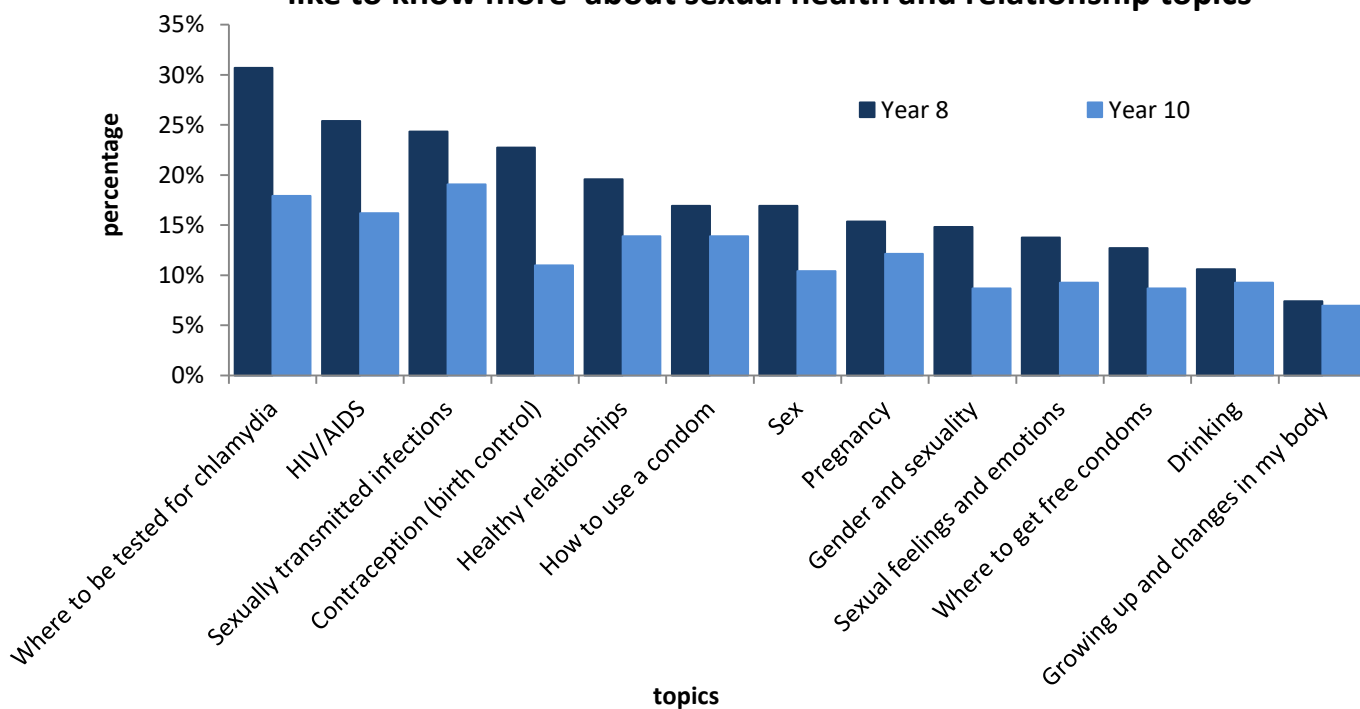
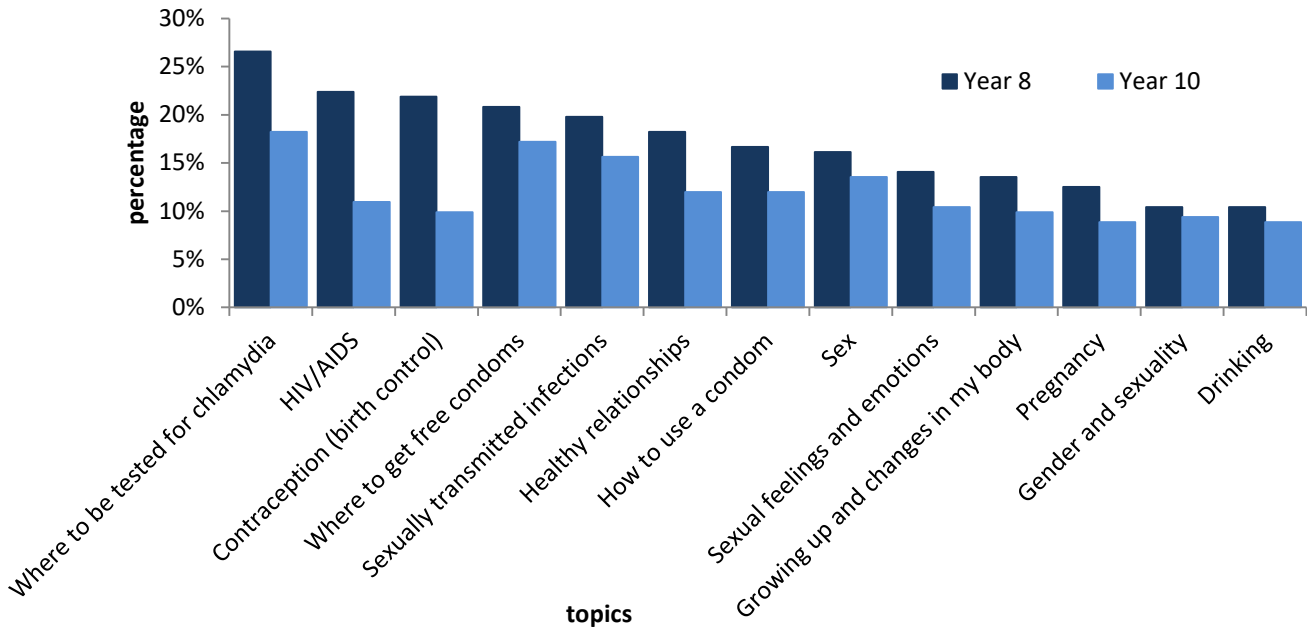


Figure 14

Percentage of MALE respondents Year 8 and 10 responding 'Would like to know more' about sexual health and relationship topics

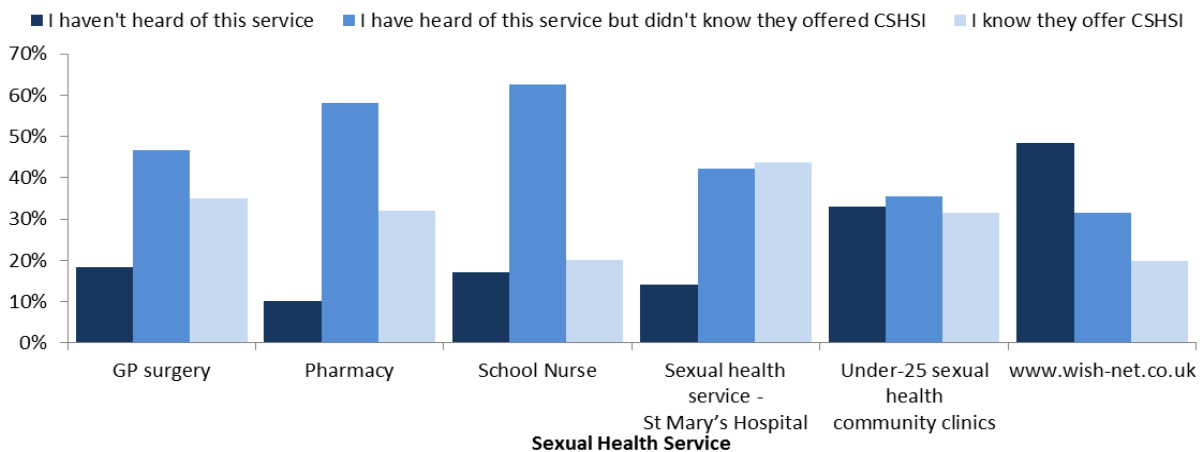


Year 10 respondents were asked a number of questions regarding their knowledge on certain sexual health subjects. 94.0% knew it was illegal to have sex with a boy or girl who is under 16. 82.6% knew that some sexually transmitted infections had no symptoms and 87.3% of girls and 78.8% of boys knew the contraceptive pill did not prevent STI's. However, 22.2% of boys and 21.4% of girls thought that all infections caught from having sex could be cured.

Year 10 respondents were also asked about their awareness of sexual health services. The majority had heard of services but did not know they offered sexual health services with nearly a third (33.1%) not having knowledge of the under-25's clinic and nearly half (48.5%) unaware of wish-net.com:

Figure 15

Year 10 Respondents - Awareness of Sexual Health Services



13.3 Smoking, Drugs and Alcohol

13.3.1 Smoking

The majority of young people surveyed had not smoked. 96.3% in primary have never smoked with 77.1% in secondary. 4.4% of secondary respondents smoke regularly with 2.2% not wanting to give up. In Year 10, 10.3% of girls smoke regularly compared to 5.6% of boys. Interestingly, 5.3% of those Year 10 girls who smoke regularly would like to give up.

The trend in female and male respondents' non-smoking habits has fluctuated over the past three survey years (2013 includes data only for Years 8 and 10) with a peak of non-smoking in 2015 reducing in 2017 to the lower levels seen in 2013. This pattern is particularly evident with Year 10 respondents as non-smoking prevalence went from 56.0% in 2013 to 67.1% in 2015 to 57.8% in 2017 for girls and from 69.0% in 2013 to 74.9% in 2015 to 63.4% in 2017 for boys:

Figure 16

**Non smoking trend in FEMALE respondents 2013, 2015, 2017
Year 6, 8 and 10**

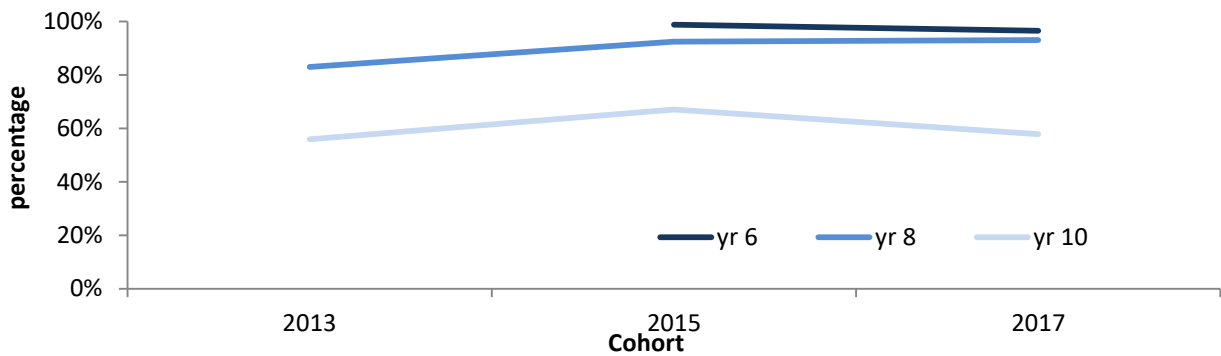
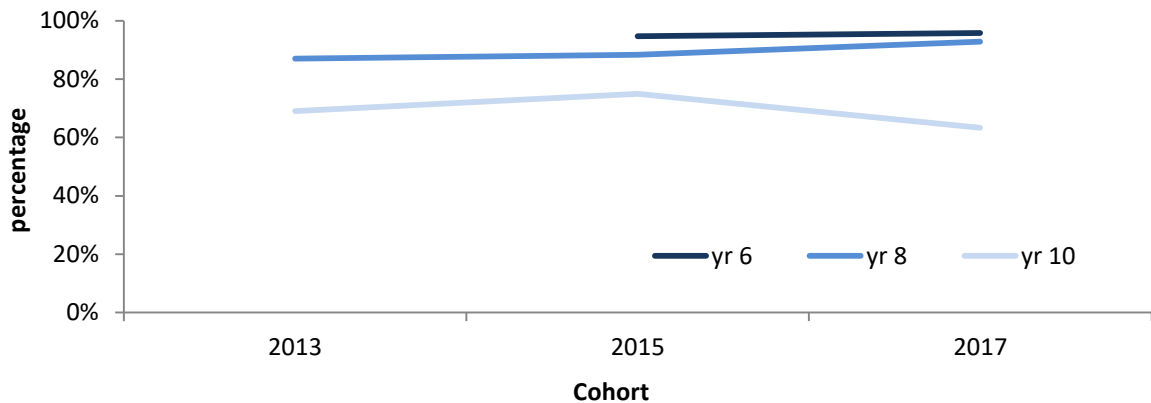


Figure 17

**Non smoking trend in MALE respondents 2013. 2015. 2017
Year 6, 8 and 10**



The majority of young people responding to the survey do not live with people who smoke with 58.5% of primary respondents and 68.1% of secondary living in a smoke free house. This is similar to 2015 findings which saw 61.8% of primary and 68.0% of secondary living in a smoke free home. In the current survey, 41.5% of primary respondents and 31.9% of secondary live with people who smoke with 8.5% of primary and 10.5% of secondary respondents living with people who smoke in the rooms they are in. 5.3% of primary and 8.9% of secondary respondents have car journeys in which people smoke.

Of particular interest is the increase in smoking prevalence in those who live with smokers as compared to those who do not with 2.0% smoking regularly in Year 8 compared to 0.6% of those who do not live with smokers and 14.3% in Year 10 as compared to 4.7% who do not live with smokers.

In the Public Health behaviours survey 'What about YOUth?' the Isle of Wight had the joint third highest percentage in its group of young people currently smoking at 11.2% where the England average is 8.2%. The percentage of occasional smokers is also high with 4.3% compared to an England average of 2.7%.

13.3.2 E-cigarettes

Locally, 85.3% of primary and 94.8% of secondary had heard of e-cigarettes with the majority not trying them (79.1% of primary and 69.0% of secondary). 14.7% of primary and 5.2% of secondary had never heard of e-cigarettes whilst 6.2% of primary respondents had tried / use e-cigarettes with 0.4% using one regularly and a quarter (25.9%) of secondary respondents having tried / use them with 1.6% using them regularly.

In the 'What about YOUth?' survey, 22.2% of young people on the Isle of Wight stated that they had tried e-cigarettes, reflecting the findings for the older age range. This is compared to an England average of 18.4%.

Five national surveys¹ have been carried out more recently to shed further light on e-cigarette use in young people. For 11-16 year olds overall, 'ever use' of an e-cigarettes ranged from 7-18% among the surveys that included this age range (PHE, 2018). The Island figures are not dissimilar to these operating at either end of the range.

Nationally and locally this rate of 'ever use' represents an increase compared with surveys from previous years. In the 2015 survey on the Island 3.7% of primary and 17.9% of secondary had tried e-cigarettes (although given less options for answers).

¹ The Youth Tobacco Policy Survey (YTPS) which includes a representative sample of young people from the UK including Wales, Scotland, England and Northern Ireland (n=1,213 11-16 year olds); The ASH Smokefree Great Britain (GB) Youth (two surveys) (ASH-Y). This includes a sample of 1,205 11-16 year olds in 2016 and 1,361 in 2017; The Schools Health Research Network (SHRN) Wales which includes 32,479 young people aged 11-16; The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) which surveys a representative sample of pupils in their second year of secondary school in Scotland (average age 13, n=13,607) and a representative sample of pupils in the fourth year of secondary school in Scotland (average age 15, n=11,697) from PHE, 2018, McNeill, A., Brose, L. S., Calder, R., Bauld, L., Robson, D. 'Evidence review of e-cigarettes and heated tobacco products 2018A report commissioned by Public Health England'

Rates of regular (at least weekly) use among all 11-16 year olds are much lower, ranging from 1-3% in all the national surveys. Findings for the Island also mirror this. Rates of regular use have not increased in recent years in the surveys where comparisons are possible (not available for the Island).

National findings also show that rates of regular use of e-cigarettes in young people who have never smoked remain very low in all surveys, ranging from 0.1% to 0.5% with e-cigarette use concentrated in young people who already smoke. These findings can also be seen locally with 88.6% of those Year 10 respondents who smoke regularly trying e-cigarettes as compared to only 33.7% who do not smoke. For Year 8 100% of those who smoke regularly have also tried e-cigarettes compared to only 13.6% of those who do not smoke. Furthermore, of those who live with smokers in Year 8 20.1% have tried e-cigarettes compared with 11.9% who live in a smoke free house and 49.0% in Year 10 compared with 32.7% who live in a smoke free house.

13.3.3 Alcohol (Years 8 and 10 only)

54.4% of secondary respondents have drunk alcohol with as many as 72.5% of girls in Year 10. 24.3% had had an alcoholic drink in the last seven days with the highest proportion being 37.9% of Year 10 girls. In the 2015 survey overall just less than 20% had had a drink in the last seven days.

In the 'What about YOUth?' survey, young people were asked if they had ever had an alcoholic drink and 70.3% stated that they had. This is higher than the England average of 62.4%. The percentage of regular drinkers for the Isle of Wight was also high at 8.5% in comparison to the England average of 6.2%.

Locally, the highest percentage of respondents acquired their alcohol from their parents with a third stating this. Nearly a fifth of Year 10 females (19.5%) and 9.7% of Year 10 males acquired their alcohol from a friend over 18. This is potentially a concerning trend as older people purchase alcohol for them. 6.0% of Year 10 males and 7.2% of Year 10 females acquire alcohol from a friend under 18. 5.1% of Year 10 males and 1.5% of Year 10 females bought it themselves. For Year 8 a similar pattern of purchasing can be seen but with much smaller percentages, with 2.6% of females and 1.4% of males being bought their alcohol by a friend over 18 and 1.4% of males and 0.5% of females being bought it by a friend under 18. None had bought it themselves.

Of those who drank, overall 5.5% were unwell with as many as 12.9% of Year 10 females and 6.5% of Year 10 males becoming unwell after drinking

13.3.4 Drugs (Years 8 and 10 only)

The majority of young people (86.0%) had not taken drugs with 94.6% of Year 8 males and 96.8% of Year 8 females reducing to 78.4% of Year 10 males and 73.5% of Year 10 females. 2.9% of Year 8 males and 1.4% of Year 8 females had taken drugs increasing to 15.6% of Year 10 males and 21.1% of Year 10 females. In comparison to 2015, percentages have decreased for Year 8 (8.5% of males and 2.3% of females) but increased for Year 10 (13.5% of males and 9.0% of females). There has been a considerable rise in Year 10 females experiencing drugs and a reversal of 2015 findings in terms of gender where a higher percentage of boys had taken drugs. As with alcohol, prevalence increases with age

and is higher among girls than boys. 5.0% of Year 10 males and 7.8% of Year 10 females had taken drugs in the last 7 days.

National data from the latest detailed report on smoking, drinking and drug use among young people in England (HSCIC, 2014) shows that the prevalence of drug use among 11 to 15 year olds in England declined between 2001 and 2010. Since then the decline has slowed. In 2014, 15 per cent of pupils had ever taken drugs (24% of 15 year olds and 11% of 13 year olds), 10 per cent had taken drugs in the last year, and 6 per cent had taken drugs in the last month. In comparison, local drug experience in the younger cohort is lower than nationally but similar to the national average for the older age range.

When asked what they would do if they experienced problems with drugs 69.7% knew where to get help from, 67.1% would get some help and 32.5% would look after themselves. More males than females would look after themselves without getting help from elsewhere.

14 Happiness, Wellbeing and Worries

14.1 Happiness

Overall 74.8% of primary respondents and 60.5% of secondary are happy or very happy with their life. This figure is lower among looked after children on the Isle of Wight where 59% were happy (Coram, 2017). 7.0% of primary and 13.8% of secondary are either unhappy or very unhappy with their life. Unhappiness seems to increase with age and is higher among girls than boys with 11.8% of Year 8 girls and 23.9% of Year 10 girls either unhappy or very unhappy with their life as compared to 6.6% of boys in Year 8 and 12.0% in Year 10. Overall happiness levels are relatively in line with national averages where 73.2% had high or very high happiness scores. A similar pattern is also seen with girls having slightly lower levels of happiness compared with boys (The Children's Society Household Panel Survey, 2017).

In the 'What About YOUth?' survey the Isle of Wight scores highest (worst) in its group of comparators for low life satisfaction with as many as 17.5% of young people reporting low life satisfaction.

Respondents were also asked if they felt the things they did in their life were worthwhile. 68.4% of primary and 60.2% of secondary felt that the things they did were either worthwhile or totally worthwhile. 69% of looked after children scored high or very high with feeling their life was worthwhile (Coram, 2017). Overall, figures for the Isle of Wight are below the national average where 74.5% have a high or very high worthwhile rating (The Children's Society Household Panel Survey, 2017). Locally, 2.9% of primary felt things were not at all worthwhile with 6.3% of secondary. As with happiness, feeling that things are worthwhile decreases with age and is lower in girls than boys with a peak of 10.7% of Year 10 girls feeling things aren't at all worthwhile

Of those in Year 6 who were unhappy or very unhappy with their life 13.5% accessed counselling as compared to 8.5% who were happy with their life. In Year 8 this increases to 44.7% compared to 10.7% who were happy, with 30.0% in Year 10 compared with 15.2% of those who were happy.

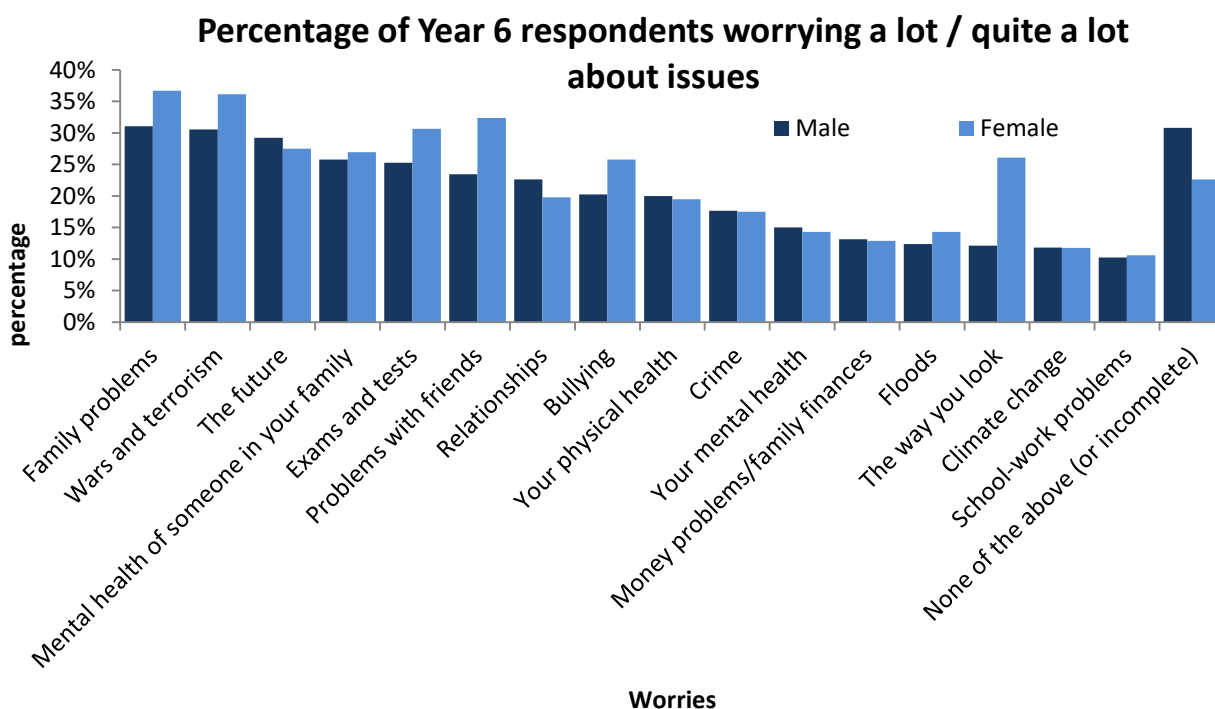
Of those in Year 6 who felt life was not worthwhile 23.8% were not positive about the future compared with 5.0% who did feel the things they did were worthwhile. In Year 8 this increases to 40.9% compared with 4.0% who did feel things were worthwhile. In Year 10 48.3% were not positive about the future compared with 11.7% who felt things in their life were worthwhile.

14.2 Worries

Respondents were asked about how much they worried about certain topics ranging from friends and family to things they see in the news. 73.6% of primary and 83.2% of secondary worry a lot or quite a lot about one or more of the issues raised.

For primary respondents their main worries were family problems with 36.7% of girls and 31.1% of boys stating this and war and terrorism with 30.5% of boys and 36.1% of girls concerned about this. It is interesting to note that young people are carrying the burden of worries both on a personal level and a community / world level. Other worries include the future (28.6%), exams and tests (28.5%), problems with friends (28.1%) and mental health of someone in their family (27.2%): 26.1% of females in Year 6 also worried about the way they looked:

Figure 18

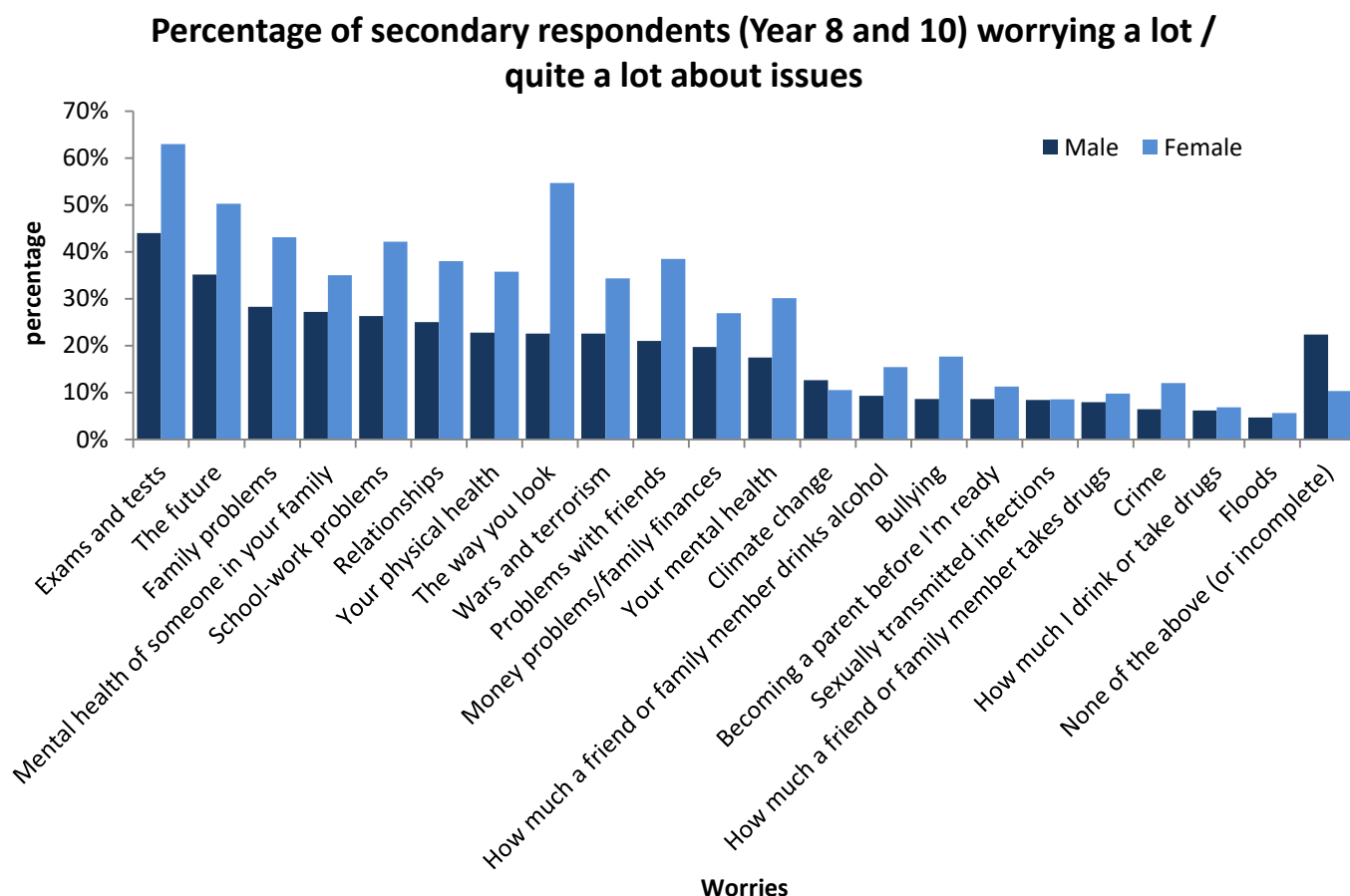


For secondary respondents the main worry was exams and tests with as many as 75.1% of Year 10 females and 51.1% of Year 10 males concerned about this. Other worries include concerns about the future with 50.2% of secondary females worried about this and 35.2% of males. Family problems (35.4%), mental health of a family member (30.9%) and school work problems (33.7%) were also things young people were concerned about. 54.7% of secondary females were also worried about the way they look with 35.8% concerned about their physical health. Worries concerning appearance are still considerably higher on the Isle of Wight compared to nationally where 75.8% (70.6% of girls and 81.0% of boys) were

relatively happy with their appearance (The Children’s Society Household Panel Survey, 2017).

Interestingly, among the looked after children cohort 79% were happy with their appearance however, a high proportion (61%) worried about their feelings and behaviour ‘most of’ or ‘some’ of the time (Coram, 2017).

Figure 19



Recent research continues to show an increase in stress and anxiety levels among young people with a survey carried out by the mental health charity ‘stem4’ seeing almost 4 in 5 teachers witnessing a pupil struggling with mental health problems in the past year (Stem4, 2018). Childline has also seen an increase in children contacting them for help over exam stress with 3,135 counselling sessions delivered on exam stress in 2017/18 with over half delivered to 12 to 15 year olds (see: <https://www.nspcc.org.uk/what-we-do/news-opinion/exam-stress-pressure-childline/>). Nationally the School Health Education Unit has seen an increasing trend in 14 -15 year olds worrying about exams and tests (SHEU, 2017).

A national measure for the mental health of young people is Public Health England’s (PHE) measure of child admissions (0 to 17) for mental health. For the Isle of Wight in 2016/17 the rate was 182.5 per 100,000. In comparison, the figure for the South East region is 82.0 per 100,000. As well as being statistically significantly worse than the South East, the Island’s

admission rate is also statistically significantly higher than 8 of its 10 statistical neighbours (see: <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-overview/data#page/3/gid/1938132992/pat/6/par/E12000008/ati/102/are/E06000046/iid/90812/age/173/sex/4/nn/nn-3-E06000046>)

Locally, respondents were asked if they had a trusted adult they could talk to if something was worrying them. 82.6% of Year 6 and 74.0% of secondary respondents did have someone. While 3.4% of primary and 8.5% of secondary did not have someone with a further 13.9% of primary and 17.4% of secondary unsure. More male than females did not have someone to talk to if they were worried (4.8% compared to 1.4% in primary and 9.1% compared to 8.1% in secondary).

14.3 Counselling service

8.8% of primary respondents and 15.9% of secondary had accessed counselling of some sort including Child and Adolescent Mental Health Service (CAMHS) in the last 12 months. In Year 10 nearly a quarter of girls (23.4%) and 13.4% of boys had accessed counselling.

In Year 8, of those that accessed counselling 33.3% were unhappy with their life as compared to 6.9% who hadn't accessed counselling. 55.6% worried about their appearance as compared to 31.6% who hadn't accessed counselling and 44.4% compared to 13.8% had been bullied. In Year 10 29.6% were unhappy with their lives compared to 14.9% who hadn't accessed counselling, 53.5% were unhappy with their appearance compared to 37.0% and 23.9% had been bullied in the last 12 months compared to 14.0% who hadn't accessed counselling.

14.4 Self-Esteem and Resilience

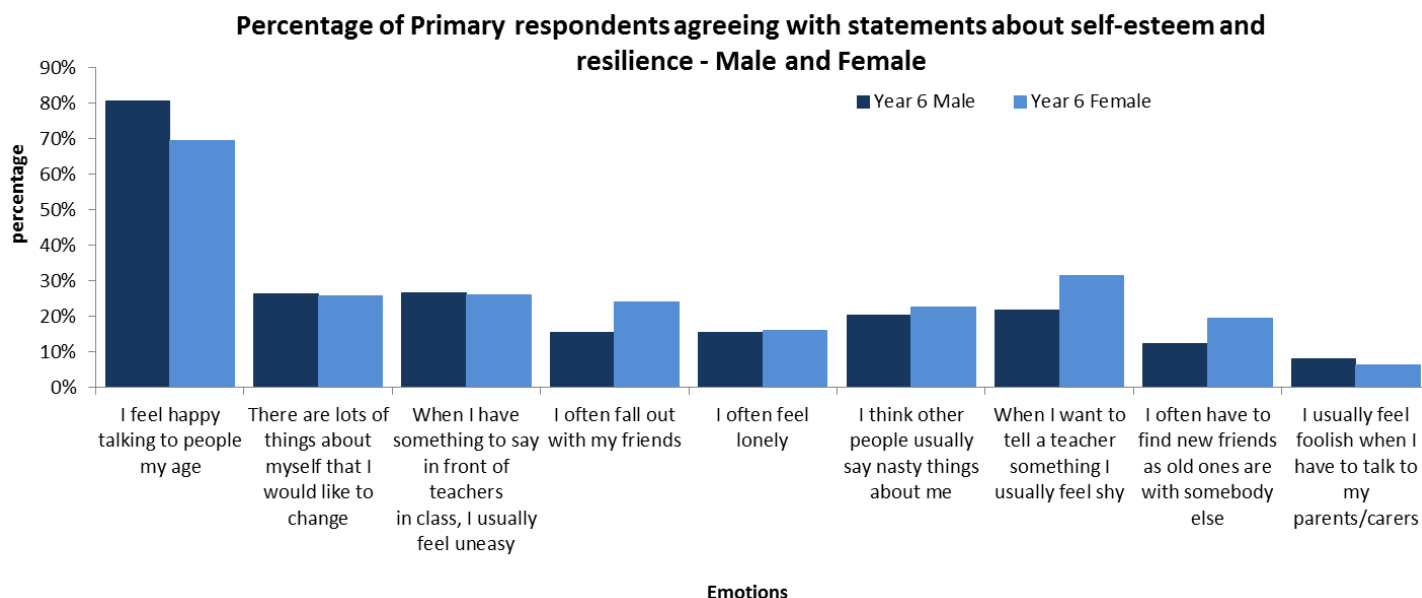
14.4.1 Self-Esteem

79.0% of primary and 80.4% of secondary stated they were asked their opinions among their friends with 67.5% of primary respondents and 72.3% of secondary respondents feeling their opinions made a difference among their friends – this was the highest percentage when compared to school, at home and in the community. Over half (57.9% of primary and 55.2% of secondary) would like to be asked for their opinions and ideas more often among friends, interestingly this is also the highest percentage when compared to school, home and community perhaps reflecting the importance of one's friendship group.

The majority of primary respondents felt happy talking to people their own age (80.6% of males and 69.5% of females). For boys, well over half **disagreed** with the statements that they often fell out with friends (59.7%), that they often felt lonely (65.5%), that they thought other people said nasty things about them (57.6%), that they felt shy when talking to teachers (54.9%), that they have to find new friends as old ones are with somebody else (68.2%) and that they usually feel foolish talking to their parents/carers (76.7%). The majority of primary girls also agreed that they felt happy talking to people their own age (69.5%) and a high percentage **disagreed** with feeling foolish when talking to their parents//carers (76.1%), often feeling lonely (59.7%) and often having to find new friends (59.4%). Primary girls were less sure about often falling out with friends, thinking people said nasty things

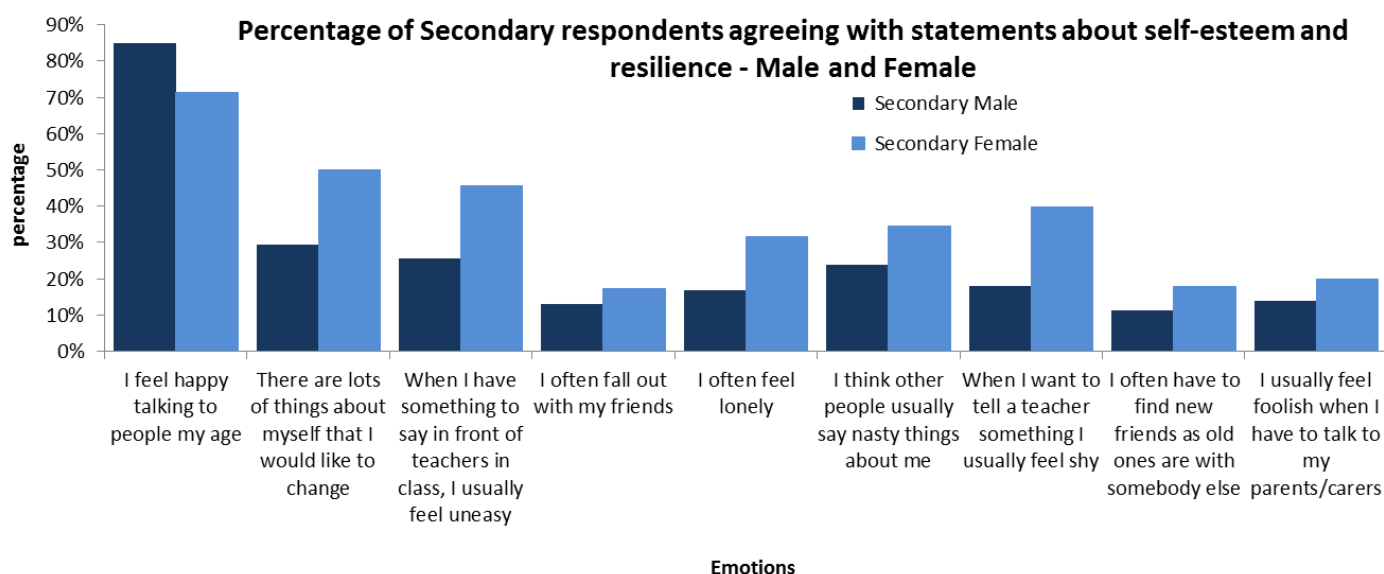
about them and being shy when talking to a teacher with not quite half (47.6%, 44.7% and 43.8% respectively) disagreeing with these. Both males and females in primary were less convinced in their disagreement of the statement that there were lots of things they would like to change about themselves (45.6% of primary males disagreed with 36.0% females disagreeing) and that they felt uneasy talking to teachers in front of the class (43.2% males disagreed with 36.6% females):

Figure 20



For both secondary boys and girls the majority agreed with the statement that they felt happy talking to people their own age (84.9% males and 71.4% females). For secondary boys, as with primary boys, the majority **disagreed** with the statements that they often had to find new friends (70.8%), that they usually felt foolish talking to their parents/carers (69.1%), that they often fell out with friends (63.6%), they often felt lonely (61.3%) and feeling shy when talking to a teacher (58.9%). The majority of secondary girls also disagreed with the statements that they often had to find new friends (62.5%), that they often fell out with friends (58.2%) and that they usually felt foolish talking to their parents/carers (57.5%). Secondary boys were less convinced in their disagreement with statements around feeling shy in front of the class (46.9%), thinking other people said nasty things about them (45.7%), and wanting to change lots about themselves with only 39.2% disagreeing with this. Secondary girls felt lonelier than their primary counterparts with 31.6% agreeing with this statement. They are also less confident with teachers with 39.7% agreeing that they felt shy talking to a teacher and 45.6% feeling shy in front of the class. Secondary girls were also less confident about themselves and friends with 34.4% thinking people usually say nasty things about them and just over half (50.1%) agreeing that there was lots about themselves that they would like to change:

Figure 21



Responses to these nine statements help build a picture of self-esteem. This is based on a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends. Boys have a higher self-esteem score than girls. 44.3% of primary boys and 43.5% secondary boys score in the highest band for self-esteem. The highest proportion of primary (40.1%) and secondary (39.5%) girls have medium to high self-esteem. 20.2% of primary males and 23.5% of secondary males score low to med-low on scale with 26.5% of primary girls rising to as many as 40.8% of secondary girls scoring low to med-low on the scale.

Nationally, the School Health Education Unit has seen a continued decline in the proportion of 14-15 year old females who score in the top bracket of self-esteem scores (SHEU, 2017).

The Youth Trust conducted a survey among young people on the Isle of Wight in 2017 to capture a snapshot of young Islanders' views on mental health and their experiences in accessing services (Youth Trust, 2017). The survey found 82% of 8 to 10 year olds who answered the question felt lonely in school and 49% felt useless at home in the past month. Interestingly, 62% of 8 to 10 year olds who answered this question had never felt lonely online. For 11-24 year olds 49% of respondents felt picked on in the past week or month in school rising to 60% in the past year, 58% felt picked on online in the past week/month or year, 44% felt lonely in the past week at home and 56% felt lonely in the past week or month in school. Furthermore, 30% of respondents felt bad or very bad about the way they look and 35% felt lacking in confidence.

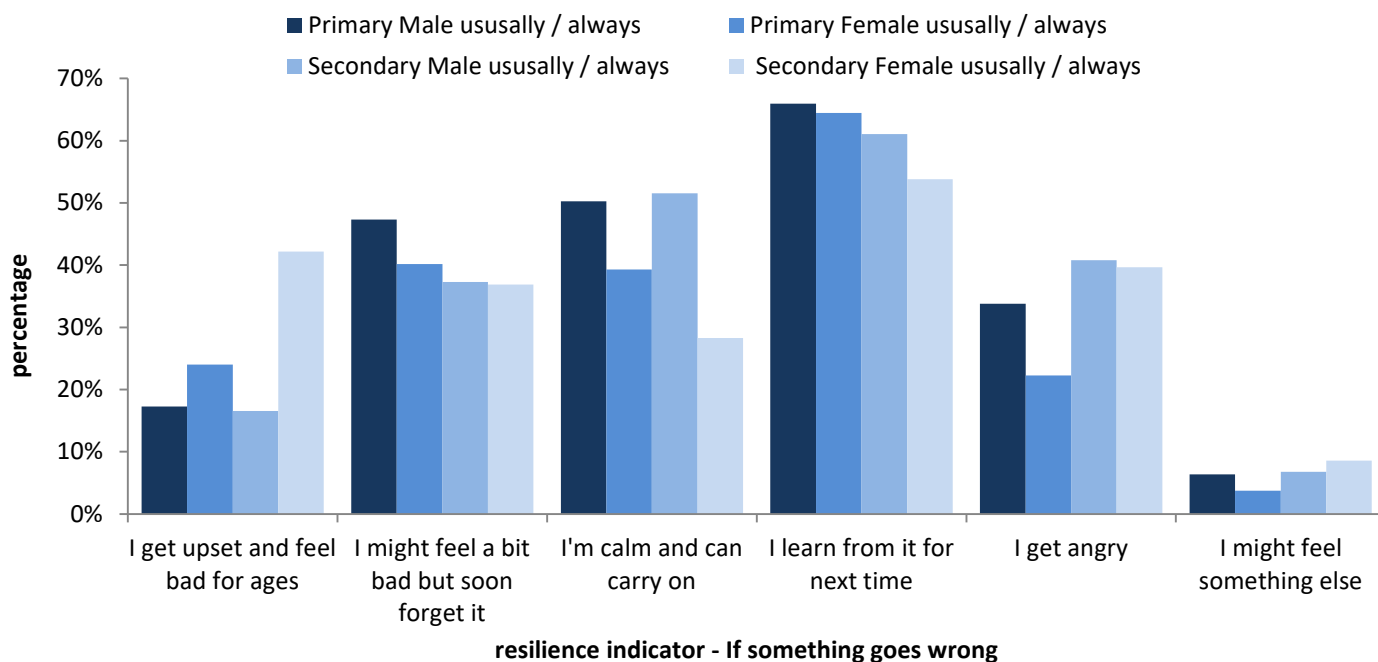
14.4.2 Resilience

The Children's Survey also asked a set of questions to help build a picture of resilience; asking how a respondent might react if something went wrong and if they don't succeed at something. The majority of both males and females in both primary and secondary said that they would usually or always learn from something going wrong (66.0% primary male, 64.5% primary female, 61.1% secondary males, 53.8% secondary female). Around half of all male respondents (50.3% primary, 51.5% secondary) would usually or always be calm and carry on as compared to 39.3% primary girls and 28.3% secondary girls. 47.3% of primary males

and 40.2% of primary females would usually or always feel a bit bad but soon forget it whilst 40.8% of secondary males and 39.6% of secondary females would always or usually get angry. 42.2% of secondary females would usually or always get upset and feel bad for ages:

Figure 22

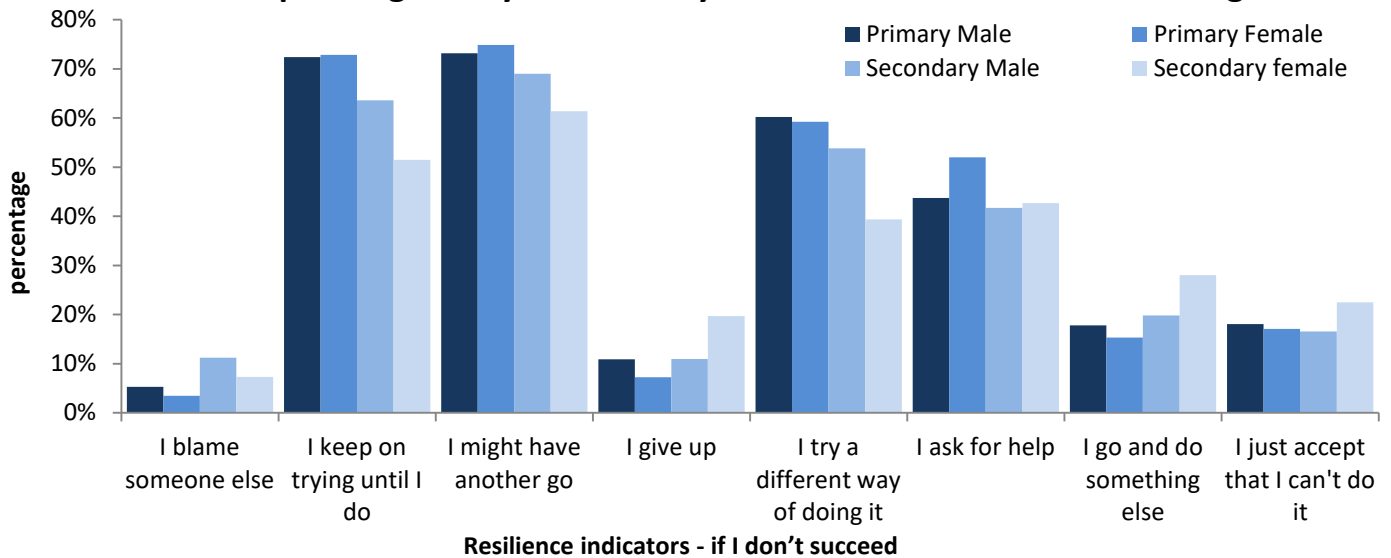
Percentage of Primary and Secondary Respondents - Male and Female - responding 'Always' or 'Usually' to statements around resilience



In response to how they would react if they did not succeed at something, the majority in all years and both males and females said they would always or usually have another go (73.2% primary males, 74.9% primary females, 69.0% secondary males and 61.4% secondary females). A majority would always or usually have another go too (72.4% primary males, 72.8% primary females, 63.6% secondary males, 51.5% secondary females). A majority of primary boys and girls and secondary boys (60.2%, 59.2% and 53.8% respectively) would also always or usually try a different way. Many would also ask for help (primary boys 43.8%, primary girls 52.0%, secondary boys 41.7% and secondary girls 42.7%). Secondary girls would be more likely to do something else or accept they can't do it as compared to the other groups, with primary girls more likely to ask for help:

Figure 23

Percentage of Primary and Secondary Respondents - Male and Female - responding 'Always' or 'Usually' to statements around succeeding



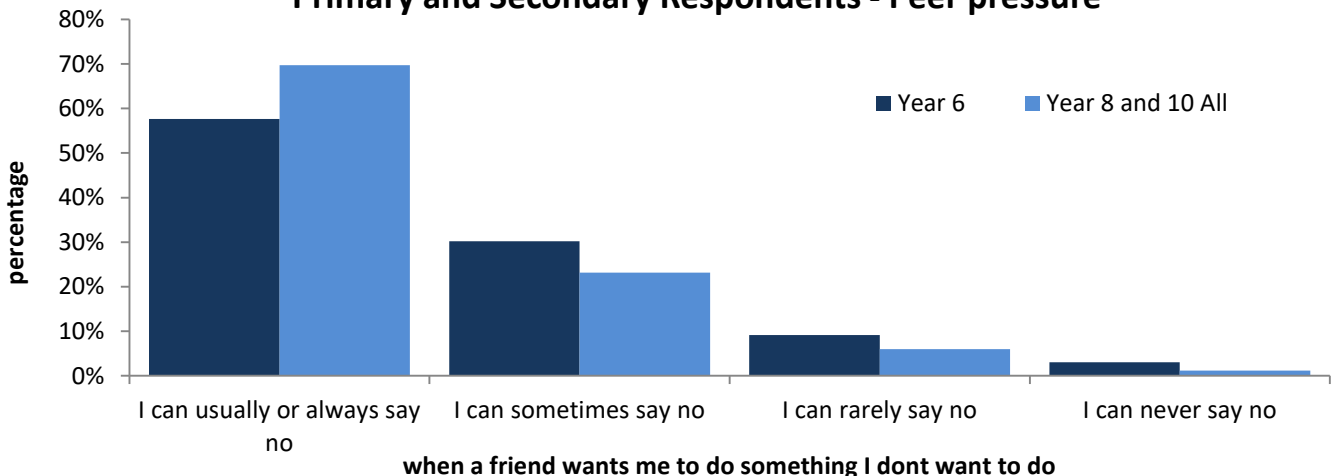
The overall resilience score as a result of these two questions sees the majority of primary and secondary boys and primary girls as having a high resilience (52.5%, 38.5% and 51.2% respectively). However, for secondary girls, the highest proportion scores in the low category (32.6%) with as many as 39.6% of Year 10 females having low resilience.

14.5 Peer Pressure

Over half of both primary and secondary respondents (57.6% and 69.7% respectively) said that they can usually say no when a friend wants them to do something they don't want to do. 30.2% of primary respondents and 23.2% of secondary can sometimes say no with 12.2% of primary and 7.1% of secondary rarely or never being able to say no. Reactions from boys and girls are relatively similar throughout the years. One point of interest is that in primary more boys were rarely or never able to say no (13.8% compared to 9.4% primary girls) and in secondary it was the girls (8.2% compared to 6.2% secondary boys):

Figure 24

Primary and Secondary Respondents - Peer pressure



14.6 Bullying

When asked if they had ever been bullied, 17.2% of Year 6 and 16.9% of Years 8 and 10 had been in the last twelve months with over a quarter stating that they had experienced bullying twelve months ago or more (26.0% of Year 6 and 27.7% of Years 8 and 10). Overall 43.2% of Year 6 and 44.6% of Years 8 and 10 experienced bullying. These figures seem to be a reduction on the 2015 findings which saw over half of Year 6 (52%) and Year 10 (53%) respondents reporting that they had been bullied and as many as 61% of Year 8. However, if 2017 figures are combined with the 'not sure' response percentages increase to 59.4% for Year 6 and 61.0% for Years 8 and 10.

In the 'What About YOUth?' survey from 2014/15 63.1% of respondents on the Isle of Wight stated that they had been bullied in the past couple of months.

14.6.1 Someone to speak to

If bullied, the highest proportion would tell their mum/dad/carer (42.5% Year 6, 33.4% Year 8 and 10) with 24.1% of Year 6 to a teacher or staff and 19.8% talking to a friend and 23.3% of Year 8 and 10 talking to a teacher or staff or a friend.

15.9% of Year 8 and 10 would tell no one. 39.9% of Year 6 and 28.3% of Year 8 and 10 said the bullying stopped after they told someone

14.6.2 Perceived reason for bullying

For both primary and secondary respondents, the highest perceived reason for bullying was their appearance with 35.9% of Year 6 respondents and 60.2% of Year 8 and 10. As many as 71.8% of Year 10 females felt their appearance was the reason for bullying. In previous surveys of 2013 and 2015 findings saw a high percentage of young people feeling unhappy with the way they look and vulnerable to bullying as a result. In 2015 31.0% of Year 6 and 51.0% of Year 8 and 10 felt they had been bullied due to the way they looked therefore this area continues to see an increase. Overall, 2017 findings also saw the second highest reason for bullying as size or weight with 32.2% of Year 6 and 46.5% of Year 8 and 10. As with appearance, this was higher among females than males. For Year 6 boys, the joint highest reason for bullying alongside appearance was their family name or background. This may be symptomatic of living on an Island where families have a history together:

Figure 25

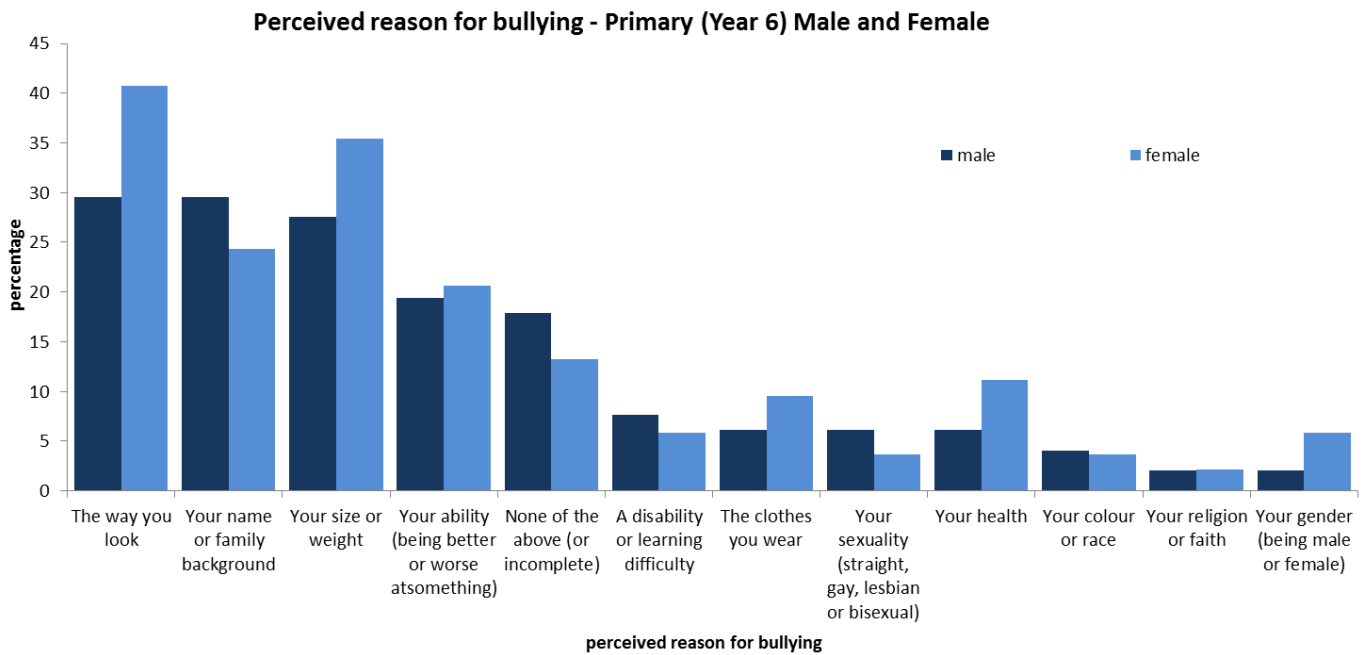
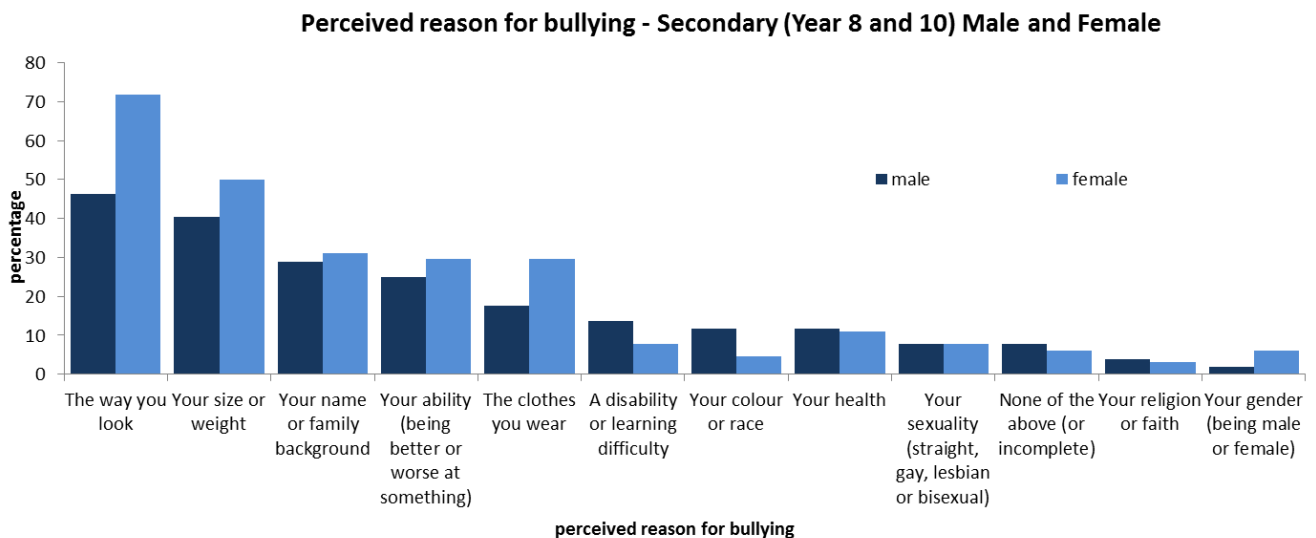


Figure 26



14.6.3 Form of bullying

For Year 6, the most frequent form of bullying was being called nasty names (27.1%) and reflects 2015 findings which saw 'name calling' as the highest form of bullying. For Year 8 and 10, the highest form was being teased/ made fun of (37.7%) which again reflects findings from 2015 which saw this as the second highest form of bullying overall. Boys experienced more physical forms of bullying as compared to girls, with being pushed / hit for no reason highest for Year 6 boys (25.8%) and next to name calling and teasing, having belongings taken (12.8%) and being ganged up on (10.7%) were also high. This was reflected in Year 8 and 10. For girls, bullying was higher in online forms as compared to boys, with receiving nasty/threatening online messages and texts at around 10% and having nasty things written about them online at 7.8% as compared to 3.4% for boys:

Figure 27

Type of bullying behaviour experienced in the last month - Years 6, 8 and 10 - MALE

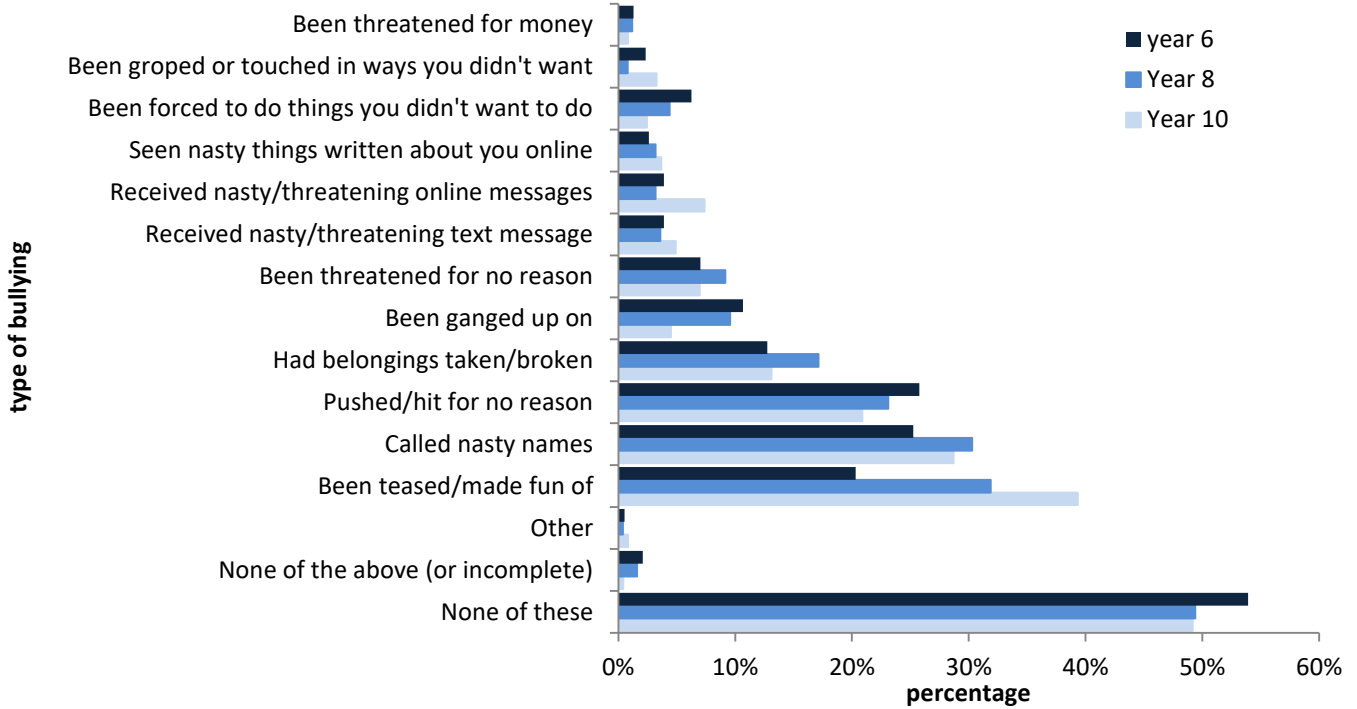
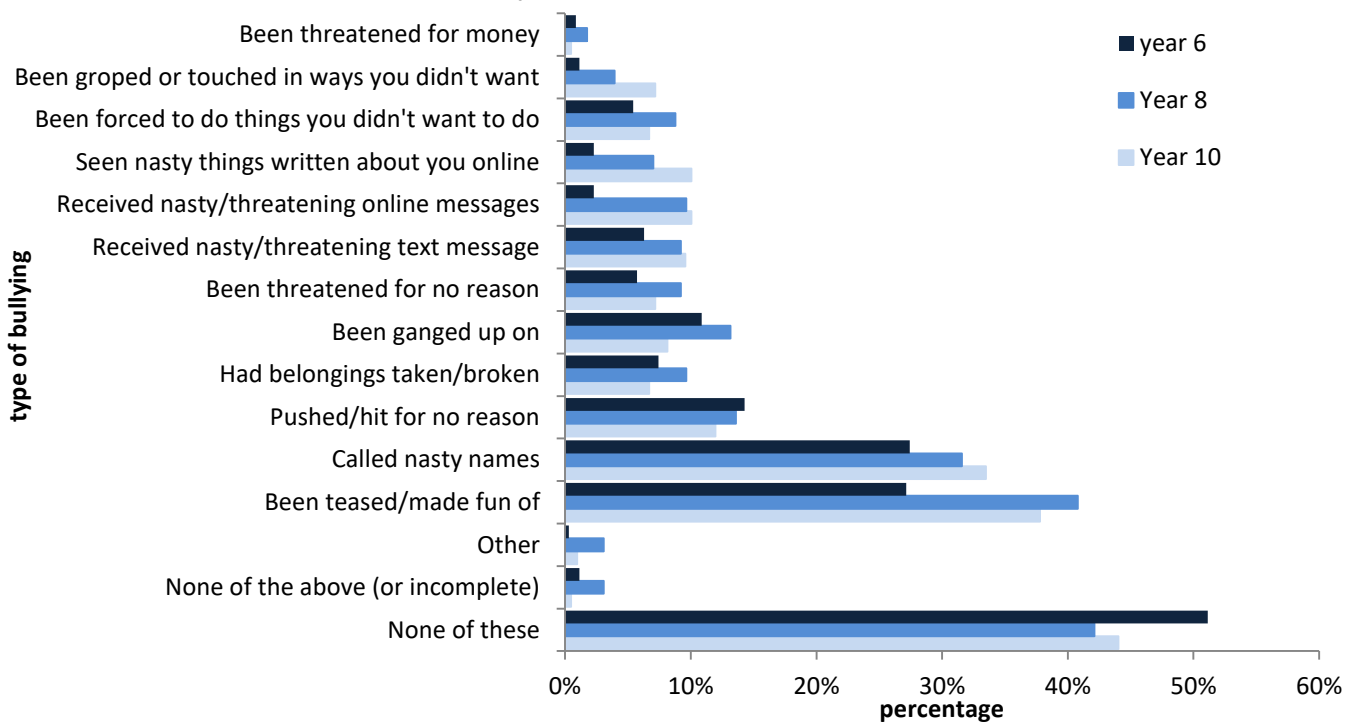


Figure 28

Type of bullying behaviour experienced in the last month - Years 6, 8 and 10 - FEMALE



14.6.4 Location of bullying

For all year groups, the location where bullying is most likely to happen is at school with nearly 50% of Year 6 who had experienced bullying in the last month doing so outside at playtime, or lunchtime, 34.2% in a classroom at break times, 16.1% during lesson time and 10.6% in the corridors. Around 16% have experienced bullying at or near home or in a park or street. For Years 8 and 10 38.6% have experienced bullying outside or in a classroom at break time, 36.4% have been bullied during lessons and 25.4% in the corridors. 20.0% of secondary respondents had been bullied online. This appears to be an increasing trend compared with 2015 figures which saw 18.6% experiencing 'Cyberbullying'. Although a slightly different question for 2017 one could possibly interpret an increase in bullying online.

14.6.5 Safety at school

Despite the majority of bullying occurring at school 68.4% of Year 6 and 70.6% of Year 8 and 10 never feel afraid of going to school and 75.1% of Year 6 and 60.4% of Year 8 and 10 feel safe at school. 60% of looked after children reported that they were 'never' afraid. Just over 5% of Year 6 (5.3%) and Year 8 and 10 (5.9%) are often or very often afraid to go to school with as many as 7.7% of females in Year 10 as compared to 2.5% of males often or very often afraid to go to school. 26.2% of primary respondents and 23.4% of secondary are sometimes afraid to go to school because of bullying with a quarter of looked after children feeling this way. 6.8% of Year 6 and 11.1% of Year 8 and 10 do not feel safe at school.

When asked if they felt school took bullying seriously the majority in Year 6 (60.7% male 59.3% female) and Year 8 (47.8% male, 45.6% female) felt they did. By Year 10, respondents were less convinced with only 36.4% of males and 25.8% of females feeling that school took bullying seriously with 45.9% of females feeling that school did not.

When asked in general if anything had prevented them from going to school in the last 12 months 5.0% of primary and 6.8% of secondary stated that worries about bullying had with a further 4.4% of primary and 12.5% not going to school because of worries about school..

14.6.6 Effects of bullying

We can get a better understanding of the effects of bullying through deeper analysis. For instance, in Year 6 29.5% of those who had been bullied in the last twelve months worried quite a lot or a lot about their appearance as opposed to 17.1% who did not experience bullying. 46.9% wanted to lose weight as compared to 31.9% who were not bullied and 13.8% did not feel safe at school compared with 5.4% who were not bullied. A similar pattern can be seen in secondary school with 20.0% of those experiencing bullying in the last twelve months unhappy or very unhappy with their life compared to 8.0% who had not been bullied. 35.0% had accessed counselling compared to 9.5% who had not experienced bullying. 11.1% did not feel their life was worthwhile compared to 3.8% who had not been bullied. Nearly half of those who had been bullied (49.5%) wanted to lose weight compared to 38.4% of those who had not been bullied. 23.9% did not feel safe at school compared to 7.2% who had not been bullied. For Year 10, 27.0% accessed counselling compared to 16.1% who had not experienced bullying. 45.5% were unhappy or very unhappy with their life compared to 12.6% who hadn't been bullied. 66.2% worried about their appearance quite a lot or a lot compared with 36.2% who had not been bullied. More skipped meals (39.1% missed breakfast compared to 26.5% who were not bullied, 30.4% missed lunch compared with

18.3% who were not bullied). As many as 63.8% wanted to lose weight compared with 41.0% who had not experienced bullying and nearly 30% (29.0%) did not feel safe at school compared to only 9.2% of those not bullied.

Barnardo's and The Children's Society report 'Factors affecting children's mental health over time' noted how bullying was another factor in children's mental health with children who were frequently bullied at the age of 10 to 11 years more likely to report peer relationship problems, hyperactivity/inattention and a higher total difficulties score at age 14 to 15 years.²

14.6.7 Online bullying

Following the pattern with social media use, online bullying increases with age with just over a quarter (25.3%) of Year 6 and 37.7% of Year 8 and 10 receiving a hurtful, nasty or scary message. Girls experienced a higher percentage of this form of bullying with 41.2% of girls in Year 8 as compared to 28.0% of boys and as many as 53.1% of Year 10 girls compared to 30.4% of boys receiving these sorts of messages. 20.1% of Year 8 and 10 had hurtful comments posted on social networking sites as compared to 8.5% in Year 6. 18.0% of secondary respondents stated that someone used or changed a picture or video to humiliate them as compared to 7.1% of Year 6. 11.3% of Year 6 had their password changed with 13.5% of Year 8 and 10.

15 Injury and Treatment

Students were asked if they had ever visited the school nurse with 52.3% of primary respondents stating they had and 41.8% of secondary. 16.5% of primary and 13.4% of secondary were unsure.

15.1 Injuries

Respondents were asked if they had been treated for certain injuries in the last 12 months. The highest percentages (46.8% primary and 29.8% secondary) had been treated for a cut with 41.9% primary and 24.9% secondary treated for a bruise and 41.2% primary and 25.8% secondary treated for a graze or sprain.

For both primary and secondary respondents boys had higher percentages experiencing cuts (48.5% of primary boys compared to 44.5% of primary girls and 30.4% of secondary boys compared to 28.4% of secondary girls) and knocks etc to the head (with 34.2% of primary boys compared to 22.3% of girls and 19.4% of secondary boys compared with 14.1% girls). A higher proportion of primary girls had grazes or sprains (44.5% compared to 38.5% of primary boys). A higher percentage of secondary males had broken bones (10.0% as compared to 4.9% of girls) with secondary females suffering more often from toothache (15.6% compared to 9.3% of males) and swallowing something with 7.1% of Year 10 females stating this as compared to 1.9% Year 10 males:

² Barnardo's and The Children's Society, 2018 'Factors affecting children's mental health over time', June 2018 p.15

Figure 29

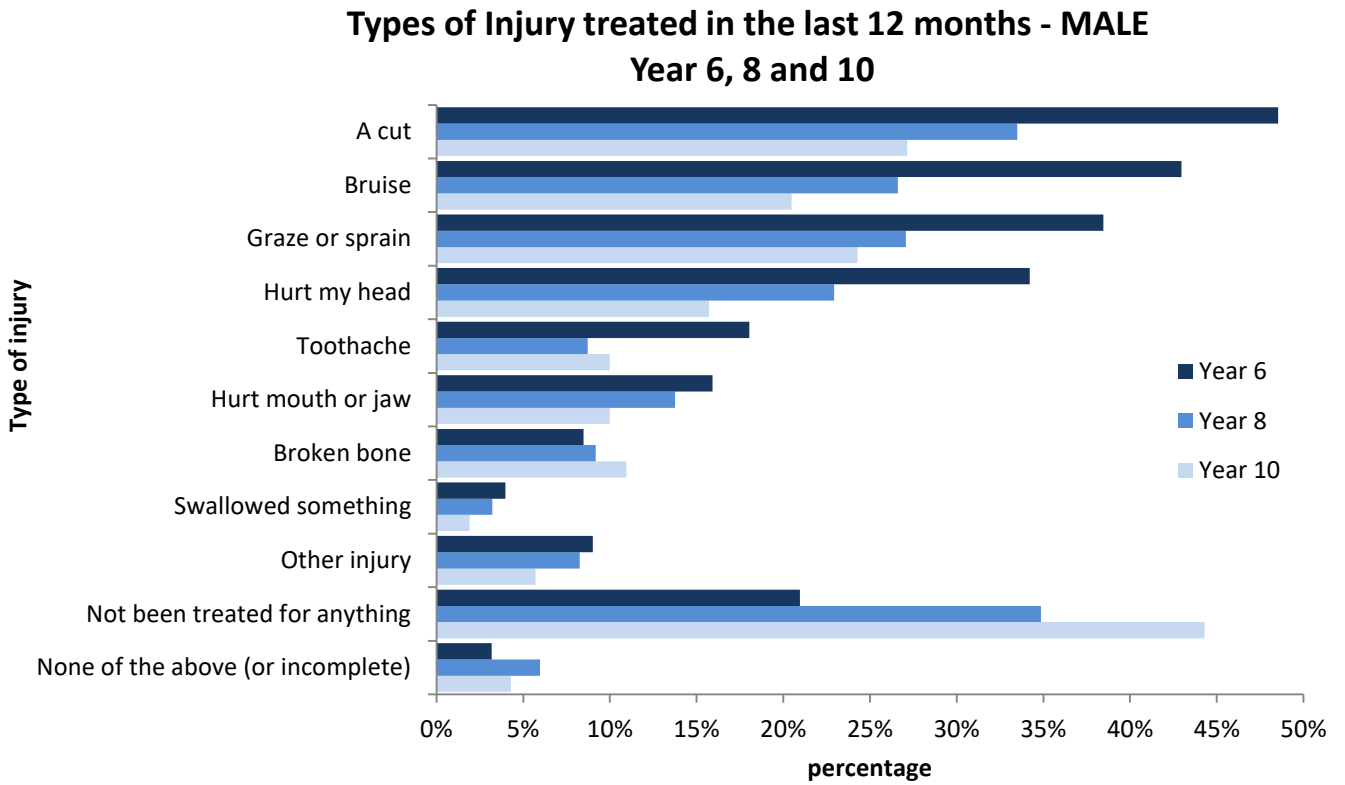
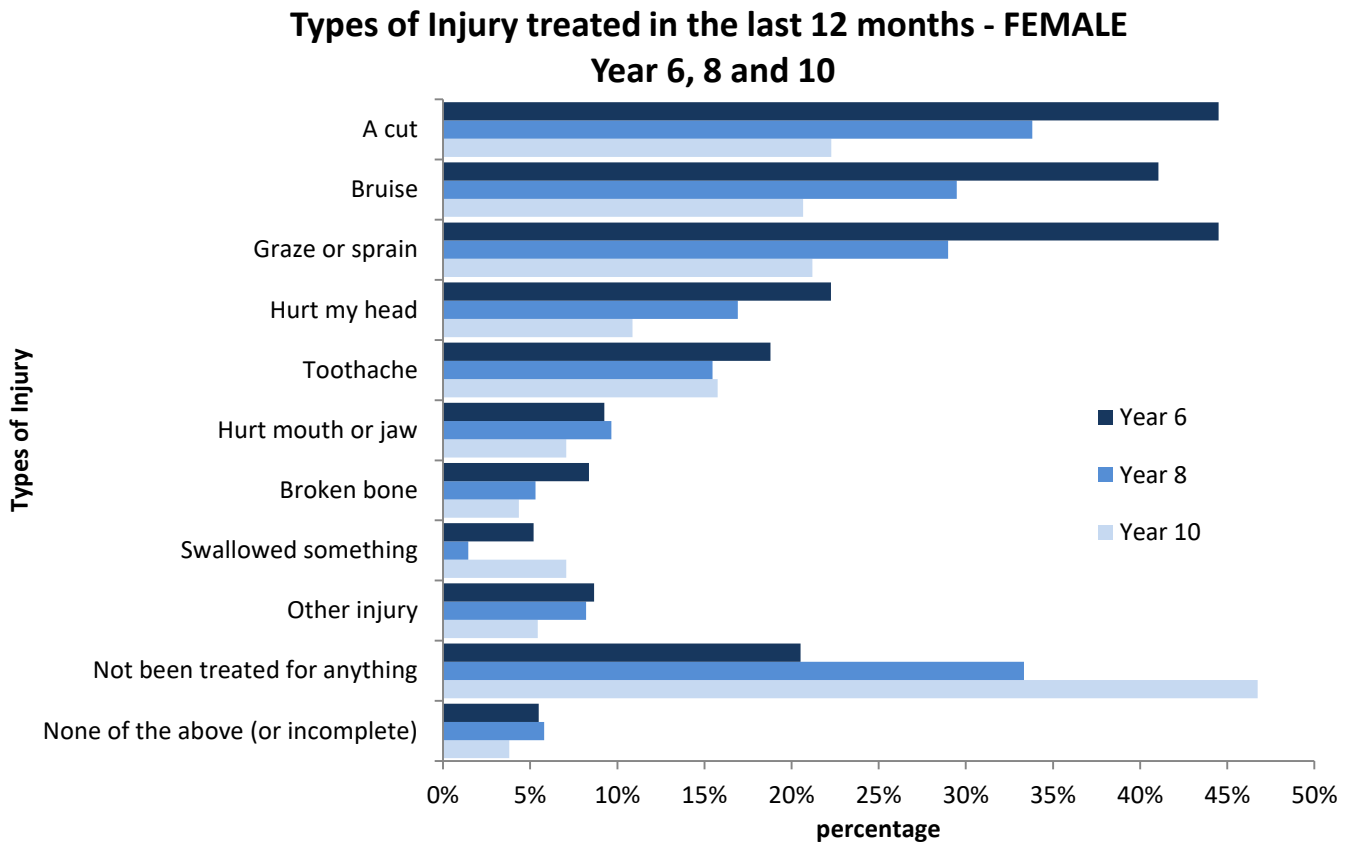


Figure 30



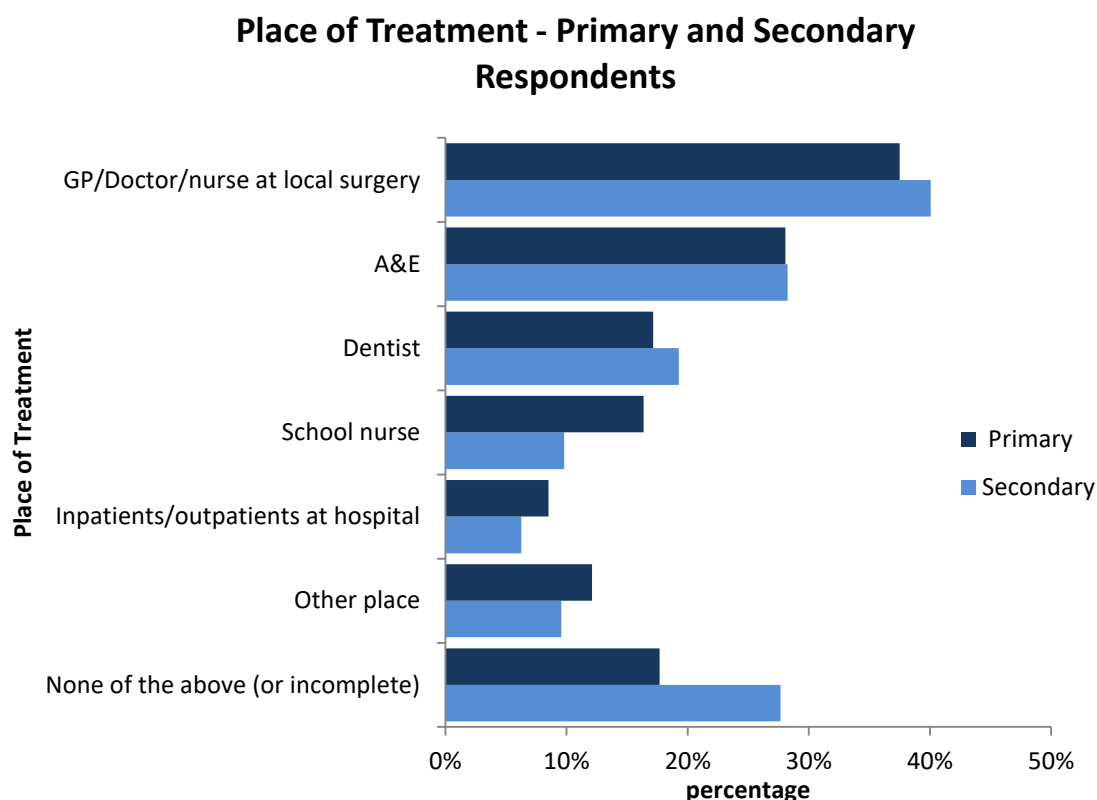
Locally, our hospital admissions (0-14 year olds) and A&E attendances are higher than the England average with admissions at 138.9 per 100,000 as compared to 101.5 per 100,000 for England (2016/17). However, this is a decreasing trend and higher numbers are in part due to different admissions policy locally. A&E attendances for the Isle of Wight are also higher than the England average with 518.2 per 100,000 compared to 408.5 per 100,000 (see:

<https://fingertips.phe.org.uk/search/injuries#page/1/gid/1/pat/6/par/E12000008/ati/102/are/E06000046/iid/90284/age/26/sex/4>).

15.2 Treatment

If treatment was required the majority (37.5% primary and 40.1% secondary) went to their local doctor. 28% of both primary and secondary respondents went to A&E. 17.2% of primary and 19.3% of secondary went to the dentist with 16.4% of primary going to see the school nurse. Those seeing the school nurse drops to 9.8% in secondary:

Figure 31

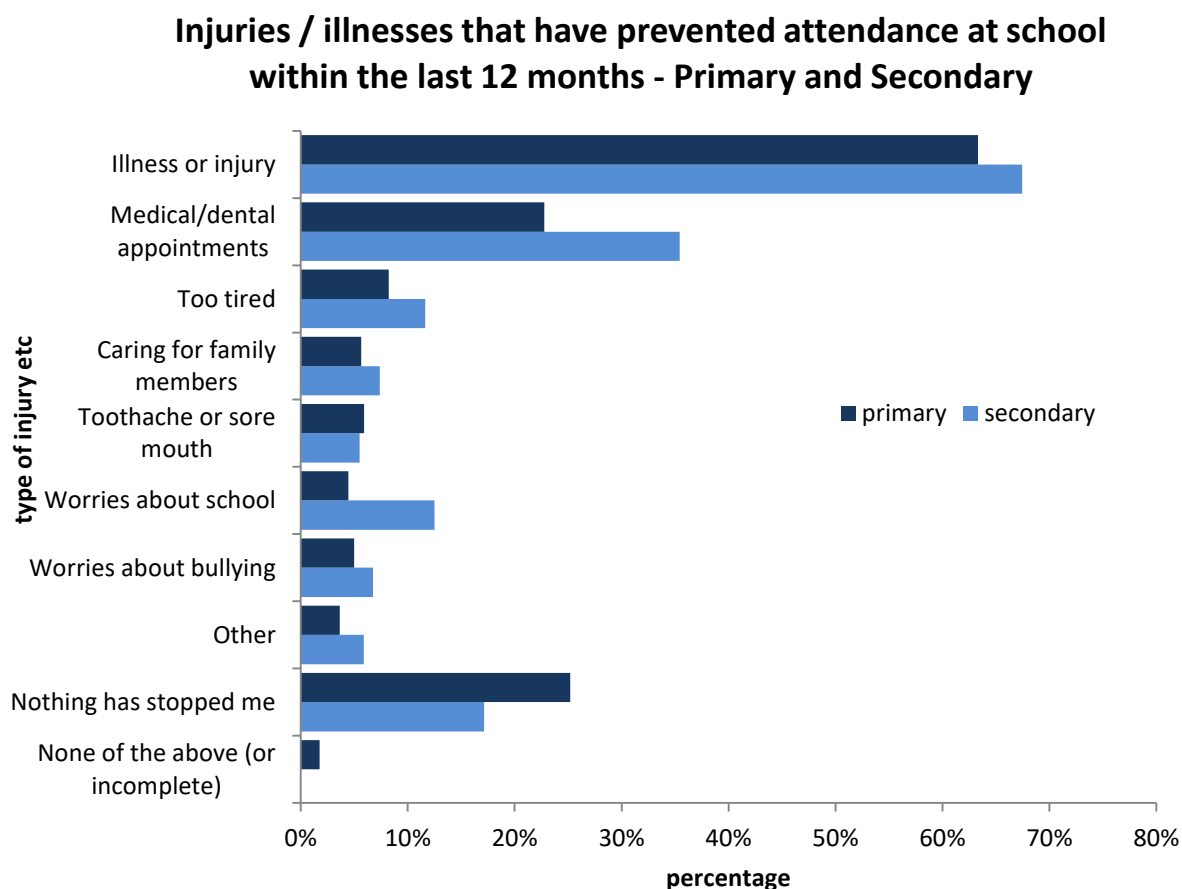


15.3 Injury / Illness affecting school attendance

63.3% of primary respondents and 67.5% of secondary had missed school through illness or injury. 22.8% of primary and 35.4% of secondary had missed school due to a medical or dental appointment. Interestingly 22.0% of Year 10 females had missed school as too tired (compared to 9.0% of Year 10 males). In Year 6 a higher percentage of boys missed school due to being too tired compared to girls (9.9% as compared to 6.7% of girls). 22.5% of Year 10 females and 17.6% of Year 8 females had missed school due to worries about school compared to 3.5% of Year 10 males and 7.0% of Year 10 males. In Year 6, the reverse is seen again with a higher percentage of boys missing school due to worries about school than girls (4.6% as compared to 3.8% of girls). Nearly 10% of Year 10 and Year 8 females

(9.9% and 9.3% respectively) have not attended school due to worries about bullying compared to 1.5% of Year 10 males and 5.0% of Year 8 males:

Figure 32



16 About School and the Future

16.1 School

The highest majority of primary respondents (84.3%) and 71.0% of secondary respondents felt they were asked for their ideas and opinions at school. The highest proportion again in primary (71.6%) felt that these opinions did make a difference. This reduced to 59.5% in secondary but still a majority. 46.3% in secondary and 52.2% in primary would like to be asked their ideas and opinions more often within school.

Respondents were asked about their knowledge around areas generally preparing them for adulthood such as citizenship, managing money, emotional health and wellbeing and sex and relationships. For females in each of the years surveyed the areas they would like more information on were managing money and emotional health and wellbeing with Year 6 females most interested in knowing more about citizenship. For males in all the three years surveyed managing money and physical activity were the areas where people would like to know more with Year 6 boys also interested in finding out more on citizenship:

Figure 33

Areas of Knowledge - Percentage responding 'Would Like to Know More' - Male - Year 6, 8 and 10

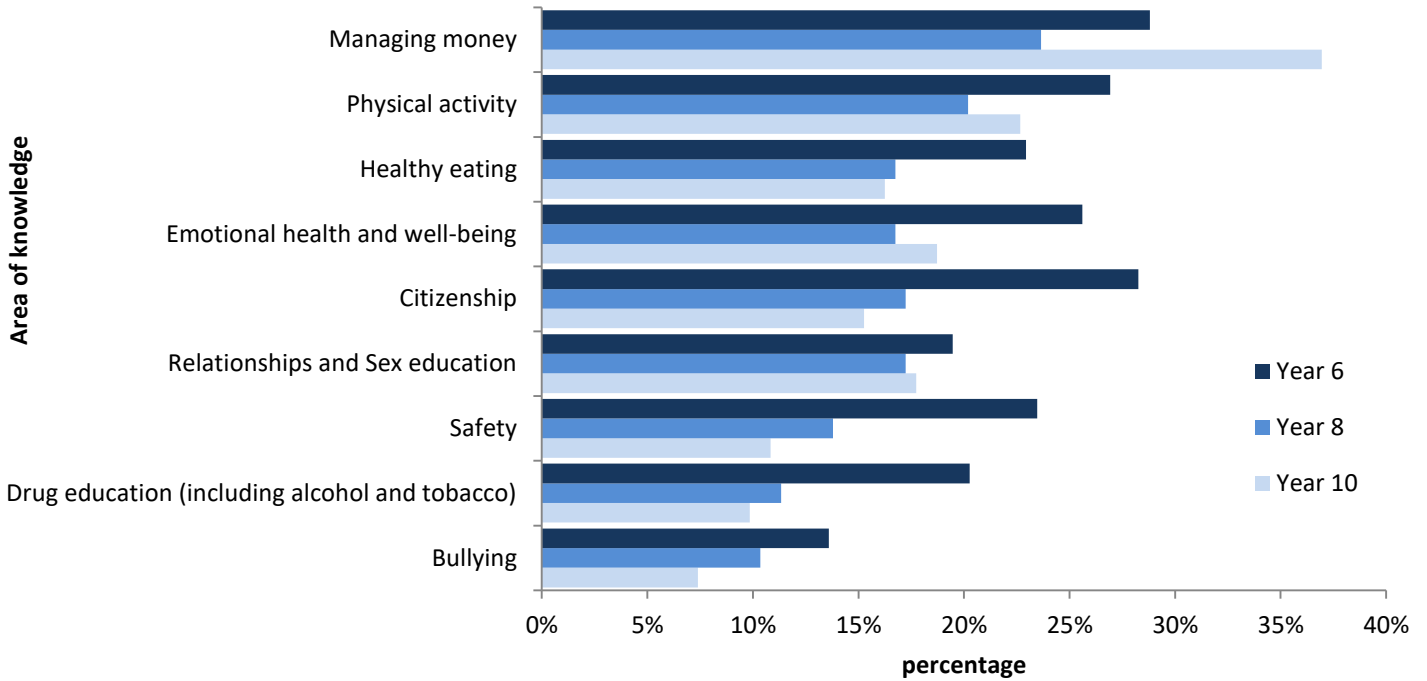
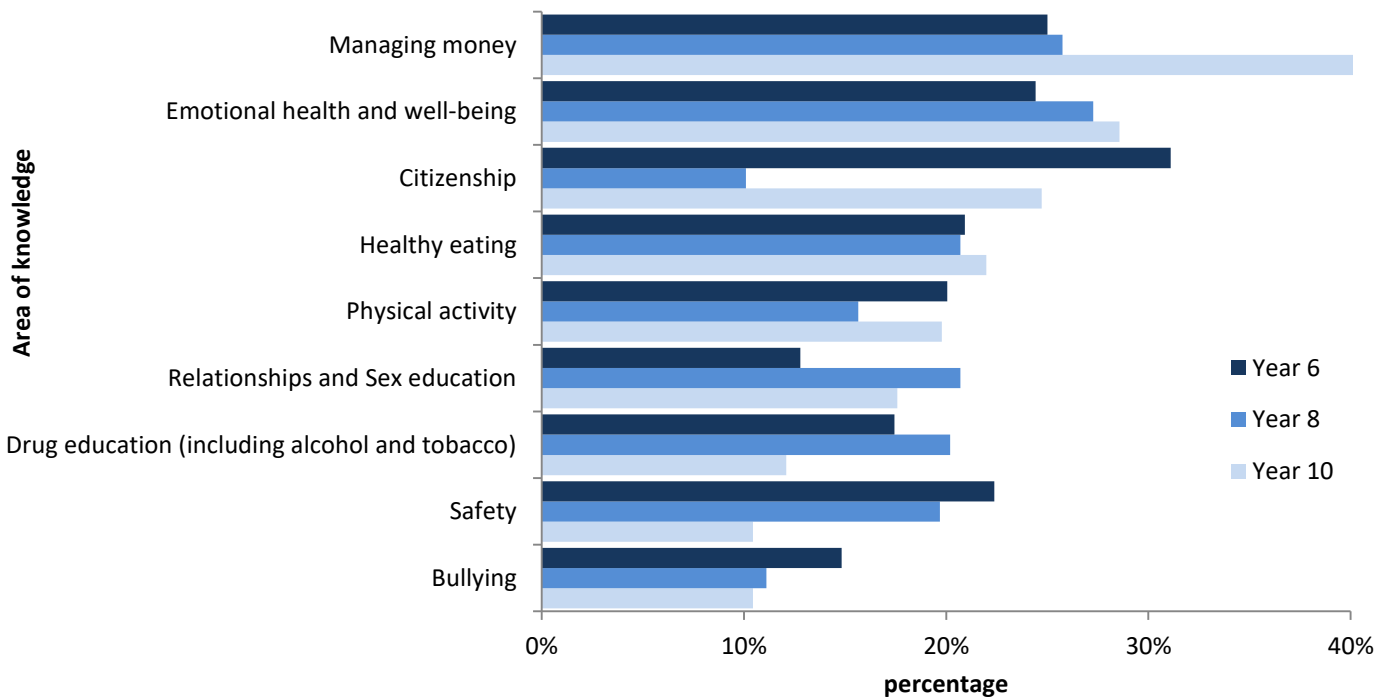


Figure 34

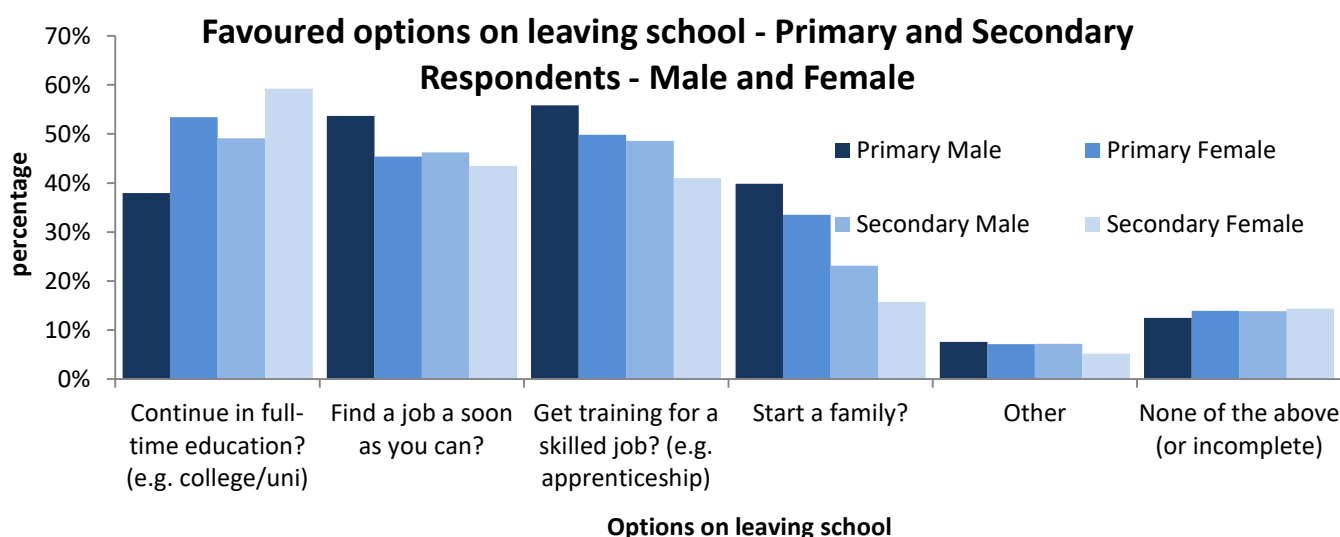
Areas of Knowledge - Percentage responding 'Would Like to Know More' - Female - Year 6, 8 and 10



16.2 Future

Respondents were asked what they would like to do when they left school. The majority of primary males wanted to get training for a skilled job (55.8%) and find a job as soon as they could (53.7%). The majority of primary females want to stay in education (53.4%) and get training for a skilled job (49.9%). For secondary males and females the majority wanted to continue in full time education (49.1% and 59.2% respectively) with 48.6% of secondary males wanting training for a skilled job and 43.%% of secondary females wanting a job as soon as they can. Interestingly, a higher proportion of males in both primary and secondary wanted to start a family as compared to females. Nationally 80.6% stated that would like to go on to full time education at college or university (The Children's Society Household Panel Survey, 2017). The Island's lower percentages in this area may reflect the need to go off the Island for further education:

Figure 35



The majority of all respondents were positive about the future with 72.4% of primary boys and 63.7% of primary girls and 66.2% of secondary males and 50.1% of secondary females agreeing or strongly agreeing with this. Around 5% in primary (5.4% boys, 5.0% girls) disagree or strongly disagree with this rising to 6.7% secondary boys and 13.3% of secondary girls. Nearly 80% of primary boys (79.1%) felt they had the right support for the future they want as well as 76.8% of primary girls, 72.0% of secondary boys and 61.6% of secondary girls. A minority disagreed or strongly disagreed with this with 3.3% of primary boys and 2.9% of primary girls stating this, rising to 4.6% of secondary boys and 9.5% of secondary girls.

Of those who were not positive about the future, in Year 10 70.9% worried about their appearance as compared to 36.0% who were more positive and interestingly, 72.7% did not get enough sleep to feel refreshed compared to 44.5% who were more positive about the future. In Year 8 66.7% worried about their appearance compared to only 6.9% who were more positive about the future. 41.7% did not feel safe at school compared to 7.1% who were more positive and 79.2% did not get enough sleep to feel refreshed compared with 32.1% who were more positive. In Year 6 a similar pattern is evident with 48.8% unhappy with the way they look compared to 17.3% who were more positive. 43.9% did not have

enough sleep compared to 19.4% with a more positive outlook for the future. A higher proportion of those not positive about the future had also experienced bullying and did not feel their life was worthwhile, evidencing the impact of young people's current experiences on their hopes and feelings about their future.

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