

Herefordshire Secondary Headlines

	Herefordshire				
	Yr 7	Yr 8	Yr 9	Yr 10	Yr 11
Boys	395	473	339	326	62
Girls	320	451	289	272	66

Background



ETHNICITY

83% of pupils described themselves as White British.

SPECIAL NEEDS

10% of pupils said they have a disability, long-term illness or health problem (12 months or more) which stops them doing everyday activities.

FAMILY

61% of pupils responded that they live with their mum and dad together.



14% of pupils responded that they live 'mainly or only' with their mum, while 2% said they live 'mainly or only' with their dad.

LIVING IN HEREFORDSHIRE

83% of pupils said they were either born in Herefordshire or moved here before they were 5 years old.

FREE SCHOOL MEALS

10% of pupils responded that they get free school meals, while 9% said they 'don't know' if they do and 3% said they could get them if they wanted.

YOUNG CARERS



10% of pupils said they look after someone in their family at home at least 'every week', while 34% said they 'sometimes' do.

Of the 1379 pupils who said they look after family members at home, 5% said their school knows about the caring they have to do at home and 56% said it doesn't.

5% of pupils said they look after family members at home because they are ill or have a physical disability.

2% of pupils said having to look after family members affects their school work, while 5% said they 'don't know' if it does.

Of the 1379 pupils who said they look after family members at home, 4% said doing so affects their school work and 80% said it doesn't.

5% of pupils said having to look after family members stops them doing the things they want to do, while 5% said they 'don't know' if it does.

Of the pupils who said they look after family members at home, 12% said doing so stops them

doing the things they want to do and 73% said it doesn't.

32% of pupils said they are happy about the caring they have to do at home, while 1% said they 'really don't want to do it'.

Of the pupils who said they look after family members at home, 71% said they are happy about it and 3% said they 'really don't want to do it'.

Healthy Lifestyles

BREAKFAST

16% of pupils responded that they didn't have anything for breakfast or before lessons on the day of the survey, while 6% said they had a cooked breakfast.



12% of pupils responded that they only had a drink for breakfast or before lessons on the day of the survey.

24% of pupils responded that they had toast or bread for breakfast or before lessons on the day of the survey, while 10% had fruit.

DRINKS

37% of pupils responded that they drank at least one hot drink with sugar on the day before the survey, while 49% said they had at least one sugary drink.

LUNCH

39% of pupils had a school lunch on the day before the survey, while 46% said they ate a packed lunch and 3% bought lunch from a takeaway or shop.

10% of pupils said they didn't have any lunch on the day before the survey.

FOODS

49% of pupils responded that they eat vegetables 'on most days', while 43% said the same of fresh fruit. 26% said that they eat crisps 'on most days'.

7% of pupils responded that they 'rarely or never' eat any meat; 8% said the same of fresh fruit.

5-A-DAY

10% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.



17% of pupils responded that they ate at least 5 portions of fruit or vegetables on the day before the survey.

48% of pupils said they have found information or education at school about how to cook or prepare a meal 'quite' or 'very' useful, while 10% have found it 'not at all useful' and 16% couldn't remember any.

WEIGHT



9% of pupils responded that they would like to put on weight.
45% of pupils responded that they would like to lose weight.
47% of pupils responded that they are happy with their weight as it is.

HEALTHY CHOICES

75% of pupils said they 'quite often' or 'very often/always' consider at least one of the things listed when choosing what to eat or drink.
48% of pupils said they at least 'quite often' consider how healthy the food/drink is for them when choosing what to eat or drink.

DENTAL HEALTH

81% of pupils responded that they cleaned their teeth at least twice the day before the survey.
2% of pupils responded that they did not clean their teeth at all on the day before the survey.
54% of pupils said they have visited the dentist since they went back to school in September.
2% of pupils responded that they have never been to the dentist.
89% of pupils said they had a check-up the last time they visited the dentist, while 14% said they had fillings.

ACTIVE TRAVEL

36% of pupils responded that they walked/scootered to school on the day of the survey.
39% of pupils responded that they travelled to school by car/van on the day of the survey.

EXERCISE

3% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey.
55% of boys and 44% of girls responded that they did physical activity on five days or more in the week before the survey.
15% of pupils responded that they didn't do any hard exercise which doing physical activity in the 7 days before the survey.
14% of pupils responded that they did hard exercise while doing physical activity on at least 5 days in the 7 days before the survey.



16% of pupils responded that they didn't do any hard exercise while doing physical activity for an hour or more in the week before the survey.

11% of pupils responded that they did hard exercise while doing physical activity for an hour or more on at least 5 days in the 7 days before the survey.

54% of pupils said they have found information or education at school about physical activity 'quite' or 'very' useful, while 8% have found it 'not at all useful' and 11% couldn't remember any.

Be Part of the Community

LEISURE TIME

73% of pupils responded that they went to parks or open spaces in their free time outside school in the last 4 weeks, while 45% said they went to a sports club or class (not school lessons or just watching).



55% of pupils said nothing stops them taking part in out of school activities like clubs.

18% of pupils said they're too busy doing other things to take part in out of school activities like clubs, while 15% said none of their friends go.

VOLUNTEERING

34% of pupils said they have taken part in at least some volunteering outside school over the last six months; 20% said they have done at least 'once a month' (incl. 'at least once a week').

BELONGING

62% of pupils responded that they 'fairly' or 'very' strongly feel that they belong to their school; 62% said the same of belonging to their neighbourhood.



Tobacco, Alcohol & Drugs

SMOKING

15% of pupils said they have smoked in the past or smoke now.
4% of pupils responded that they at least 'occasionally' smoke.
3% of pupils responded that they have smoked cigarettes in the last 7 days.
5% of Year 10+ pupils said they would like to cut down on smoking, while 5% said they don't want to.

VAPING

81% of pupils responded that they have never vaped/used e-cigarettes.
5% of pupils responded that they vape/use e-cigarettes at least 'sometimes' (more than once a month).
3% of Year 10+ pupils said they would like to cut down on vaping, while 6% said they don't want to.

ALCOHOL

45% of pupils responded that they have had a whole alcoholic drink (not just a sip).
16% of pupils responded that they had an alcoholic drink in the last 7 days.
4% of pupils responded that they drank beer or



lager in the 7 days before the survey, while 3% drank spirits.

9% of pupils said their parents/guardians bought/gave them alcohol in the last 7 days, while 4% said friends/family over 18 bought it/gave it to them.

16% of pupils said they have been drunk at some point; 6% said they have been within the last four weeks.

Of the 1387 pupils who said they have had a whole alcoholic drink, 34% said they have been drunk at some point; 12% said they have been within the last four weeks.

61% of pupils responded that they do not drink alcohol (or have never drunk alcohol).

26% of pupils responded that they do drink alcohol and their parents 'always' know, while 7% said their parents 'usually' know.

This works out as 65% of those who drink alcohol responding that their parents 'always' know.

6% of pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

This works out as 15% of those who drink alcohol responding that their parents 'never' or only 'sometimes' know.

6% of Year 10+ pupils said they would like to cut down on drinking alcohol, while 35% said they don't want to.

DRUGS

6% of pupils said they have taken drugs, while 4% said they are 'not sure' if they have. 3% said they have taken drugs in the last month.

5% of pupils said they have used cannabis and 1% said they have used nitrous oxide.

2% of pupils said they have taken drugs listed in Q39 and alcohol on the same occasion, while 1% said they 'don't know' if they have.

1% of pupils said they have taken two or more of the drugs listed in Q39 on the same occasion, while 1% said they 'don't know' if they have.

3% of Year 10+ pupils said they would like to cut down on using illegal drugs, while 5% said they don't want to.

37% of pupils said they have found information or education at school about drugs education (incl. alcohol and tobacco) 'quite' or 'very' useful, while 13% have found it 'not at all useful' and 19% couldn't remember any.

Emotional Health & Wellbeing

HAPPINESS



22% of pupils responded that they are 'not happy at all' or 'not very happy' with their life at the moment.

57% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

HELP AND SUPPORT

26% of pupils said they or their family have asked for help with their mental health, while 20% said they 'don't know' if they have.

12% of pupils said they/their family have asked for support from school with their mental health; 11% said they have asked for support from a therapist/counsellor.

28% of pupils said they have used 1-1 support at school, while 7% said they would like to use it but it hasn't been offered to them.



Of the 810 pupils who have used 1-1 support at school, 57% said it helped them.

8% of pupils said they have used self-esteem sessions at school, while 6% said they would like to use them but they haven't been offered to them.

Of the 224 pupils who have used self-esteem sessions at school, 37% said they helped them.

8% of pupils said they have used mentoring sessions at school, while 4% said they would like to use them but they haven't been offered to them.

Of the 219 pupils who have used mentoring sessions at school, 54% said they helped them.

13% of pupils said they have used quiet spaces outside of normal classrooms at school, while 13% said they would like to use them but they haven't been offered to them.

Of the 373 pupils who have used quiet spaces outside of normal classrooms at school, 68% said they helped them.

WORRYING

81% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 20% of boys and 42% of girls worry about more than 5.

44% of pupils responded that they worry about school-work problems or exams and tests 'quite a lot' or 'a lot', while 44% worry about the way they look.

PROBLEM SOLVING

33% of pupils responded that they watch TV, DVDs or online videos when they have a problem, while 45% said they talk to someone about it and 10% said they cut or hurt themselves.

WEMWBS

12% of pupils had a low score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

9% of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

57% of pupils responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 48% said they have been feeling optimistic about the future 'rarely' or 'none of the time'.

RESILIENCE



38% of pupils had a low measure of resilience (up to 16).

13% of pupils had a high measure of resilience (24+).

43% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 28% said they get upset and feel bad for ages.

51% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 31% ask for help and 18% give up.

WORRY AND ANXIETY



72% of pupils said that, if they were worried about something, they know an adult they trust who they can talk to, while 12% said they don't.

21% of pupils said worry and anxiety don't affect their life 'at all', while 27% said they can 'usually deal with any feelings of worry'.

35% of boys and 67% of girls said worry and anxiety at least 'sometimes' stop them from concentrating on or enjoying other things.

40% of pupils said any feelings of worry or anxiety have got worse since the coronavirus happened.

8% of pupils said any feelings of worry or anxiety have got better since the coronavirus happened.

28% of pupils said they have found information or education at school about emotional health and wellbeing 'quite' or 'very' useful, while 21% have found it 'not at all useful' and 19% couldn't remember any.

UPSETTING OR STRESSFUL EVENTS

41% of pupils said there has been shouting and arguing at home between adults and children at some point; 10% said there has been punching, slapping or other physically hurtful behaviour at home between adults and children.

6% of pupils responded that they have had a new family member (baby/adopted/new partner for mum/dad) in the last year, while 12% said they have experienced the death of someone important to them.

99% of pupils said they have experienced at least one of the stressful/upsetting events listed in Q65 at some point; 65% said they have experienced them 'this year'.

12% of pupils said they have experienced at least three of the stressful/upsetting events either 'this year' or 'last year'.

Year 10+: Relationships & Sexual Health

CONTRACEPTION AND ADVICE

94% of Year 10+ pupils said they know how to protect themselves from getting a sexually transmitted infection.

91% of Year 10+ pupils said they know how to prevent an unplanned pregnancy.

72% of Year 10+ pupils said that, if they needed more advice about sexual health, they know where to go.

NEGATIVE RELATIONSHIPS

30% of boys and 44% of girls in Year 10+ responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.

CONSENT

93% of Year 10+ pupils said that, to them, consent means 'agreeing to do something of your own free will'.

92% of Year 10+ pupils said it is important to get your partner's consent before engaging in sexual activity.

92% of Year 10+ pupils said that, once consent has been given, someone can change their mind and withdraw consent at the time of sexual activity, while 1% said you can't.



SEXUAL RELATIONSHIPS

17% of Year 10+ pupils responded that they are either in a sexual relationship or have had sex in the past.

3% of Year 10+ pupils responded that they have had sex and 'never' used a method of protection or contraception, while 4% said they only 'sometimes' did.

6% of Year 10+ pupils responded that they have had sex and 'always' used a method of protection or contraception.

6% of Year 10+ pupils responded that they have taken risks with sex after drinking alcohol or using drugs, while 2% said they are 'not sure' if they have.

33% of pupils said they have found information or education at school about sex and relationships education 'quite' or 'very' useful, while 19% have found it 'not at all useful' and 19% couldn't remember any.

Safety and Bullying

FEELING SAFE

76% of pupils said they 'usually' or 'always' feel safe at school and 41% said the same of going out after dark in their local area.

25% of pupils 'never' feel safe when doing out after dark in their local area.

50% of pupils said they have found information or education at school about safety 'quite' or 'very' useful, while 9% have found it 'not at all useful' and 12% couldn't remember any.

BULLYING AND HARASSMENT



31% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

7% of pupils responded that they 'quite' or 'very' often feel afraid of going to school because of bullying.

20% of pupils responded that they have been bullied at or near school in the last 12 months; 13% said they 'don't know' if they have been.

3% of pupils responded that they have bullied someone else at school in the last 12 months; 10% said they 'don't know' if they have.

27% of pupils responded that their school deals with bullying either 'not at all' or 'badly', while 35% said they 'don't know'.

31% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 8% said that bullying is not a problem in their school.

30% of pupils said they have found information or education at school about bullying 'quite' or 'very' useful, while 22% have found it 'not at all useful' and 18% couldn't remember any.

CRIME AND HARASSMENT



6% of pupils said they have been physically attacked at home/in their local area in the last month and 10% said they have been verbally abused or threatened.

7% of pupils said they have been physically attacked at school in the last month and 11% said they have been verbally abused or threatened.

29% of pupils said they have been the victim of at least one of the behaviours listed in Q73a/b; 9% said they have been the victim of such behaviour both at school and at home/local area.

7% of pupils said they have been a victim of crime in the last 12 months and didn't report it to the police, teachers or anyone in authority, while 5% said they have been a victim and did report it.

Of the 328 pupils who indicated that they have been a victim of crime in the last 12 months, 59% said they didn't report it to the police, teachers or anyone in authority.

INTERNET SAFETY

44% of boys and 35% of girls said they chat to other people who they don't know in real life and 10% of boys and 30% of girls said they have got a chat message or picture that scared them or made them upset.



23% of boys and 43% of girls said they have received a hurtful, unwanted or nasty message or picture online and 5% of boys and 8% of girls said someone has posted private information about them (incl. pictures).

18% of boys and 39% of girls said someone they didn't know has asked to see pictures of them.

4% of boys and 13% of girls said someone (online or in person) threatened or pressured them to send a picture of video of themselves or show themselves on webcam.

58% of boys and 75% of girls said they have blocked someone because of something upsetting that happened online.

School and Your Future

SCHOOL LESSONS

23% of pupils said they have found information or education at school about PSHE 'quite' or 'very' useful.

15% of pupils responded that they have found information or education at school about citizenship 'quite' or 'very' useful.

14% of pupils said they have found information or education at school about careers education 'not at all useful'.

17% of pupils responded that they have found information or education at school about managing money 'not at all useful'.

FUTURE PLANS

32% of Year 10+ pupils said they have had enough information and guidance about their options after Year 11, including apprenticeships, while 35% said they haven't.

IMPROVEMENT

79% of pupils said more fun/interesting lessons might help them to do better in school.

38% of pupils said a quieter/better behaved class or group might help them to do better in school.