

| Herefordshire | |
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| | Yr 12+ (FE) |
| Males | 71 |
| Females | 92 |



Background

ETHNICITY

92% of students described themselves as White British.

SPECIAL NEEDS

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

FAMILY



64% of students responded that they live with their mum and dad together.

17% of students responded that they live 'mainly or only' with their mum, while 1% said they live 'mainly or only' with their dad.

LIVING IN HEREFORDSHIRE

80% of students said they were either born in Herefordshire or moved here before they were 5 years old.

FREE COLLEGE MEALS

8% of students responded that they get free college meals, while 8% said they 'don't know' if they do and 2% said they could get them if they wanted.

YOUNG CARERS



8% of students said they look after someone in their family at home at least 'every week', while 19% said they 'sometimes' do.

Of the 45 students who said they look after family members at home, 13% said their college knows about the caring they have to do at home and 58% said it doesn't.

4% of students said they look after family members at home because they are ill or have a physical disability.

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

Of the 45 students who said they look after family members at home, 7% said doing so affects their college work and 83% said it doesn't.

2% of students said having to look after family members stops them doing the things they want to do, while 4% said they 'don't know' if it does.

Of the students who said they look after family members at home, 9% said doing so stops them doing the things they want to do and 76% said it doesn't.

19% of students 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 students who said they look after family members at home, 71% said they are happy about it and 2% said they 'really don't want to do it'.

Healthy Lifestyles

BREAKFAST

17% of students responded that they didn't have anything for breakfast or before lessons on the day of the survey, while 8% said they had a cooked breakfast.



14% of students responded that they only had a drink for breakfast or before lessons on the day of the survey.

23% of students responded that they had toast or bread for breakfast or before lessons on the day of the survey, while 7% had fruit.

DRINKS

50% of students responded that they drank at least one hot drink with sugar on the day before the survey, while 46% said they had at least one sugary drink.

LUNCH

10% of students had a college lunch on the day before the survey, while 45% said they ate a packed lunch and 19% bought lunch from a takeaway or shop.

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

FOODS

61% of students responded that they eat vegetables 'on most days', while 43% said the same of fresh fruit. 23% said that they eat crisps 'on most days'.

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

5-A-DAY

12% of students responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

21% of students responded that they ate at least 5 portions of fruit or vegetables on the day before the survey.



20% of students said they have found information or education at college about how to cook or prepare a meal 'quite' or 'very' useful, while 14% have found it 'not at all useful' and 52% couldn't remember any.

WEIGHT



10% of students responded that they would like to put on weight.

48% of students responded that they would like to lose weight.

43% of students responded that they are happy with their weight as it is.

HEALTHY CHOICES

78% of students said they 'quite often' or 'very often/always' consider at least one of the things listed when choosing what to eat or drink.

61% of students said they at least 'quite often' consider how healthy the food/drink is for them when choosing what to eat or drink.

DENTAL HEALTH

73% of students responded that they cleaned their teeth at least twice the day before the survey.

2% of students responded that they did not clean their teeth at all on the day before the survey.

45% of students said they have visited the dentist since they went back to college in September.

1% of students responded that they have never been to the dentist.

92% of students said they had a check-up the last time they visited the dentist, while 14% said they had fillings.

ACTIVE TRAVEL

34% of students responded that they walked/scootered to college on the day of the survey.

37% of students responded that they travelled to college by car/van on the day of the survey.

EXERCISE

11% of boys and 8% of girls responded that they didn't do any physical activity in the week before the survey.

39% of boys and 47% of girls responded that they did physical activity on five days or more in the week before the survey.

31% of students responded that they didn't do any hard exercise which doing physical activity in the 7 days before the survey.

11% of students responded that they did hard exercise while doing physical activity on at least 5 days in the 7 days before the survey.

31% of students 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 students 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.

27% of students said they have found information or education at college about physical activity 'quite' or 'very' useful, while 12% have found it 'not at all useful' and 32% couldn't remember any.

Be Part of the Community

LEISURE TIME

61% of students responded that they went to parks or open spaces in their free time outside college in the last 4 weeks, while 24% said they went to a sports club or class (not college lessons or just watching).

42% of students said nothing stops them taking part in out of college activities like clubs.

32% of students said they're too busy doing other things to take part in out of college activities like clubs, while 13% said none of their friends go.



VOLUNTEERING

35% of students said they have taken part in at least some volunteering outside college over the last six months; 18% said they have done at least 'once a month' (incl. 'at least once a week').

BELONGING



71% of students responded that they 'fairly' or 'very' strongly feel that they belong to their college; 60% said the same of belonging to their neighbourhood.

Tobacco, Alcohol & Drugs

SMOKING

30% of students said they have smoked in the past or smoke now.

10% of students responded that they at least 'occasionally' smoke.

7% of students responded that they have smoked cigarettes in the last 7 days.

9% of FE students said they would like to cut down on smoking, while 4% said they don't want to.

VAPING

68% of students responded that they have never vaped/used e-cigarettes.

7% of students responded that they vape/use e-cigarettes at least 'sometimes' (more than once a month).

2% of FE students said they would like to cut down on vaping, while 5% said they don't want to.

ALCOHOL

80% of students responded that they have had a whole alcoholic drink (not just a sip).

48% of students responded that they had an alcoholic drink in the last 7 days.

14% of students responded that they drank beer or lager in the 7 days before the survey, while 18% drank spirits.

25% of students said their parents/guardians bought/gave them alcohol in the last 7 days, while 8% said friends/family over 18 bought it/gave it to them.

49% of students said they have been drunk at some point; 22% said they have been within the last four weeks.

Of the 135 students who said they have had a whole alcoholic drink, 61% said they have been drunk at some point; 27% said they have been within the last four weeks.

24% of students responded that they do not drink alcohol (or have never drunk alcohol).

52% of students responded that they do drink alcohol and their parents 'always' know, while 19% said their parents 'usually' know.

This works out as 69% of those who drink alcohol responding that their parents 'always' know.

4% of students responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

This works out as 6% of those who drink alcohol responding that their parents 'never' or only 'sometimes' know.

7% of FE students said they would like to cut down on drinking alcohol, while 48% said they don't want to.

DRUGS

20% of students said they have taken drugs, while 2% said they are 'not sure' if they have. 5% said they have taken drugs in the last month.

17% of students said they have used cannabis



and 2% said they have used nitrous oxide.

11% of students said they have taken drugs listed in Q39 and alcohol on the same occasion, while 0% said they 'don't know' if they have.

2% of students 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.

2% of FE students said they would like to cut down on using illegal drugs, while 2% said they don't want to.

27% of students said they have found information or education at college about drugs education (incl. alcohol and tobacco) 'quite' or 'very' useful, while 18% have found it 'not at all useful' and 28% couldn't remember any.

Emotional Health & Wellbeing

HAPPINESS



23% of students responded that they are 'not happy at all' or 'not very happy' with their life at the moment.

54% of students responded that they are 'quite' or 'very' happy with their life at the moment.

HELP AND SUPPORT

38% of students said they or their family have asked for help with their mental health, while 12% said they 'don't know' if they have.

23% of students said they/their family have asked for support from college with their mental health; 21% said they have asked for support from a therapist/counsellor.

35% of students said they have used 1-1 support at college, while 4% said they would like to use it but it hasn't been offered to them.

Of the 57 students who have used 1-1 support at college, 63% said it helped them.

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

Of the 10 students who have used self-esteem sessions at college, 60% said they helped them.

27% of students said they have used mentoring sessions at college, while 1% said they would like to use them but they haven't been offered to them.

Of the 44 students who have used mentoring sessions at college, 70% said they helped them.



21% of students said they have used quiet spaces outside of normal classrooms at college, while 9% said they would like to use them but they haven't been offered to them.

Of the 35 students who have used quiet spaces outside of normal classrooms at college, 86% said they helped them.

WORRYING

84% of students responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 22% of boys and 53% of girls worry about more than 5.

49% worry about the way they look.

PROBLEM SOLVING

38% of students responded that they watch TV, DVDs or online videos when they have a problem, while 57%

said they talk to someone about it and 10% said they cut or hurt themselves.

WEMWBS

8% of students had a low score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

10% of students had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

54% of students responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 33% said they have been feeling optimistic about the future 'rarely' or 'none of the time'.

RESILIENCE

26% of students had a low measure of resilience (up to 16).

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

57% of students responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 29% said they get upset and feel bad for ages.

51% of students responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 43% ask for help and 16% give up.



WORRY AND ANXIETY

74% of students said that, if they were worried about something, they know an adult they trust who they can talk to, while 11% said they don't.

16% of students said worry and anxiety don't affect their life 'at all', while 26% said they can 'usually deal with any feelings of worry'.

38% of boys and 69% of girls said worry and anxiety at least 'sometimes' stop them from concentrating on or enjoying other things.

36% of students said any feelings of worry or anxiety have got worse since the coronavirus happened.

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

28% of students said they have found information or education at college about emotional health and wellbeing 'quite' or 'very' useful, while 19% have found it 'not at all useful' and 22% couldn't remember any.

UPSETTING OR STRESSFUL EVENTS

44% of students 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.

4% of students 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 students said they have experienced at least one of the stressful/upsetting events listed in Q65 at some point; 66% said they have experienced them 'this year'.

7% of students said they have experienced at least three of the stressful/upsetting events either 'this year' or 'last year'.

Relationships & Sexual Health

CONTRACEPTION AND ADVICE

96% of students said they know how to protect themselves from getting a sexually transmitted infection.

96% of students said they know how to prevent an unplanned pregnancy.
71% of students said that, if they needed more advice about sexual health, they know where to go.

NEGATIVE RELATIONSHIPS

24% of boys and 42% of girls in FE 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 FE students said that, to them, consent means 'agreeing to do something of your own free will'.

94% of Year 10+ students said it is important to get your partner's consent before engaging in sexual activity.

93% of FE students said that, once consent has been given, someone can change their mind and withdraw consent at the time of sexual activity, while 3% said you can't.



SEXUAL RELATIONSHIPS

41% of FE students responded that they are either in a sexual relationship or have had sex in the past.

4% of FE students responded that they have had sex and 'never' used a method of protection or contraception, while 6% said they only 'sometimes' did.

24% of FE students responded that they have had sex and 'always' used a method of protection or contraception.

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

28% of students said they have found information or education at college about sex and relationships education 'quite' or 'very' useful, while 16% have found it 'not at all useful' and 31% couldn't remember any.

Safety and Bullying

FEELING SAFE

87% of students said they 'usually' or 'always' feel safe at college and 49% said the same of going out after dark in their local area.

26% of students 'never' feel safe when doing out after dark in their local area.

34% of students said they have found information or education at college about safety 'quite' or 'very' useful, while 14% have found it 'not at all useful' and 24% couldn't remember any.

BULLYING AND HARASSMENT

12% of students responded that they feel afraid of going to college because of bullying at least 'sometimes'.

4% of students responded that they 'quite' or 'very' often feel afraid of going to college because of bullying.

5% of students responded that they have been bullied at or near college in the last 12 months; 6% said they 'don't know' if they have been.

3% of students responded that they have bullied someone else at college in the last 12 months; 1% said they 'don't know' if they have.



9% of students responded that their college deals with bullying either 'not at all' or 'badly', while 40% said they 'don't know'.

19% of students responded that their college deals with bullying 'quite' or 'very' well, while 32% said that bullying is not a problem in their college.

23% of students said they have found information or education at college about bullying 'quite' or 'very' useful, while 19% have found it 'not at all useful' and 31% couldn't remember any.

CRIME AND HARASSMENT

2% of students said they have been physically attacked at home/in their local area in the last month and 9% said they have been verbally abused or threatened.

0% of students said they have been physically attacked at college in the last month and 3% said they have been verbally abused or threatened.

20% of students said they have been the victim of at least one of the behaviours listed in Q73a/b; 6% said they have been the victim of such behaviour both at college and at home/local area.



10% of students 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 1% said they have been a victim and did report it.

Of the 17 students who indicated that they have been a victim of crime in the last 12 months, 88% said they didn't report it to the police, teachers or anyone in authority.



INTERNET SAFETY

61% of boys and 41% of girls said they chat to other people who they don't know in real life and 15% of boys and 38% of girls said they have got a chat message or picture that scared them or made them upset.

31% of boys and 52% of girls said they have received a hurtful, unwanted or nasty message or picture online and 8% of boys and 9% of girls said someone has posted private information about them (incl. pictures).

29% of boys and 52% of girls said someone they didn't know has asked to see pictures of them.

0% of boys and 26% 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.

68% of boys and 78% of girls said they have blocked someone because of something upsetting that happened online.

College and Your Future

COLLEGE LESSONS

21% of students said they have found information or education at college about PSHE 'quite' or 'very' useful.

14% of students responded that they have found information or education at college about citizenship 'quite' or 'very' useful.

8% of students said they have found information or education at college about careers education 'not at all useful'.

18% of students responded that they have found information or education at college about managing money 'not at all useful'.

CURRENT STATUS

96% of students said they are currently at college, while 1% are in an apprenticeship and 1% are in full-time employment.

FUTURE PLANS

50% of students said they plan to go to University next.

