

# Children & Young People's Quality of Life Survey 2021

## A summary report of the Health Related Behaviour Survey 2021

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Herefordshire in the summer term 2021.

The work was commissioned by Herefordshire Council on behalf of the Children and Young People's Partnership, following a recommendation in the 2018 children's integrated needs assessment. It was designed to provide robust information to inform plans and strategies, as part of the joint strategic needs assessment (JSNA).

The survey was originally planned for Spring 2020, but delays due to the coronavirus

pandemic mean that it now provides a post-covid baseline.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 4 - 6 pupils completed the primary version (some questions were only asked of Year 6 pupils) and pupils in Years 7 - 11 completed the secondary version of the questionnaire (again some questions were only asked of older pupils). Students in sixth form completed the FE version. All were undertaken anonymously. Schools were given the choice of using online or paper-based questionnaires.

In 2021 a total of 4,895 pupils took part in 25 primary schools and 11 secondary schools and 2 FE settings in Herefordshire. An adapted survey was also undertaken in a special school.

### Inequalities

Differences between pupils with different backgrounds have been explored on page 9.

### Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on page 8 of this document, so that behaviour can be seen across the age range.

### 4895 young people were involved in the survey:

School Year	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	FE	Total
Age	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-18	
Boys	243	269	273	395	473	339	326	62	71	2451
Girls	216	250	257	320	451	289	272	66	92	2213
Total	476	537	546	768	965	659	642	133	169	4895

231 pupils didn't select male or female.

For more details please contact

# SHEU

The Schools Health Education Unit Tel. 01392 667272

### Topics include

Citizenship

COVID-19

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure

Physical Activity

Puberty and Growing Up

Safety

School

Relationships and sexual health



**Understanding Herefordshire**  
People and places



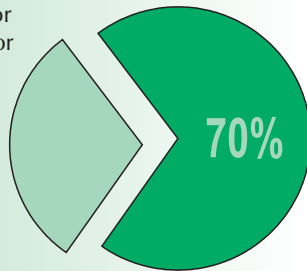
**Herefordshire Council**

# Herefordshire primary school pupils in Year 4 - Year 6 (1,559 aged 8 - 11)

## CITIZENSHIP

### Background

- 86% of pupils described themselves as White British. 6% described themselves as Eastern European, 3% said they were Asian, British Asian or Chinese, 3% said they were mixed or multiple backgrounds.
- 70% of pupils said that they were born in Herefordshire, 15% said they moved here before they were 5 years old.
- 6% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 10% said that they look after someone at home 'every week' or 'every day'. 8% looked after children younger than themselves; 5% looked after adults.



### Belonging

- 48% said that they 'very strongly' felt that they belong to their school, 40% said this about their neighbourhood, 46% said this of Herefordshire and 53% said this of Britain.

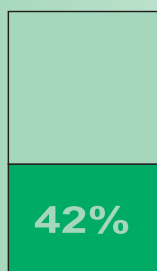
### Views

- 56% of Year 6 pupils said they have chances to give their views about life in school and they use them. 27% said they have chances but don't use them and 17% said they don't have chance to give their views.
- 40% of Year 6 pupils said they have chances to give their views about their community and environment and they use them. 32% said they have chances but don't use them and 27% said they don't have chance to give their views.

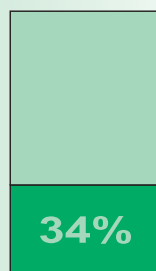
## EMOTIONAL HEALTH & WELLBEING

### Happy with life

- 10% of boys and 14% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 42% of boys and 34% of girls said they were 'very happy with life at the moment'.



Boys

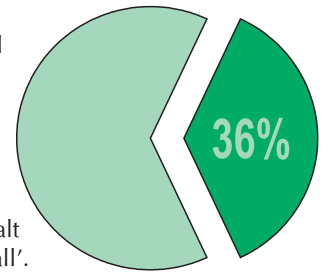


Girls

- 63% of Year 6 pupils said that if they had a problem, they would talk to someone about it. 29% said they would think about it on their own and 9% said they would seek help from online friends/group chats.

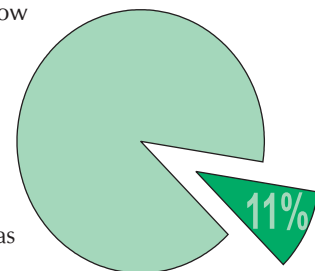
## Bullying

- 19% said they had been bullied at or near school in the last 12 months.
- 36% of pupils said that they feel afraid of going to school because of bullying at least 'sometimes'.
- 23% of pupils said that bullying wasn't a problem in their school. 8% said their school dealt with bullying 'badly' or 'not at all'. 52% of pupils said that their school dealt with bullying 'quite' or 'very well'.
- 6% said they had bullied someone else at school in the last 12 months.
- 13% of Year 4/5 and 14% of Year 6 pupils reported that they thought they were bullied because of the way they looked. 12% of Year 4/5 and 13% of Year 6 said because of their size or weight. (Slightly different Year 6 questions)
- 11% of Year 4/5 and 10% of Year 6 said they thought they were bullied for 'being different'. 8% of Year 4/5 and 5% of Year 6 said they thought it was because of their name or family background.
- 66% of Year 6 pupils said that the information they receive from school about bullying is 'quite' or 'very useful'. 23% said they 'hadn't had any' or it wasn't useful.



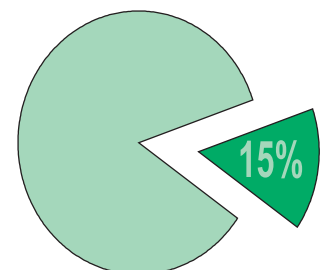
## Wellbeing

- 25% of pupils had low or medium low combined scores on the Stirling Children's wellbeing scale.
- 11% of pupils had wellbeing scores that are indicative of poor mental health.
- The highest worry reported by 38% of pupils for 'quite a lot' or 'a lot' was COVID-19/coronavirus.
- 30% worried about the Environment and climate change. 29% worried about being safe on the roads and 29% worried about the physical or mental health of someone in their family.
- 28% of boys worried about their future e.g. where they live, getting a job etc. 34% of girls worried about the way they look.
- 32% of Year 6 boys and 37% of Year 6 girls would like to lose weight.

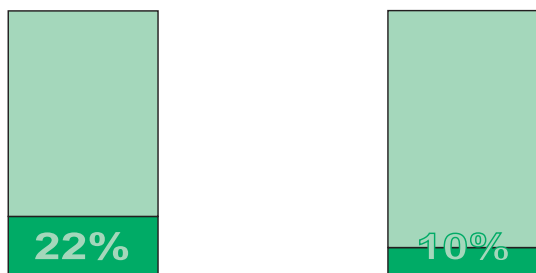


## HEALTHY EATING AND DRINKING

- 4% of pupils had nothing to eat or drink for breakfast on the day of the survey. 48% of pupils had cereal and 31% had toast, bagel, croissant etc.
- 40% of pupils said that they had a drink at breakfast time.
- 10% of pupils have chips/roast potatoes, 37% crisps and 31% sweets and chocolates 'on most days'.
- 57% eat fresh fruit, 14% salads and 51% vegetables 'on most days'.
- 66% of pupils had a packed lunch the day before; 33% had a school lunch.
- 46% of pupils had at least one sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) the day before; 15% had at least 2-3.



- 22% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 10% had eaten none.

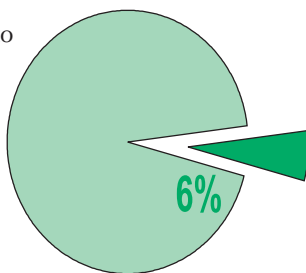


5+ portions

None

### Dentist

- 3% said they have never been to the dentist. 52% hadn't been to the dentist in this academic year.
- 83% had a check up on their last visit to the dentist, 23% had fillings 6% had a decayed tooth removed, 8% had teeth taken out for other reasons.



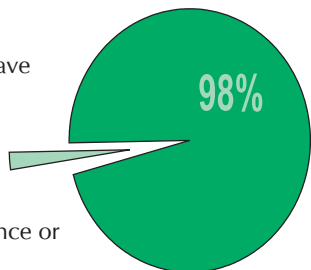
## ALCOHOL AND SMOKING/VAPING

### Alcohol - Year 6 only

- 14% of Year 6 pupils said they have had an alcoholic drink (more than just a sip). 2% had a drink in the last 7 days.
- Of those who drink alcohol 10% said their parents 'always' know if they do, 1% said their parents 'sometimes' know about it.

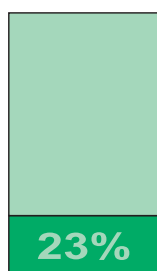
### Smoking/vaping - Year 6 only

- 98% of Year 6 pupils said they have never smoked at all.
- 1% of pupils didn't want to say if they had smoked during the last seven days.
- 1% of pupils have tried vaping once or twice; 2% didn't want to say.

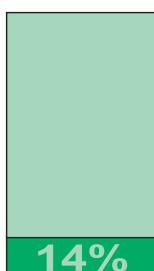


## LEISURE AND PHYSICAL ACTIVITY

- 32% of pupils said that they did physical activity every day the previous week. 19% said they did this on 1 or 2 days and 3% said none.
- 23% of Year 6 boys and 14% of Year 6 girls reported that they took part in hard exercise on at least 5 days in the previous week.



Year 6 Boys



Year 6 Girls

- 37% of pupils walked/scooted to school on the day of the survey. 4% travelled by bike but 59% came by car. When asked why they didn't walk or cycle, 33% said they live too

far away, 11% said their parents/carers drop them on the way to work. 6% said it wasn't safe to walk or cycle.

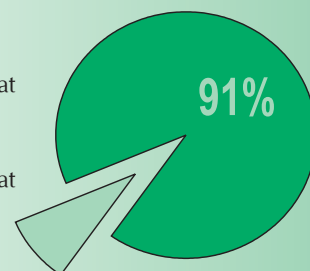
- 64% of pupils said that they have had chances to give their views about leisure opportunities.
- 51% of Year 6 pupils said that giving their views about leisure opportunities makes no difference to what happens. 31% said it makes a little difference and 17% said it makes 'quite a lot' or 'a big difference' to what happens.
- 72% of pupils said they have been to parks or open spaces in their free time in the last 4 weeks.
- The top five other activities for pupils were:

Boys	Y4	Y6	Girls	Y4	Y6
Sports club or class	48%	51%	Sports club or class	51%	46%
Swimming	30%	19%	Swimming	31%	16%
Art, craft, dance etc.	21%	10%	Art, craft, dance etc.	42%	30%
Music group/ lessons	21%	14%	Music group/ lessons	35%	21%
Youth centre/club (scouts etc.)	24%	13%	Youth centre/club (guides etc.)	19%	14%

- When asked what things stopped them from taking part in activities, other than COVID-19, 15% said they were too busy doing other things. 14% said there was nothing they wanted to do and 8% said none of their friends go.

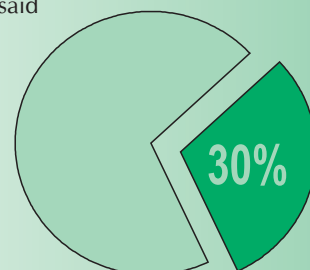
## SAFETY

- 91% of pupils said that they 'usually' or 'always' feel safe at home.
- 83% of pupils said that they 'usually' or 'always' feel safe at school.
- 33% of pupils said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 25% of Year 6 pupils can remember actual times when they were worried about their home being broken into. 20% said they were worried about being involved in a road accident and 17% said they had been worried about someone damaging their belongings on purpose.



## INTERNET SAFETY

- 85% of pupils play games online. 69% of pupils said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 8% said 'never'.
- 30% of Year 6 pupils said they have seen/received something online that was offensive, worried them or made them feel upset.
- When this happened, 16% said they told/showed their parents, 16% said they blocked them but 6% deleted it without showing anyone.
- 82% of Year 6 pupils said that their lessons on safety had been 'quite' or 'very useful'.
- 96% of pupils said that they have been taught how to keep themselves safe online.

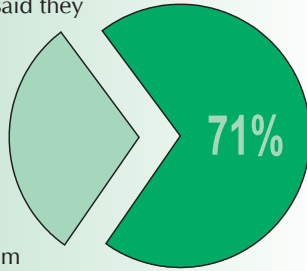


# Herefordshire secondary school pupils in Year 7 - Year 11 (3,167 aged 11 - 16)

## CITIZENSHIP

### Background

- 83% of pupils described themselves as White British. 6% described themselves as Eastern European, 2% said they were Asian or British Asian, 3% said they were mixed or multiple backgrounds.
- 71% of pupils said that they were born in Herefordshire, 12% said they moved here before they were 5 years old.
- 10% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 10% said that they look after someone at home 'every week' or 'every day'. 7% looked after children younger than themselves; 4% looked after adults.



### Belonging

- 20% said that they 'very strongly' felt that they belong to their school, 26% said this about their neighbourhood, 27% said this of Herefordshire and 39% said this of Britain.

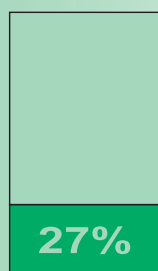
### Views

- 38% of secondary pupils said they have chances to give their views about life in school and they use them. 42% said they have chances but don't use them and 20% said they don't have chance to give their views.
- 28% of secondary pupils said they have chances to give their views about their community and environment and they use them. 42% said they have chances but don't use them and 29% said they don't have chance to give their views.

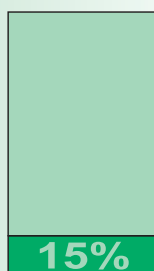
## EMOTIONAL HEALTH & WELLBEING

### Happy with life

- 13% of boys and 28% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 27% of boys and 15% of girls said they were 'very happy with life at the moment.'



Boys

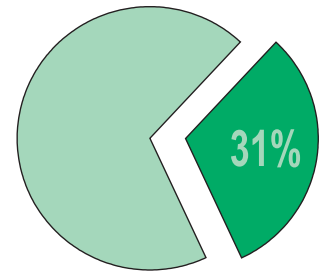


Girls

- 45% of pupils said that if they had a problem, they would talk to someone about it. 34% said they would think about it on their own and 8% said they would seek help from online friends/group chats.

## Bullying

- 20% said they had been bullied at or near school in the last 12 months.
- 31% of pupils said that they feel afraid of going to school because of bullying at least 'sometimes'.
- 8% of pupils said that bullying wasn't a problem in their school. 27% said their school dealt with bullying 'badly' or 'not at all'. 31% of pupils said that their school dealt with bullying 'quite' or 'very well'.
- 3% said they had bullied someone else at school in the last 12 months.
- 25% of Year 8 and 28% of Year 10 pupils reported that they thought they were bullied because of the way they looked. 21% of Year 8 and 23% of Year 10 said because of their size or weight.
- 12% of Year 8 and 12% of Year 10 said they thought they were bullied for 'being different'. 10% of Year 8 and 12% of Year 10 said they it was because of their name or family background.
- 30% of pupils said that the information they receive from school about bullying is 'quite' or 'very useful'. 40% said they 'hadn't had any' or it wasn't useful.

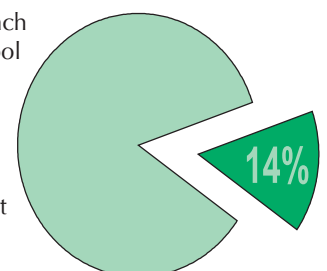


## Wellbeing

- 48% of pupils had low or medium low combined scores on the Warwick-Edinburgh Mental Wellbeing scale.
- 17% of pupils worried 'quite a lot' or 'a lot' about COVID-19/coronavirus.
- 19% worried about the Environment and climate change. 16% worried about being safe on the roads and 28% worried about the physical or mental health of someone in their family.
- 39% of boys worried about their future e.g. where they live, getting a job etc. 59% of girls worried about the way they look.
- 32% of boys and 57% of Year 10 girls would like to lose weight.

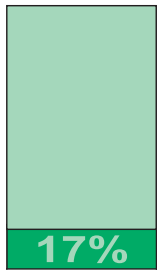
## HEALTHY EATING AND DRINKING

- 16% of pupils had nothing to eat or drink for breakfast on the day of the survey. 37% of pupils had cereal and 24% had toast, bagel, croissant etc.
- 44% of pupils said that they had a drink at breakfast time.
- 14% of pupils have chips/roast potatoes, 26% crisps and 22% sweets and chocolates 'on most days'.
- 43% eat fresh fruit, 17% salads and 49% vegetables 'on most days'.
- 46% of pupils had a packed lunch the day before; 39% had a school lunch.
- 50% of pupils had at least one sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) the day before; 14% had at least 2-3.

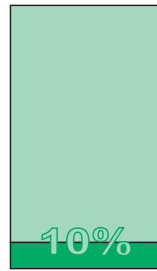




- 17% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 10% had eaten none.



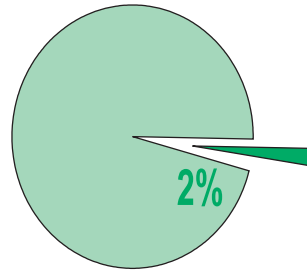
5 + portions



None

### Dentist

- 2% said they have never been to the dentist. 44% hadn't been to the dentist in this academic year.
- 89% had a check up on their last visit to the dentist, 14% had fillings 2% had a decayed tooth removed, 8% had teeth taken out for other reasons.



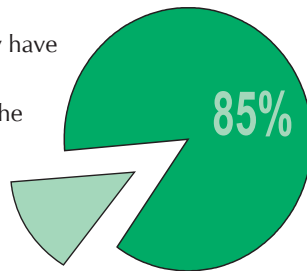
## DRUGS, ALCOHOL AND SMOKING/VAPING

### Drugs and Alcohol

- 6% said that they have taken drugs, 3% have used them in the last month.
- 10% of Year 8 and 28% of Year 10 pupils said they have had an alcoholic drink in the last 7 days.
- Of those who drink alcohol, 67% said their parents 'always' know if they do, 15% said their parents 'sometimes' or 'never' know about it.

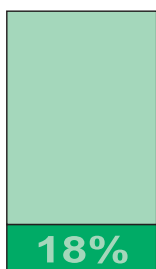
### Smoking/vaping

- 85% of secondary pupils said they have never smoked at all.
- 4% of pupils had smoked during the last seven days.
- 11% of pupils have tried vaping once or twice. 5% use them sometimes or more often; 3% didn't want to say.



## LEISURE AND PHYSICAL ACTIVITY

- 25% of pupils said that they did physical activity every day the previous week. 20% said they did this on 1 or 2 days and 3% said none.
- 18% of boys and 10% of girls reported that they took part in hard exercise on at least 5 days in the previous week.



Boys



Girls

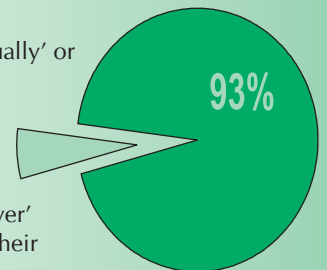
- 36% of pupils walked/scooted to school on the day of the survey. 4% travelled by bike but 39% came by car. When asked why they didn't walk or cycle, 44% said they live too far away, 11% said their parents/carers drop them on the way to work. 9% said it wasn't safe to walk or cycle.
- 67% of pupils said that they have had chances to give their views about leisure opportunities.
- 53% of pupils said that giving their views about leisure opportunities makes no difference to what happens. 32% said it makes a little difference and 14% said it makes 'quite a lot' or 'a big difference' to what happens.
- 73% of pupils said they have been to parks or open spaces in their free time in the last 4 weeks.
- The top five other activities for pupils were:

Boys	Y8	Y10	Girls	Y8	Y10
Sports club or class	50%	44%	Sports club or class	45%	40%
Swimming	18%	20%	Swimming	22%	13%
Cinema/theatre	12%	18%	Cinema/theatre	16%	22%
Music group/ lessons	13%	8%	Art, craft, dance etc	18%	15%
Youth centre/club (scouts etc.)	11%	8%	Music group/ lessons	17%	9%

- When asked what things stopped them from taking part in activities, other than COVID-19, 18% said they were too busy doing other things. 23% said there was nothing they wanted to do and 15% said none of their friends go.

## SAFETY

- 93% of pupils said that they 'usually' or 'always' feel safe at home.
- 76% of pupils said that they 'usually' or 'always' feel safe at school.
- 25% of pupils said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 21% of pupils can remember actual times when they were worried about their home being broken into. 14% said they were worried about being involved in a road accident and 22% said they had been worried about someone damaging their belongings on purpose.



## INTERNET SAFETY

- 82% of pupils said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 5% said 'never'.
- 15% of pupils have had hurtful comments posted about them on a social networking site.
- 11% said someone had used/changed a picture of them to humiliate them.
- 7% of pupils (18% of Year 10 girls) said they have sent sexual pictures of themselves to someone they know.
- 9% (23% of year 10 girls) said they had been pressured or threatened to send a picture or video, or to show themselves via a webcam.
- 67% said they have blocked someone because of something that had happened online.

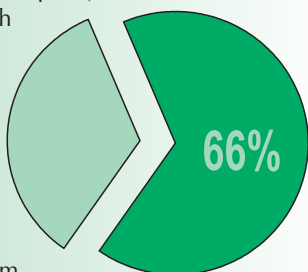


# Herefordshire FE students (169 aged 16 - 18)

## CITIZENSHIP

### Background

- 92% of students described themselves as White British. 1% described themselves as Eastern European, 1% said they were Asian or British Asian, 2% said they were mixed or multiple backgrounds.
- 66% of students said that they were born in Herefordshire, 14% said they moved here before they were 5 years old.
- 10% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 8% said that they look after someone at home 'every week' or 'every day'. 6% looked after children younger than themselves; 2% looked after adults.



### Belonging

- 24% said that they 'very strongly' felt that they belong to their college, 23% said this about their neighbourhood, 22% said this of Herefordshire and 37% said this of Britain.

### Views

- 38% of FE students said they have chances to give their views about life in college and they use them. 45% said they have chances but don't use them and 17% said they don't have chance to give their views.
- 17% of FE students said they have chances to give their views about their community and environment and they use them. 50% said they have chances but don't use them and 33% said they don't have chance to give their views.

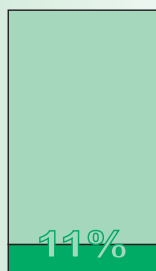
## EMOTIONAL HEALTH & WELLBEING

### Happy with life

- 13% of boys and 28% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 23% of boys and 11% of girls said they were 'very happy with life at the moment'.



Boys

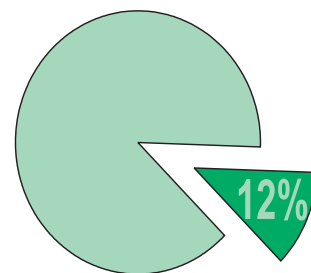


Girls

- 57% of students said that if they had a problem, they would talk to someone about it. 35% said they would think about it on their own and 9% said they would have an alcoholic drink.

## Bullying

- 6% said they had been bullied at or near college in the last 12 months.
- 12% of students said that they feel afraid of going to college because of bullying at least 'sometimes'.
- 32% of students said that bullying wasn't a problem in their college. 9% said their college dealt with bullying 'badly' or 'not at all'. 20% of students said that their college dealt with bullying 'quite' or 'very well'.
- 3% said they had bullied someone else at college in the last 12 months.
- 13% of girls and 5% of boys reported that they thought they were bullied because of the way they looked. 12% of girls and 6% of boys said because of their size or weight.
- 4% said they thought they were bullied for 'being different'. 3% said they thought it was because of their name or family background.
- 23% of students said that the information they receive from college about bullying is 'quite' or 'very useful'. 50% said they 'hadn't had any' or it wasn't useful.

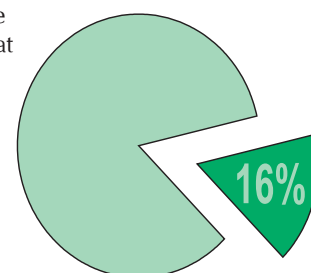


## Wellbeing

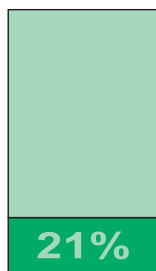
- 48% of students had low or medium low combined scores on the Warwick-Edinburgh Mental Wellbeing scale.
- 17% of students worried 'quite a lot' or 'a lot' about COVID-19/coronavirus.
- 23% worried about the Environment and climate change. 23% worried about being safe on the roads and 31% worried about the physical or mental health of someone in their family.
- 61% worried about their future e.g. where they live, getting a job etc. 44% worried about their mental health.
- 36% of girls said they worried about being sexually harassed.

## HEALTHY EATING AND DRINKING

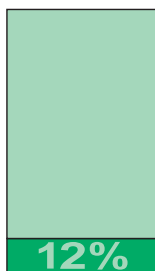
- 17% of students had nothing to eat or drink for breakfast on the day of the survey. 37% of students had cereal and 23% had toast, bagel, croissant etc.
- 36% of students said that they had a drink at breakfast time.
- 14% of students have chips/roast potatoes, 23% crisps and 26% sweets and chocolates 'on most days'.
- 43% eat fresh fruit, 24% salads and 61% vegetables 'on most days'.
- 45% of students had a packed lunch the day before; 16% bought lunch from a takeaway or shop.
- 46% of students had at least one sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) the day before; 16% had at least 2-3.



- 21% of students had eaten 5 or more portions of fruit and vegetables on the day before the survey. 12% had eaten none.



5+ portions

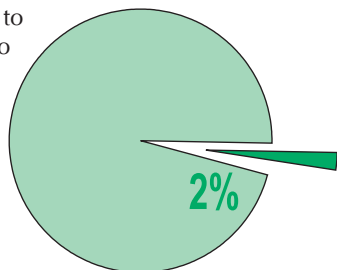


None

- 34% of students walked/scooted to college on the day of the survey. 1% travelled by bike but 37% came by car. When asked why they didn't walk or cycle, 56% said they live too far away, 7% said their parents/carers drop them on the way to work. 11% said it wasn't safe to walk or cycle.
- 63% of students said that they have had chances to give their views about leisure opportunities.
- 45% of students said that giving their views about leisure opportunities makes no difference to what happens. 43% said it makes a little difference and 12% said it makes 'quite a lot' or 'a big difference' to what happens.
- 61% of students said they have been to parks or open spaces in their free time in the last 4 weeks.
- When asked what things stopped them from taking part in activities, other than COVID-19, 32% said they were too busy doing other things. 21% said there was nothing they wanted to do and 13% said none of their friends go.

### Dentist

- 1% said they have never been to the dentist. 55% hadn't been to the dentist in this academic year.
- 92% had a check up on their last visit to the dentist, 14% had fillings 2% had a decayed tooth removed, 7% had teeth taken out for other reasons.



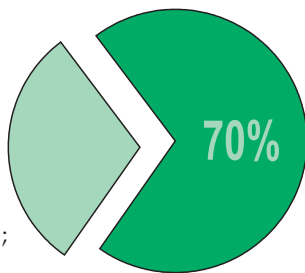
## DRUGS, ALCOHOL AND SMOKING/VAPING

### Drugs and Alcohol

- 20% said that they have taken drugs, 5% have used them in the last month.
- 48% of students said they have had an alcoholic drink in the last 7 days.
- 26% of boys drank beer or lager, 17% of girls drank spirits.

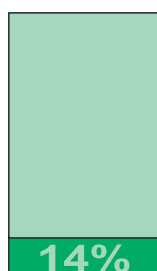
### Smoking/vaping

- 70% of FE students said they have never smoked at all.
- 8% of students had smoked during the last seven days.
- 23% of students have tried vaping once or twice. 7% use them sometimes or more often; 1% didn't want to say.

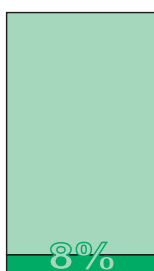


## LEISURE AND PHYSICAL ACTIVITY

- 18% of students said that they did physical activity every day the previous week. 16% said they did this on 1 or 2 days and 9% said none.
- 14% of boys and 8% of girls reported that they took part in hard exercise on at least 5 day in the previous week.



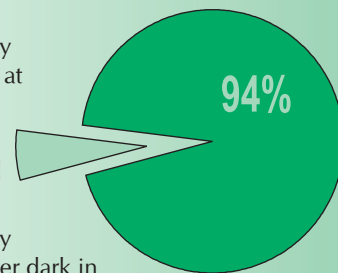
Boys



Girls

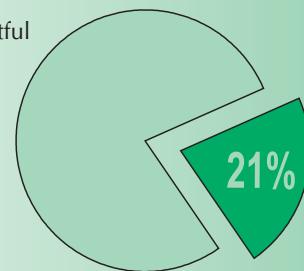
## SAFETY

- 94% of students said that they 'usually' or 'always' feel safe at home.
- 87% of students said that they 'usually' or 'always' feel safe at college.
- 26% of students said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 20% of students can remember actual times when they were worried about their home being broken into. 18% said they were worried about being involved in a road accident and 19% said they had been worried about being verbally abused or threatened.



## INTERNET SAFETY

- 82% of students said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 7% said 'never'.
- 21% of students have had hurtful comments posted about them on a social networking site.
- 12% said someone had used/changed a picture of them to humiliate them.
- 19% of boys and 25% of girls said they have sent sexual pictures of themselves to someone they know.
- 0% of boys and 26% of girls said they had been pressured or threatened to send a picture or video, or to show themselves via a webcam.
- 75% said they have blocked someone because of something that had happened online.



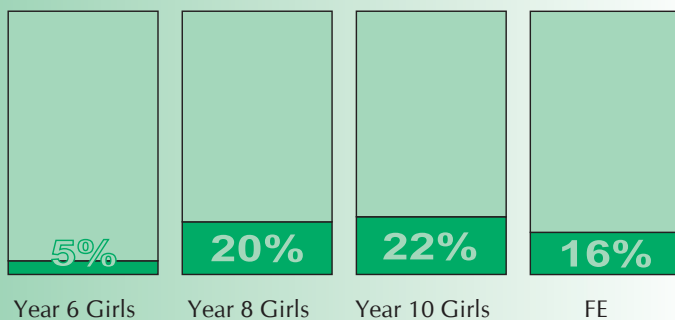
# Questions included in both the primary and secondary versions of the survey

## Cross-phase data

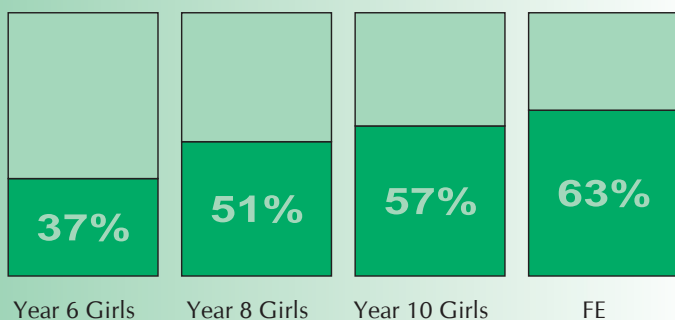
The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

### HEALTHY EATING

- There is an upward trend for school age girls who report having 'nothing at all' for breakfast, 5% of Year 6 girls, 20% of Year 8 girls, 22% of Year 10 girls but 16% in FE.



- The proportion of primary and secondary pupils eating crisps and sweets and chocolates 'on most days' decreases across age groups: 31% of primary pupils eating sweets compares with 22% in the secondary phase.
- The proportion of pupils who eat fresh fruit 'on most days' decreases as they get older: 57% in the primary and 43% in the secondary sample.
- Secondary school pupils are similarly less likely to say that they had 5 or more portions of fruit and vegetables the day before, compared with primary aged pupils who said the same; 17% vs. 22%.
- 37% of Year 6 girls said they would like to lose weight, this rises to 51% of Year 8, 57% of Year 10 and 63% in FE.



### Dentist

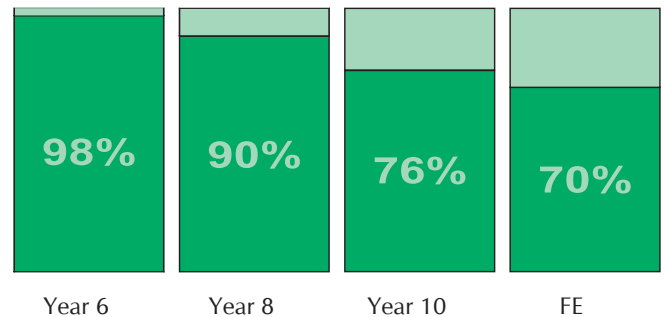
- 55% of primary pupils, 46% of secondary pupils and 55% of FE students hadn't been to the dentist this academic year.
- 76% of primary, 81% of secondary pupils and 74% of FE students cleaned their teeth at least twice the day before.

### TOBACCO

#### Did you smoke last week?

0% of the Year 6 pupils smoked a cigarette in the week before the survey. 2% of Year 8 pupils and 7% of Year 10 pupils said they had smoked at least one cigarette in the week before the survey.

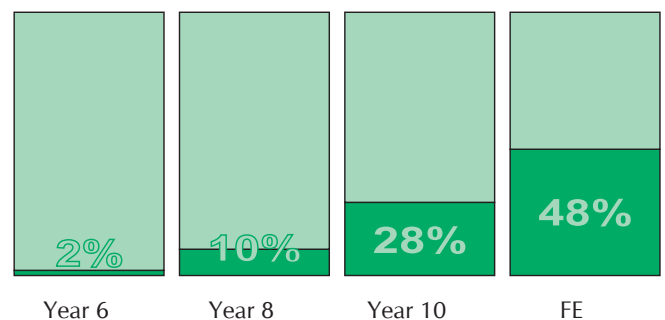
- 98% of Year 6 pupils said that they had 'never smoked at all'. 90% of Year 8 and 76% of Year 10 pupils and 70% in FE said the same.



### ALCOHOL

#### Have you had an alcoholic drink in the week before the survey?

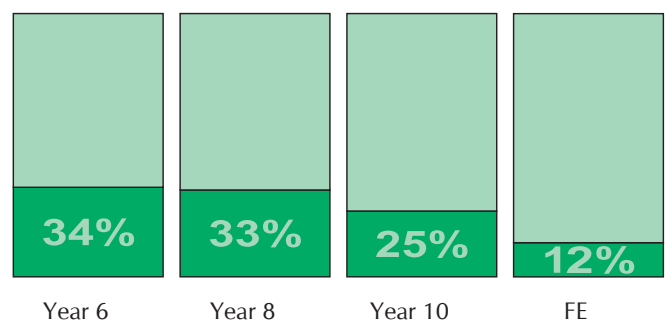
- 2% of the Year 6 pupils had an alcoholic drink in the week before the survey. 10% of Year 8 pupils, 28% of Year 10 and 48% in FE said they had drunk alcohol in the week before the survey.



### EMOTIONAL HEALTH & WELLBEING

#### Are you ever afraid of going to school because of bullying?

- 34% of Year 6 pupils said they felt afraid of going to school at least sometimes. 33% of Year 8 pupils, 25% of Year 10 and 12% of FE students said that they feel afraid of going to college because of bullying at least sometimes.



- 75% of Year 6 pupils said that they were happy with life at the moment. 58% of Year 8, 52% of Year 10 pupils and 55% of FE students said the same.
- 17% of Year 6 pupils recorded a 'high' resilience score. 12% of Year 8, 11% of Year 10 pupils and 13% of FE students recorded the same.
- 55% of Year 6 pupils said that they can usually deal with worry and that it doesn't affect their life much. 28% of Year 8, 27% of Year 10 pupils and 26% of FE students said the same.



# Inequalities in Herefordshire

It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 6 selected questions but any question can be analysed in this way. The results have been analysed separately as Year group /phase level to prevent the differences appearing with age-related bias. All differences illustrated below are statistically significant:

## YOUNG CARERS

**Year 6 pupils** (question not asked of younger pupils) who said they look after someone at home at least once a week were **more likely** to:-



- Say they never feel safe after dark in their local area (49% vs. 22%)
- Say worry/anxiety affects their life (43% vs. 29%)
- Feel afraid of going to school because of bullying (58% vs. 28%).

They were **less likely** to:-

- Have a trusted adult with whom they can share their worries (66% vs. 84%)
- Say they have never drunk alcohol (80% vs. 92%)
- Feel safe when playing games or socialising online (60% vs. 80%).

## NON-WHITE BRITISH

**Secondary pupils** who identified as non-white British were **more likely** to:-



- Look after someone in their family at home at least weekly (16% vs. 8%)
- Have a school lunch (43% vs. 35%)
- Say they have had enough information and guidance about options after Year 11 including apprenticeships (42% vs. 23%).

They were **less likely** to:-

- Have had an alcoholic drink (37% vs. 53%)
- Say it is important to get your partner's consent before engaging in sexual activity (81% vs. 94%)
- Say they have been feeling loved 'often' or 'all of the time' over the past 2 weeks (49% vs. 57%).

## Looked after children (LAC)

**Secondary pupils** who are looked after by foster carers or residential home settings were **more likely** to:-

- Have received 1-1 support at school (65% vs. 23%)
- Have used self-esteem sessions at school (19% vs. 6%)
- Year 10+ pupils are in a sexual relationship or have been in the past (56% vs. 13%).

They were **less likely** to:-

- Have been born in Herefordshire, or moved before they were 5 years old (51% vs. 83%)
- Say they consider how healthy food/drink is for them when choosing what to eat/drink (24% vs. 51%)
- Say more fun/interesting lessons would help them do better in school (59% vs. 76%).

## SINGLE PARENT FAMILIES

**Primary pupils** who said they lived with one parent compared with both parents were **more likely** to:-



- Feel afraid of going to school because of bullying at least 'sometimes' (42% vs. 32%)
- Have free school meals (20% vs. 6%)
- Go online to chat on social media (48% vs. 38%)
- Say worry or anxiety affects their life (42% vs. 26%).

They were **less likely** to:-

- Have been to the dentist that academic year (34% vs. 48%)
- Have cleaned their teeth at least twice the day before (70% vs. 79%)
- Be happy with life (62% vs. 80%).

## FREE SCHOOL MEALS

**Secondary pupils** who are eligible for free school meals are **more likely** to:-

- Have been bullied in the last 12 months (27% vs. 18%)
- Say they have had enough information and guidance about options after Year 11 including apprenticeships (38% vs. 23%)
- Have asked school for support with their mental health (20% vs. 12%)
- Have experienced 3+ of the stressful/upsetting experiences this year or last year (22% vs. 12%).

They were **less likely** to:-

- Feel like they belong to their school (51% vs. 61%)
- Be happy with life (45% vs. 58%)
- Eat vegetables most days (36% vs. 52%).

## Special Educational Needs (SEND)

**Secondary pupils** who have SEND are **more likely** to:-

- Be afraid of going to school because of bullying at least 'sometimes' (48% vs. 29%)
- Say their family have asked for help with their mental health (40% vs. 25%)
- Have received a hurtful, nasty or unwanted picture or message online (45% vs. 32%)
- Say they have been physically attacked at school in the last month (14% vs. 6%).

They were **less likely** to:-

- Feel like they belong to their school (55% vs. 63%)
- Be happy with life (45% vs. 59%)
- Keep trying if at first they don't succeed (41% vs. 52%).

# The Way Forward – over to you

This work was funded by public health in Herefordshire.

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by all key agencies that support the health needs of young people in Herefordshire.

The findings from the survey will be shared with a wide range of key stakeholders involved in making decisions that affect children and young people's quality of life, including the Health and Wellbeing Board and Children and Young People's Partnership, as well as schools receiving their own individual reports. Results will be publicly available on the [Understanding Herefordshire](#) website.

The data will be used to prioritise areas of action to inform the development evidence-based programmes, interventions and services.

The results of the survey will also be used to further enhance our Healthy Settings work with schools, so that we can address inequalities, promote inclusion and encourage participation, by providing accessible services and equipping young people with the skills to make informed decisions.

## *Our thanks go to the staff and pupils who took part in the survey:*

### **PRIMARY**

Brampton Abbots CE Primary School  
Bridstow CE Primary School  
Broadlands Primary School  
Colwall CE Primary School  
Eardisley CE Primary School  
Garway Primary School  
Goodrich CE Primary School  
Gorsley Goffs Primary School  
Hampton Dene Primary School  
Ivington CE Primary School  
Kingsland CE School  
Kingstone and Thruxton Primary School  
Ledbury Primary School  
Luston Primary School  
Michaelchurch Escley Primary School  
Riverside Primary School  
Shobdon Primary School  
St Francis Xavier's Primary School  
St James' CE Primary School  
St Paul's CE Primary School  
Staunton-On-Wye Endowed Primary School  
The Downs, Malvern College Prep School  
Walford Primary School  
Weobley Primary School  
Withington Primary School

### **SECONDARY AND FE**

Aylestone School  
Earl Mortimer College  
Fairfield High School  
Hereford and Ludlow College  
Hidelow Grange School  
John Kyrle High School and Sixth Form Centre Academy  
John Masefield High School  
Kingstone High School  
Nova Training  
St Mary's RC High School  
The Bishop of Hereford's Bluecoat School  
The Hereford Academy  
The Steiner Academy Hereford

### **SPECIAL**

Barrs Court School

### *For more information about the survey please contact:*

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01432 261944

<https://understanding.herefordshire.gov.uk/>