

Public Agenda Pack



Notice of Meeting of

LOCAL COMMUNITY NETWORK - TAUNTON

Thursday, 28 September 2023 at 6.30 pm

**The Deane House, Belvedere Road, Taunton TA1
1HE**

To: The members of the Local Community Network - Taunton

Chair: Councillor Dawn Johnson

Vice-chair: Councillor John Hunt

Councillor Lee Baker

Councillor Dixie Darch

Councillor Caroline Ellis

Councillor Derek Perry

Councillor Mike Rigby

Councillor Federica Smith-Roberts

Councillor Simon Coles

Councillor Tom Deakin

Councillor Habib Farbahi

Councillor Hazel Prior-Sankey

Councillor Fran Smith

Councillor Andy Sully

Bishop's Hull Parish Council

Cotford St Luke Parish Council

Taunton Town Council

Bishops Lydeard & Cothelstone Parish Council

Norton Fitzwarren Parish Council

Trull Parish Council

For further information about the meeting, including how to join the meeting virtually, please contact LCN Team lcn@somerset.gov.uk

All members of the public are welcome to attend our meetings and ask questions or make a statement **by giving advance notice** in writing or by e-mail to the Monitoring

Officer at email: democraticserviceteam@somerset.gov.uk by **5pm on Friday, 22 September 2023**.

The LCN team want everybody to have the opportunity to take part in the LCN meetings and have booked appropriate venues with accessibility requirements in mind. If you have specific access needs, and are at all concerned, please contact the LCN Team so they can provide reassurance or seek solutions beforehand:
lcn@somerset.gov.uk

Please note:

There is limited parking to the front of Deane House.

There are six disabled spaces.

You'll find Belvedere Road Car Park to the rear of the building.

Just follow the road around. It's long stay with no charges after 6pm

Issued by (the Proper Officer) on Wednesday, 20 September 2023

AGENDA

Local Community Network - Taunton - 6.30 pm Thursday, 28 September 2023

Core Membership (Pages 5 - 6)

Click here to join the online meeting (Pages 7 - 8)

1 To receive any apologies for absence

To receive any apologies for absence.

2 Declarations of Interest

To receive and note any declarations of interests in respect of any matters included on the agenda for consideration at this meeting.

(The other registrable interests of Councillors of Somerset Council, arising from membership of City, Town or Parish Councils and other Local Authorities will automatically be recorded in the minutes: [City, Town & Parish Twin Hatters - Somerset Councillors 2023](#))

3 Notes from the Previous Meeting (Pages 9 - 16)

To approve the notes from the previous meeting.

4 Public Question Time

The Chair to advise of any questions, statements or petitions received that are not covered by items on the agenda for the meeting on which members of the public have requested to speak.

5 Highlights of themes discussed at the last Meeting

To discuss themes highlighted at the last meeting.

6 An introduction to data

7 Feedback from the interim meeting held at County Hall on 15 August 2023 (Pages 17 - 18)

- 8 Presentations from partners on recent surveys, current services and projects for Young People (Pages 19 - 72)**
- 9 Discussion: To discuss and agree what questions, challenges and opportunities the LCN is seeking to answer/address in relation to young people**
- 10 Date for the next meeting**

Core Membership

Unitary Councillors:

Councillor Lee Baker
Councillor Simon Coles
Councillor Dixie Darch
Councillor Tom Deakin
Councillor Caroline Ellis
Councillor Habib Farbahi
Councillor John Hunt
Councillor Dawn Johnson
Councillor Derek Perry
Councillor Hazel Prior-Sankey
Councillor Mike Rigby
Councillor Fran Smith
Councillor Federica Smith-Roberts
Councillor Andy Sully

City, Town and Parish Councils (one voting member from each):

Bishops Hull
Bishops Lydeard
Cothelstone
Cotford St Luke
Norton Fitzwarren
Taunton
Trull

Other Stakeholders (one voting member from each):

Avon and Somerset Police
NHS
Devon and Somerset Fire and Rescue
Education
Spark Somerset
Society Local Council Clerks
Somerset Association Local Councils
Somerset Activity Sports Partnership
Community Council for Somerset
Citizens Advice
Department of Work and Pensions
Somerset Rivers Authority
Somerset Local Nature Partnership

Business Chamber
Quantocks AONB

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 331 395 973 722

Passcode: F4iPHa

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

[+44 1823 772277,,153583016#](#) United Kingdom, Taunton

Phone Conference ID: 153 583 016#

This page is intentionally left blank



Local Community Network Meeting Notes

Meeting Title: Local Community Network - Taunton

Date: Wednesday, 12 July 2023

Time: 7.00 pm - 9.00 pm

Location: John Meikle Room, The Deane House, Belvedere Road, Taunton TA1 1HE

Chaired by:

LCN core membership attendance:

Name:	Representing
Simon Coles	Somerset Council
Dixie Darch	Somerset Council
Tom Deakin	Somerset Council
Caroline Ellis	Somerset Council
Habib Farbahi	Somerset Council
John Hunt	Somerset Council
Dawn Johnson	Somerset Council
Hazel Prior-Sankey	Somerset Council
Andy Sully	Somerset Council
Ann Diment	Somerset Association of Local Councils
Bev Fernandes	Taunton Town Council
Richard Holt	Taunton Chamber

Martine Naughton

Trull Parish Council

Tony Taylor

Bishop's Hull Parish Council

Matt Woodford

Cotford St Luke Parish Council

Graham Withnell

Norton Fitzwarren Parish Council

Officer attendance:

Name:

Representing

Michelle Brooks

Jeff Brown

Jonathan Hallows

Terena Isaacs

Alyn Jones

Ally Laing

Tom Parkinson

Emma Plummer

Lee Willment

Other attendees:

Name:

Representing

Phil Durban, Bishops Lydeard Residents
Action Group

Val Keitch, Associate Lead Member for
Localities (LCNs) & Public Health

Nigel Pearce, Taunton Chamber

Marcus Prouse, Taunton Town Council

Ray Tully, Taunton Town Council

Virtual attendees:

Name:	Representing
--------------	---------------------

Tony Brooks

Kirsty Conger

Emily Windows

Janey Gobey, Norton Fitzwarren Parish Clerk

Jane Knowles, SASP

Helen McGladdery, Bishop's Hull Parish Clerk

David Mitchell, Somerset Rivers Authority

Andrew Pritchard, Mind in Somerset

Apologies:

Name:	Representing
--------------	---------------------

Lee Baker

Derek Perry

Mike Rigby

Fran Smith

Federica Smith-Roberts

Summary of discussion:

Agenda Summary of key points of discussion and outcome: Action by: item:

Item 1: **To elect the Chair of the Local Community Network**

Somerset Councillor, Dawn Johnson, was nominated by Somerset Councillor, John Hunt and seconded by Somerset Councillor, Habib Farbahi.

No other nominations were received, Councillor Dawn Johnson was duly elected as Chair for the Taunton Local Community Network.

Item 2: **To appoint of the Vice-Chair of the Local Community Network**

Somerset Councillor, John Hunt, was nominated by Somerset Councillor, Dixie Darch and seconded by Somerset Councillor, Simon Coles.

No other nominations were received, Councillor John Hunt was duly elected as Vice-Chair for the Taunton Local Community Network.

Item 3: **To receive any apologies for absence**

Apologies were received from Somerset Councillors: Lee Baker, Derek Perry, Mike Rigby, Federica Smith-Roberts and Fran Roberts.

Item 4: **Declarations of Interest**

Item 5: **Public Question Time (items not covered on the agenda)**

No public questions were raised.

Item 6: **To determine the priorities and areas of focus for the Local Community Network for the next 12 months**

6a. What are Local Community Networks and how will we work together?

During the discussion the Local Community Network members discussed the following:

Q: The consideration of a time frame or deadline for the submission of public questions.

A: The LCN team to liaise with Democratic Services regarding a time frame for the submission of public questions.

Q: PowerPoint presentation and the use of discursive and inclusive spaces.

A: The LCN team to amend to 'They will be discursive and inclusive events.

Funding / training for Parish Councils with limited staff and capacity.

The progression and recruitment of a Link Officer and expected time frame for implementation.

6b. Discussion – What is important to residents and businesses in Taunton Local Community Network area?

Top priorities were reported to be:

Youth and young people support, activities and services (Separate meetings for youth and young people groups / Youth Council forum development / Youth services / Youth clubs / sports community groups).

Community engagement and resilience.

Business Enterprise for greater networking and connecting people.

Bridging communities across divisions and connecting different demographics.

Traffic calming and speed limits.

Improving the mobile network, especially rural areas.

The Lack of vibrancy / entertainment – especially in new

developments.

Active travel / safe travel and the improvement of provision of travel network i.e. bicycle routes.

Safety in local areas: anti social behaviour / noise.

Other priorities, which were captured on flipchart paper included:

The importance of stakeholder attendance and strategies sharing of core membership groups, including police and NHS.

The importance of engaging partnership and voluntary organisations.

How to address community needs around changing behaviour & patterns that would have positive wellbeing impacts.

Flooding.

The need for decentralised business centres to connect communities.

Climate issues, including trees.

Health and Wellbeing - improvement and maintenance of public open spaces, including litter and park equipment.

Cost of living issues.

Third party funding opportunities / Shared theme funding.

Improving community services / how can people get information and support.

Community Information / notices across multiple media platforms i.e. social media platforms, newsletters, noticeboards.

Community Services for developments i.e Doctors.

Resident parking issues.

Infrastructure – Responses of highways services.

Improvement of Taunton High Street and parking in Taunton.

Goodlands garden bridge.

Encouraging Diversity.

LCNs – a voice for all to deliver and implement priorities for all.

Parish / Town Councils – share success stories.

Item 7: **To agree the frequency of meetings**

The Taunton LCN agreed that the next meeting would be scheduled for September 2023 and would focus on Youth and Young people support and services.

The meetings to be held on rotating days of the week and look to hold meetings in the Parishes within the Taunton LCN.

Agreed alternate representation from Parish and Town Councils, so that the preferred representative can attend, based on knowledge and expertise, to advise and provide input on upcoming themed LCN agendas.

Item 8: **The schedule of meetings for the next 12 months**

The LCN Team would work with the Chair of the LCN to schedule the meeting dates for the remainder of the year.

Contact officer for meeting: LCN Team lcnsomerset@somerset.gov.uk

This page is intentionally left blank

Attendance and agreed actions at Taunton Area LCN interim meeting on 15.8.23

Name	Organisation
Cllr Dawn Johnson	Somerset Council Chair
Cllr John Hunt	Somerset Council Vice chair
Tom Deaken	Somerset Council Taunton Town Council
Phil Durban	Bishops Lydeard Residents Association
Mark Nettle	Bridgwater and Taunton College
Richard Holt	Taunton Chamber of Commerce
Bev Fernandes	Taunton Town Cllr Manor & Tangier
Craig Stone	Taunton Town Council
Marcus Prowse	Taunton Town Council Officer
Hazel Prior -Sankey	Somerset Council Cllr
Pippa Hughes	Somerset Council Officer (LCN Interim Support)
Jeff Brown	Somerset Council Officer (LCN Interim Support)
Emma Plummer	Somerset Council Officer (LCN Interim Support)
Graham Withnell	North Fitzwarren Parish Cllr

Actions agreed .

1. To invite the following to present to the meeting on 28th September venue tbc with an early start time of 6:30pm – 8:30pm (extended) .

They would present on

- What issues are they working on ?
 - What are they doing /what projects /services are in place?
 - What are associated timescales ?
 - What impacts are they seeing?
 - Richard Holt – Taunton Chamber of Commerce (CiCCIC)
 - Mark Nettle – Bridgwater and Taunton College
 - Somerset Youth Alliance via SPARK
 - Charmaine Dyer – Police
 - School Census – Jeff
2. Agenda item to discuss and agree what questions/challenges the LCN is seeking to answer/address.
 3. Identify other attendees for the next meeting and to send to the LCN inbox for the attention of the Taunton Area LCN.
 - One team representative
 - SASP representative

4. To ask the South East and Frome Area LCNs to present/ provide summaries of their work with young people in Autumn 2023

DRAFT

Somerset School Health and Wellbeing Survey 2021



Pupil wellbeing is a top priority for Somerset schools and the Somerset School Health and Wellbeing survey. It provides valuable insight into the lives of Somerset school-age children. It is a large survey with almost 8,500 Somerset children and young people in Years 2, 4, 6, 8 and 10 took part in the survey. This is a powerful collective pupil voice telling us about the lives they lead, habits, experiences, fears and aspirations.

The objective of the survey is not to capture what is 'good' or 'bad' about the children's experiences. Instead, we can look at issues and successes using the survey responses to help provide the detail and depth. This helps strengthen the narrative of what we already know about what works, how things are connected and existing concerns. The results provide us with the foundation to make evidence based and informed decisions towards strengthening the health and wellbeing of children and families, our support services and curriculum development. The survey also provides individual schools with the insight about how their pupils may be having different experiences from the overall Somerset cohort.

Questions asked include school experience and engagement, lifestyle behaviour (diet, physical and sleep), emotional wellbeing, safety on and offline, substance misuse, as well as relationships and sexual health for older teens. This year it has also examined the impacts of the Coronavirus pandemic and the impacts on society such lockdowns.

After so much disruption we might expect young people to all report anxieties and worries. Happily this is not the case and 34% of year 2 children said they always felt happy while 65% of secondary children said they felt cheerful and in good spirits most of the time. There are many children who have struggled and continue to do so but there are also children who saw benefits from lockdown, including more time outdoors, more exercise and a better relationship with mum or dad.

Somerset School Health and Wellbeing Survey 2021



There are some key messages in the data. NHS advice is that secondary aged children should aim for 9 hours sleep every night. Of those pupils that responded, only 10% said they were getting this amount. Getting a good night's sleep is an important way we can all support good mental health, and this is doubly important for children who are wrestling with the ups and downs of adolescence.

We would all like to see pupils confidently agreeing that their school is a place where pupils from all backgrounds are valued. With less than half of pupils saying they agree, this is an area to target. 3% of secondary pupils reported bullying on the basis of race or ethnicity, which is high given that only 10% of pupils described themselves as other than White British.

It is great to see that some lessons in the RHSE curriculum are landing well, and the success of teaching about keeping safe online stands out as a real achievement. But responses were much less positive around confidence, body image, self-esteem, feelings and emotions. Around a quarter of pupils said they had experienced bullying and the most common area related to appearance. Helping children to navigate these issues for themselves and with their peers is a priority.

This data is a fantastic resource and a massive achievement to collect this extraordinary dataset in the midst of a pandemic. We look forward to working with you in building on these findings.

A handwritten signature in black ink, appearing to read 'T Grant'.

Trudi Grant
Director of
Public Health

A handwritten signature in black ink, appearing to read 'Clare Paul'.

Cllr Clare Paul
Cabinet Member for
Public Health, Wellbeing and Climate Change

A handwritten signature in black ink, appearing to read 'Amelia Walker'.

Amelia Walker
Assistant Director of
Education, Partnerships & Skills

Contents



Introduction

Page 4

Page 21



Demographics

Page 6



**Emotional
Health and
Wellbeing**

Page 8



Safety

Page 17



Sexual Health

Page 22



**Relationships,
Health and Sexual
Education**

Page 23



**Making a Positive
Contribution**

Page 26



Lifestyle

Page 31



**Substance
Use**

Page 39



Coronavirus

Page 41



Option Sets

Page 44

Introduction



The Somerset School Health and Wellbeing Survey was formed of three age appropriate questionnaires covering Key Stage 1 (KS1), Primary School and Secondary School.

The KS1 survey was undertaken by children in year 2, the primary by children in year 4 and year 6 and the secondary by those in year 8 and year 10. Limiting it to these age groups gives a consistent picture of the health and wellbeing in schools and also limits the demand on schools resources and time.

School taking part were given the option of getting their children in other year groups to take part but these are excluded from this overall Somerset report.

All proportions in this report are calculated using the total respondents for each survey or year group unless explicitly stated otherwise. The table to right shows the number of responses split by year group and survey.

If you have any questions about the survey or would like to provide feedback please contact schoolsurvey@somerset.gov.uk

Schools with at least five responses:

64	23	3	5	92
Primary Schools	Secondary Schools	Special Schools	Other Schools	Total Schools

Total number of pupils who took part		8434	
KS1 survey	Year 2	1055	
	Year 4	1257	3123
Primary survey	Year 6	1866	
	Secondary survey	Year 8	2250
Year 10		2006	

Additional Responses from other year groups excluded from this report.	2718
--	------

Questions and Sources

The questions used in the Somerset Schools Health and Wellbeing Survey were formed using a number of resources that allows for use of their questions. Further adaptations and additional questions were included based on local stakeholder engagement. The survey questions have undergone extensive consultation and testing before going live to schools. The Schools Wellbeing Survey is a local survey designed by Public Health and adapted from the following national sources:

Equality Monitoring Categories
2019 Middle School Youth Risk
Behavior Survey
The WHO Five item Well-Being Index
PARC Student Resilience Notice
PHS Wales Smoking prevalence survey
Health Survey for England 18
Smoking, Drinking and Drug Use 2016
2019-20 Crime Survey for England and Wales 10-15 year old questionnaire
The Bully Survey – Student Version (BYS-S)
SafeLives - Risk Identification Checklist for Young People
Ofsted - Pupil Survey

The following sources were also used for the specified images:

Covid - Pikochart - <https://piktochart.com/>
Mirror - Pikochart - <https://piktochart.com/>
Vape - The Noun Project - <https://thenounproject.com/>



Demographics

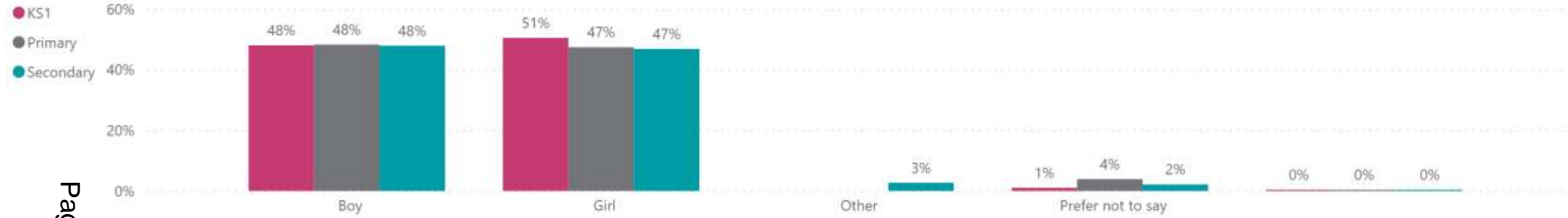
Identity



SOMERSET
County Council

Page 24

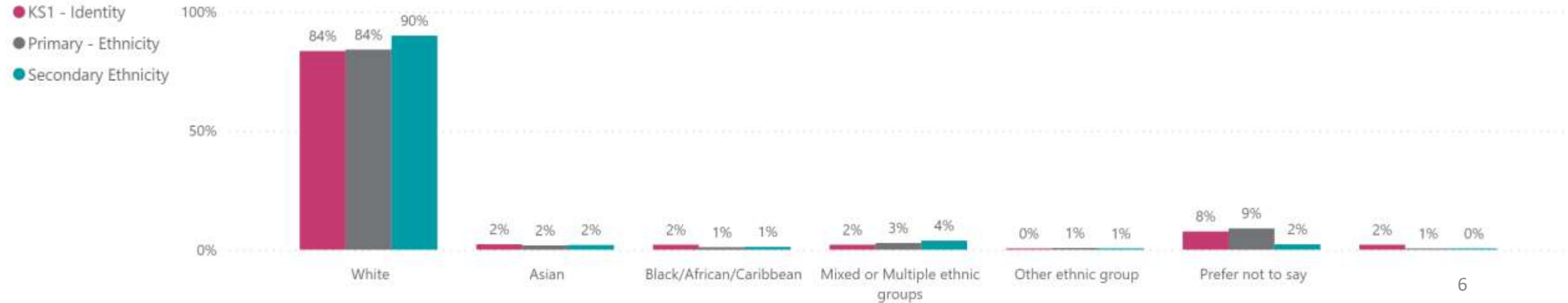
Are you a boy or a girl?



Does your gender identity match completely with the sex you were registered at birth? (Secondary only) **92%**

Which of the following best describes your identity? (KS1)

Which of the following best describes your ethnicity? (Primary and Secondary)





Demographics

Characteristics



Proportions represent those responses which answered "Yes" to the question.

	Primary	Secondary		Primary	Secondary
Do you have a disability, learning disability or special education needs?	9%	14%	Do you mostly speak English at home?	93%	93%
Have you had an illness for a long time?	13%	14%	Have you ever had free school meals?	38%	21%
If yes to disability or illness: do you have an Education Health and Care Plan? (percentage of those who said yes to illness/disability)		20%	Do you look after anyone at home? (Young carer)	9%	8%
If yes to disability or illness: does your school help you enough with your additional needs? (percentage of those who said yes illness/disability)		34%	Do you have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves?	6%	5%
Do you live with both parents at home?		Primary	Do you live with both parents at home?		Secondary
Yes		67%	Yes		63%
I see both parents but spend more time living with one than the other		13%	I see both parents but spend more time living with one than the other		16%
No		8%	No		13%
I split my time equally between both parents		6%	I split my time equally between both parents		3%
Prefer not to say		4%	Other		2%
Other		1%	Prefer not to say		2%
I live with carers/foster parents		0%	I live with carers/foster parents		1%
		0%	I am in a residential/boarding house setting		0%
I am in a residential/boarding house setting		0%			0%



Emotional Health and Wellbeing

Overview



The Emotional Health and Wellbeing section of the survey asked pupils to describe their feelings, worries and coping mechanisms and also assessed their help seeking behaviours and their resilience.

Page 26

		KS1	
		How often do you feel...	
		Always	Never
	Happy	34%	2%
	Sad	4%	12%
	Angry	5%	21%
	Worried	7%	20%

		Secondary	
		For more than half of the time in the past two weeks...	
	65%	Felt cheerful and in good spirits	
	56%	Felt calm and relaxed	
	58%	Felt active and vigorous	
	37%	Woke up feeling fresh and rested	
	59%	Daily life has been filled with things that interest me	



Emotional Health and Wellbeing

Friends and Family



KS1

Has friends to play with at school 89%

Has friends to play with at home 48%

Argues with friends lots 13%

Finds it easy to make friends 50%



KS1

Parents/carers listen to them 51%


























Parents/carers play games/activities with them 40%



Emotional Health and Wellbeing

Worries - Part A















Do you ever worry about...?	Year 2	Year 4	Year 6	Year 8	Year 10
 School work/Homework	40%	34%	46%	60%	67%
 Exams/Tests		23%	44%	60%	72%
Being ill/Health Problems	48%	16%	16%		
 Your physical health				35%	42%
 Your mental health				40%	50%
 Coronavirus/COVID-19		54%	40%	30%	23%
Problems with friends	34%	36%	37%	43%	41%
 Online problems		16%	14%	15%	14%
 Relationships				26%	31%
Family Problems	50%	31%	31%	33%	37%
 Money problems/family finances		13%	13%	18%	23%
 The mental health of someone in your family				31%	37%



Emotional Health and Wellbeing

Worries - Part B







Do you ever worry about...?	Year 2	Year 4	Year 6	Year 8	Year 10
 The way you look	22%	23%	34%	52%	56%
 Body changes as you grow up		19%	27%		
 Your gender identity				6%	8%
 Your sexual orientation				8%	12%
 Sexually Transmitted Infections				3%	4%
 Becoming a parent before you're ready				10%	11%
 Crime		18%	15%	13%	11%
 Drugs				8%	8%
 Wars and terrorism				16%	13%
 Climate change/the environment		32%	26%	21%	21%
 Floods				6%	6%
 The future				45%	52%



Emotional Health and Wellbeing

Coping Mechanisms - Part A





When worried do you...?	Year 4	Year 6	Year 8	Year 10
 Talk to an adult at home	66%	62%	46%	35%
Talk to an adult at school	38%	22%	13%	10%
Talk to friend or brother/sister	38%	40%	41%	40%
Speak to the person who is causing you to worry			5%	6%
 Keep it to yourself	27%	30%	53%	61%
Think carefully about the problem by yourself	23%	23%	33%	36%
 Rest or sleep more	19%	16%	23%	26%
Stop going out	7%	6%	12%	17%
Do nothing	14%	11%	18%	22%
 Keep busy/Exercise	17%	18%	22%	23%
Go out with friends/socialise	14%	19%	28%	28%



Emotional Health and Wellbeing

Coping Mechanisms - Part B



When worried do you...?	Year 4	Year 6	Year 8	Year 10
 Watch TV/Netflix/Online videos	32%	38%	49%	46%
Play computer games	29%	35%	37%	32%
Listen to music	33%	36%	53%	59%
 Eat more	15%	16%	16%	20%
Eat less	9%	9%	14%	21%
 Smoking			2%	6%
Drink alcohol			3%	9%
Take drugs			1%	3%
 Lash out in anger (verbally or physically)			22%	22%
Injure yourself in some way			10%	12%
Get into trouble			10%	8%



Emotional Health and Wellbeing

Getting help



Has someone to talk to about worries

KS1 81%

Primary 81%

Secondary 67%



Page 32

If you were to seek help would you rather..



Get help online via messaging 15%

Get help online via video calls 2%

Speak to someone in person 48%

Have you heard of any of these services?



Have used this service

Have heard of this service but not used

Have not heard of this service

Young Minds	3%	45%	47%
School Nursing	9%	46%	41%
Online Councillor e.g. KOOH	7%	54%	35%
School Councillor (face-to-face)	14%	57%	25%
CAMHS	5%	27%	64%
2BU	1%	25%	68%
National Helpline	3%	58%	35%
NSPCC Childline	4%	75%	17%



Emotional Health and Wellbeing

Resilience - Part A



Participation in home
and school life

I do things at **home** that make a difference (i.e. make things better)

I help my family make decisions

At school, I decide things like class activities or rules

I do things at **school** that make a difference (i.e. make things better)



Primary



Secondary



Primary



Secondary



Primary



Secondary



Primary

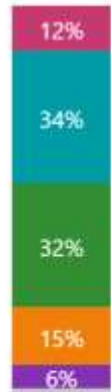


Secondary

I can work out my problems



Primary



Secondary

I can do most things if I try



Primary



Secondary

There are many things I do well



Primary



Secondary

- 1. Always
- 2. Often
- 3. Sometimes
- 4. Rarely
- 5. Never
- 6. Not answered

In the Primary survey these questions were asked of Year 6 only

The questions were taken from the Student Resilience Survey (SRS) from Child Outcomes Research Consortium (CORC): [Student Resilience Survey \(SRS\) \(corc.uk.net\)](http://StudentResilienceSurvey(SRS)(corc.uk.net)). Questions are grouped into subscales displayed in the grey boxes on the left of each row.

Self-Esteem



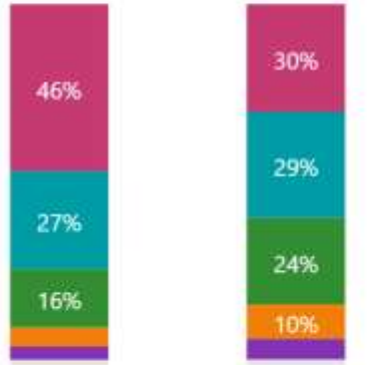
Emotional Health and Wellbeing

Resilience - Part B



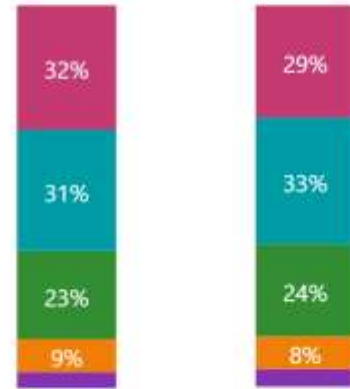
Empathy
Page 34

I feel bad when someone gets their feelings hurt



Primary Secondary

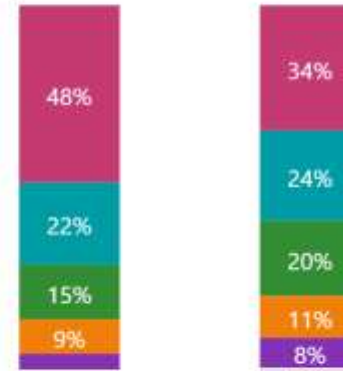
I try to understand what other people feel



Primary Secondary

Goals and aspirations

I have goals and plans for the future



Primary Secondary

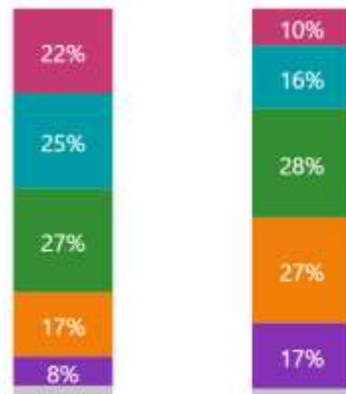
I think I will be successful when I grow up



Primary Secondary

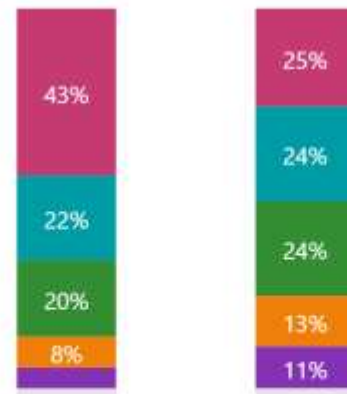
Problem Solving

When I need help, I find someone to talk to



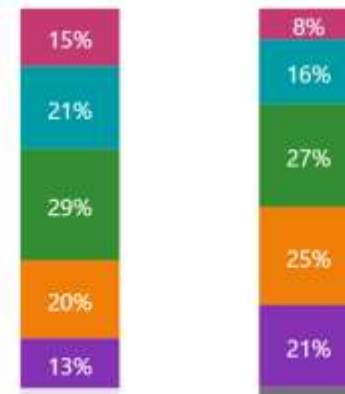
Primary Secondary

I know where to go for help when I have a problem



Primary Secondary

I try to work out problems by talking about them



Primary Secondary

- 1. Always
- 2. Often
- 3. Sometimes
- 4. Rarely
- 5. Never
- 6. Not answered

In the Primary survey these questions were asked of Year 6 only

The questions were taken from the Student Resilience Survey (SRS) from Child Outcomes Research Consortium (CORC): [Student Resilience Survey \(SRS\) \(corc.uk.net\)](http://StudentResilienceSurvey(SRS)(corc.uk.net)). Questions are grouped into subscales displayed in the grey boxes on the left of each row.



Safety

Overview



The Safety section of the survey asked pupils to describe how safe they feel, outline any issues of bullying and discrimination, and the secondary survey also asks about domestic abuse.



At school



In your neighbourhood



At home



In the park



Online

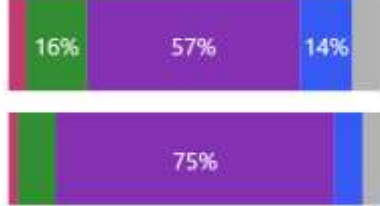
Please answer each question about how safe you feel

KS1
Primary
Secondary



How often do you feel pressured by someone to do something you don't want to?

Primary
Secondary



1. Always 2. Sometimes 3. Never 4. Not sure 5. Not answered



Safety

Bullying - Prevalence



Page 36

Children always pick on you KS1 6%

	Has been bullied in this school year	Has been afraid to go to school in the last term because of bullying
Primary	25%	22%
Secondary	18%	16%

Told someone at school they had been bullied this year

Primary

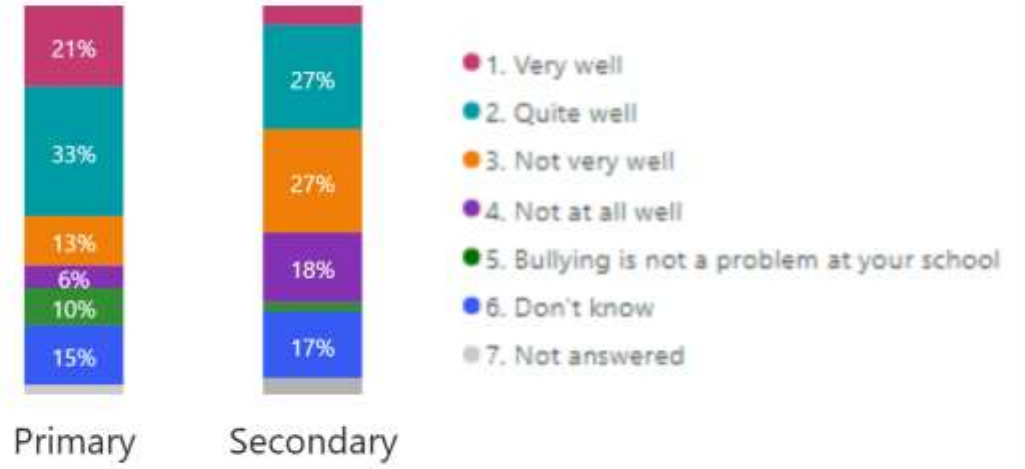
20%

Secondary

14%



How well does your school deal with bullying?





Safety

Bullying - Experienced








During this school year have any of these happened to you...?	Year 4	Year 6	Year 8	Year 10
 Nasty messages about you were sent to you	8%	15%	19%	19%
Nasty messages about you were passed around or posted where others could see	3%	8%	10%	12%
Rumours were spread about you	12%	22%	27%	25%
Someone called you names, swore at you or insulted you	31%	39%	44%	39%
You were left out or excluded from a group or activity on purpose	24%	31%	26%	24%
Had your money or other belongings stolen	6%	8%	7%	5%
 Had someone make you or try to make you give them money or other things	5%	6%	4%	4%
Damaged your belongings on purpose	11%	11%	12%	7%
Threatened on purpose	17%	15%	15%	12%
 Pushed or shoved you on purpose	36%	35%	30%	20%
Tried to physically hurt you	23%	23%	17%	12%



Safety

Bullying - Reasons



Why do you think you were bullied...?	Year 4	Year 6	Year 8	Year 10	
	The way you look	12%	19%	22%	18%
	Your weight	6%	10%	13%	13%
	Your health or disability	2%	3%	4%	4%
	Your grades	3%	4%	4%	5%
	For being in special education	1%	2%	1%	2%
	Your family	5%	4%	5%	5%
	Your race/ethnicity or skin colour	2%	2%	3%	3%
	Your religion	2%	1%	1%	1%
	For being a boy or a girl	4%	4%	4%	4%
	Your sexual orientation			5%	6%
	For wearing a face covering	1%	1%	1%	1%
	For not wearing a face covering	1%	1%	1%	1%

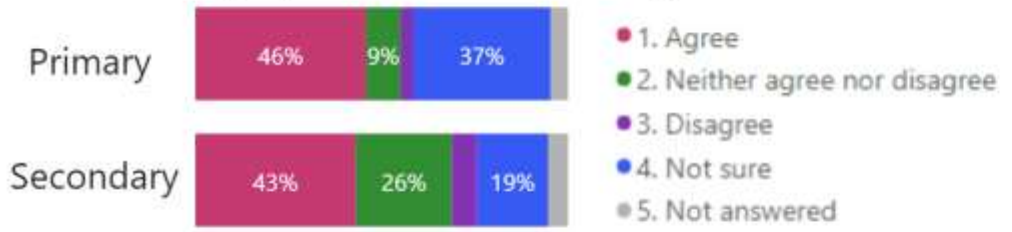


Safety

Discrimination and Abuse



In this school people with different background are valued



Page 39



	Primary	Secondary
Been treated unfairly	33%	31%
Seen others treated unfairly	18%	28%
<hr/>		
Been treated unfairly by...		
Pupils at school	31%	27%
Staff at school	5%	13%
Other pupils parents	3%	2%



	In my current relationship	In my past relationship
You were frightened of them?	1%	4%
They've kicked, slapped, punched burnt or pushed you or held you down?	1%	3%
They've taken money from you?	0%	2%
They've threatened to kill or hurt you (or one of your family, friends or pets)?	0%	2%
They've said or done things of a sexual nature that you don't like?	0%	4%
They've said they'll kill themselves if you ever left them	1%	9%



Sexual Health

Overview



The Sexual Health section of the secondary survey asked pupils to outline what they knew about current services and asked Year 10 pupils about their perceptions of sex.

Year 10

What age do you think the majority of young people have sex for the first time?

Page 40



- 1. 14 or younger
- 2. 15
- 3. 16
- 4. 17
- 5. 18
- 6. 19 or older
- 7. Not answered

Which best describes you?



- 1. I've not had sex
- 2. I have a partner but we aren't having sex
- 3. I have a partner and we might have sex soon
- 4. I have a partner and we have sex regularly
- 5. I'm not having sex right now but I have in the past and will again when I can
- 6. Not answered

Have you heard of any of these services?



	Have used this service	Have heard of this service but not used	Have not heard of this service
The C-Card	2%	25%	67%
SWISH services	1%	12%	81%
SWISH app	1%	12%	80%
School nurse	10%	55%	82%
Wellbeing clinic	2%	36%	55%


Knows how to get hold of free condoms

Year 8	22%
Year 10	40%





The RHSE section asked pupils to say whether they found lessons on different topics useful.

Did you find lessons on this topic useful...?	Primary			Secondary		
	Yes	No	Don't remember or didn't have a lesson	Yes	No	Don't remember or didn't have a lesson
 Mental Health	59%	15%	19%	45%	33%	15%
My emotions and feelings	61%	18%	14%	37%	37%	15%
Confidence	58%	15%	19%	33%	37%	18%
Self esteem	41%	18%	31%	31%	37%	23%
Changing body (Puberty)	36%	19%	36%	50%	26%	15%
Body image	33%	22%	36%	33%	34%	24%
My identity	45%	17%	29%	30%	32%	29%
Physical activity	63%	12%	16%	46%	28%	17%
Healthy eating	69%	13%	10%	47%	28%	17%
Sleep	55%	15%	20%	39%	30%	23%
Bullying	64%	20%	9%	45%	37%	10%
Keeping safe online	76%	13%	5%	54%	29%	8%



Relationships, Health and Sexual Education

Lessons - Lifestyle



Did you find lessons on this topic useful...?

Primary

Secondary

Yes

No

Don't remember or didn't have a lesson

Yes

No

Don't remember or didn't have a lesson

Suncare

37%

18%

35%

22%

28%

41%

Germs and Handwashing

75%

9%

8%

43%

24%

24%

First Aid

55%

12%

25%

40%

22%

28%

Oral health (brushing your teeth)

54%

13%

24%

28%

26%

38%

Friendship

72%

11%

9%

43%

30%

18%

Online friendships

59%

15%

17%

41%

29%

21%

Families and people who care for me

63%

10%

19%

39%

25%

25%

Respecting different people

73%

7%

11%

53%

21%

17%

Tobacco

35%

21%

35%

43%

28%

20%

Alcohol

39%

21%

32%

49%

27%

15%

Drugs

40%

20%

31%

52%

27%

13%

Nature

66%

12%

14%

36%

28%

27%

Climate change

63%

12%

16%

47%

26%

19%



Page 42





Relationships, Health and Sexual Education

Lessons - Relationships



Did you find lessons on this topic useful...?

Primary

Secondary

Yes

No

Don't remember or didn't have a lesson

Yes

No

Don't remember or didn't have a lesson



How babies are made/Sex

27%

42%

22%

24%

49%

18%

Sexuality

27%

40%

24%

27%

40%

24%

Female Genital Mutilation (FGM)

26%

24%

40%

26%

24%

40%

Sexually Transmitted Infections (STIs)

24%

37%

30%

24%

37%

30%

Page 43



Healthy relationships

22%

46%

22%

22%

46%

22%

Intimate relationships

26%

33%

32%

26%

33%

32%

Abusive relationships

24%

40%

27%

24%

40%

27%

Relationship break ups

29%

30%

32%

29%

30%

32%



Pregnancy and miscarriage

25%

36%

30%

25%

36%

30%

Contraception

25%

38%

28%

25%

38%

28%

Parenting

24%

32%

34%

24%

32%

34%



Consent

29%

45%

15%

23%

47%

21%

Keeping my body safe

62%

20%

9%

25%

40%

26%

Sexual exploitation

25%

32%

33%

25%

32%

33%

Sexual harassment

24%

42%

25%

24%

42%

25%



Making a Positive Contribution

Enjoy school



The Making a Positive Contribution section asked pupils about their attitudes towards school and learning and how well they feel their school listens to them and supports them.

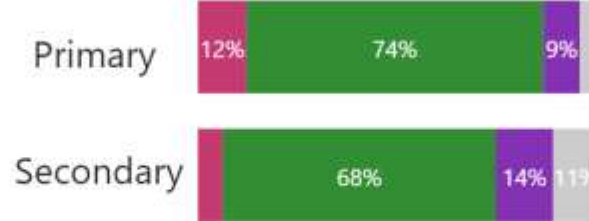
Page 44

I enjoy school

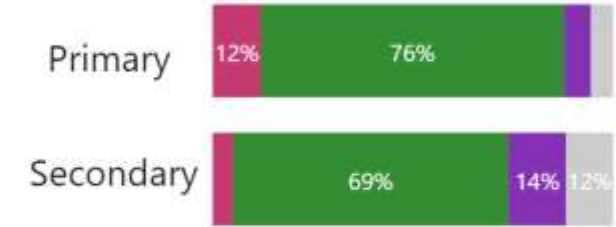
KS1 64%



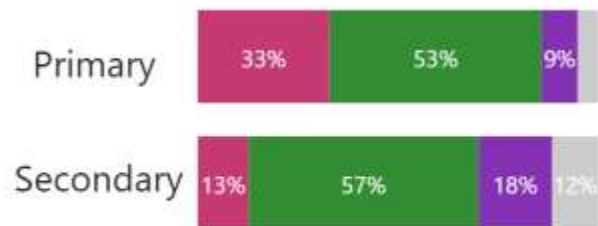
The behaviour of other pupils in my lessons is good



The behaviour of other pupils around school is good



I enjoy learning at this school



I feel safe at school



- 1. Always
- 2. Sometimes
- 3. Never
- 4. Not answered

In the Primary survey these questions were asked of Year 6 only



Making a Positive Contribution

Agency



About what you learn in school?

About how you learn in school?

About the school environment?

In your community?

Primary Secondary

Primary Secondary

Primary Secondary

Primary Secondary

Are you asked for your ideas and opinions?

61% 43%

46% 33%

43% 30%

27% 19%

Do the ideas and opinions of young people make a difference?

42% 28%

39% 29%

39% 31%

27% 23%

Would you like to be asked for your ideas and opinions more often?

43% 38%

39% 38%

39% 34%

29% 27%



Making a Positive Contribution

Opinions



The school encourages everyone to take part in decisions



- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered



Primary

Secondary

Yes, I am currently a member

Yes, I would like to be a member

Yes, but I don't want to be involved

No, but I wish they did

No, but I don't want to be involved

Primary Secondary

Primary Secondary

Primary Secondary

Primary Secondary

Primary Secondary

Page 46

School Council

11%

6%

31%

6%

26%

51%

3%

2%

7%

8%

Wellbeing Champions

2%

2%

7%

2%

8%

20%

9%

4%

15%

19%

Peer Mentor

2%

2%

6%

3%

6%

19%

7%

4%

15%

19%

Youth Parliament

1%

1%

3%

2%

4%

15%

8%

5%

17%

20%

School Forum

2%

1%

4%

1%

5%

14%

6%

4%

14%

19%

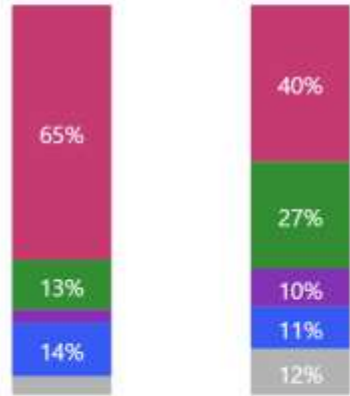


Making a Positive Contribution

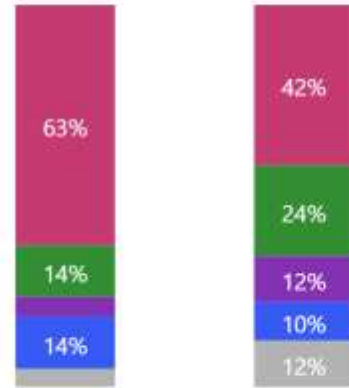
School Support - Part A



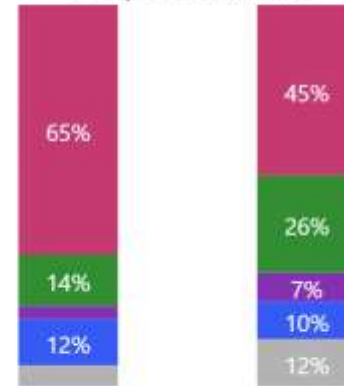
My school encourages me to look after my physical health (healthy eating/fitness)



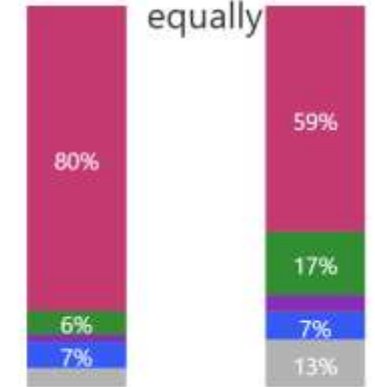
My school encourages me to look after my emotional and mental health



My school encourages me to be independent and take on responsibilities

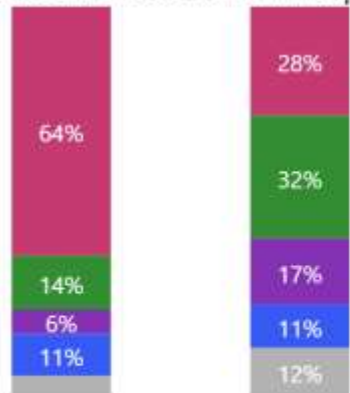


My school encourages me to respect people from other backgrounds and to treat everyone equally

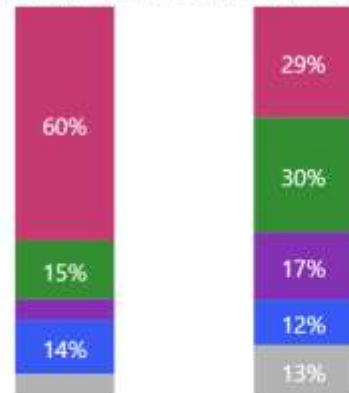


Page 47

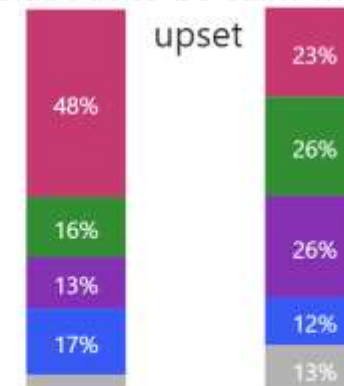
My school is keen to make sure that I am happy



At school we learn to understand our emotions



My school has given me advice about to be calm when I am upset



- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered

In the Primary survey these questions were asked of Year 6 only

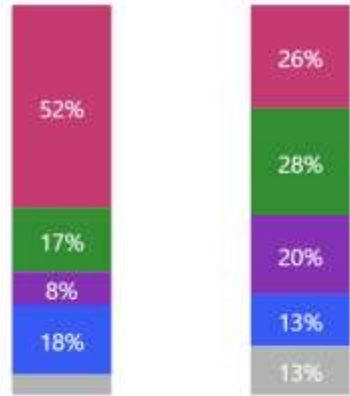


Making a Positive Contribution

School Support - Part B



My school helps me deal with 'change' so I am ready to leave this school



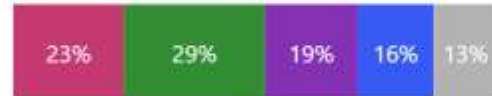
Primary

Secondary

My school provides me with adequate information about further education opportunities

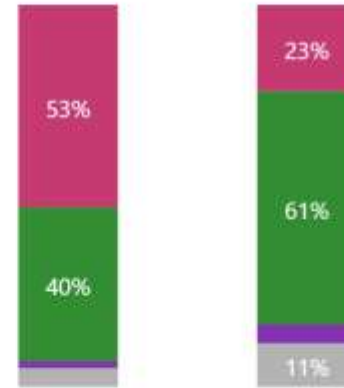


My school helps me plan for a career



Secondary Only

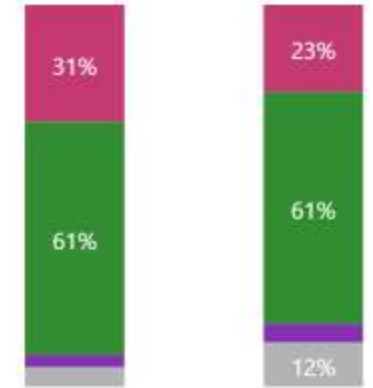
Teachers help me to do my best



Primary

Secondary

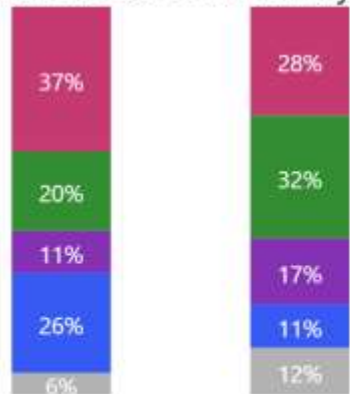
My teacher gives me work that challenges me



Primary

Secondary

The school encourages me to contribute to community events



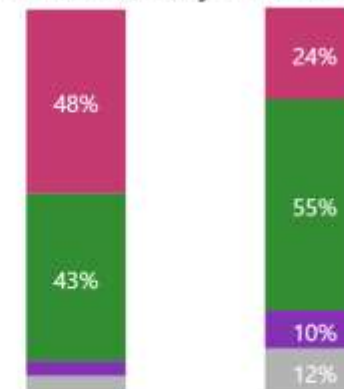
Primary

Secondary

- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered

In the Primary survey these questions were asked of Year 6 only

Teachers listen to what I have to say in lessons



Primary

Secondary

- 1. In every lesson
- 2. In some lessons
- 3. In none of my lessons
- 4. Not answered

In the Primary survey these questions were asked of Year 6 only




Lifestyle

Diet - General



The Lifestyle section asked pupils about their diet, physical activity, sleep patterns, and technology use.

	Has fruit and veg every day	Has 5 or more portions of fruit and veg every day
		
KS1	71%	21%
Primary	80%	15%
Secondary	70%	10%

Page 49

KS1				
Eats all the time...				
	Sweets	15%	Chocolate	15%

KS1			
Had breakfast this morning			
32%	9%	31%	2%
Toast or bread	Fruit	Something to drink	Crisps
50%	5%	8%	6%
Cereal	Yoghurt	Cooked breakfast	Chocolate bar

KS1	
What do you drink most of?	
Water	43%
Fruit Juice	12%
Squash	26%
Fizzy drinks	14%
Energy drinks	5%

















Lifestyle

Diet - In Last Week



In the past 7 days on how many days have you eaten/had to drink the following?

	Primary			Secondary		
	Not eaten	1-3 days	4+ days	Not eaten	1-3 days	4+ days
 Fish	48%	32%	7%	47%	30%	5%
 Sugar-coated cereal	41%	30%	18%	46%	24%	13%
 Fresh fruit	8%	32%	51%	7%	34%	42%
 Vegetables	8%	33%	48%	6%	28%	49%
 Energy drinks	60%	21%	9%	51%	24%	8%
 Fizzy drinks	34%	43%	13%	30%	40%	13%
 Diet fizzy drinks	49%	30%	11%	40%	32%	11%
 Milk	17%	32%	41%	18%	30%	35%
 Water	5%	21%	64%	4%	18%	61%
 Crisps	8%	44%	38%	13%	41%	30%
 Biscuits or cake	14%	55%	21%	14%	15%	19%
 Sweets, chocolate, chocolate bars	8%	51%	31%	9%	49%	26%
 Ready meals	44%	28%	17%	52%	23%	8%
 Takeaway hot food	36%	42%	12%	35%	42%	7%

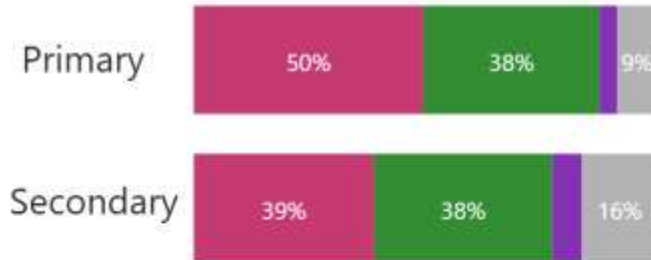


Lifestyle

Exercise and Weight - Engagement



Do you enjoy physical activity?



1. Yes 2. Sometimes 3. No 4. Not answered



During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	I didn't do any exercise in the past 7 days	1-3 days	4-6 days	I did exercise every day in the past 7 days
Primary	5%	29%	23%	34%
Secondary	6%	33%	26%	18%

Page 51



KS1

Which of these activities do you do every week?






38%	50%	37%	31%	3%	22%
Play in the park	Go for a walk	Swimming	Cycling	Theatre club	After school clubs
25%	13%	6%	28%	21%	6%
Go to a sports club (e.g. football or dance)	Beavers/Cubs or Rainbows/Brownies	Adventure activities e.g. high ropes	Scootering or skating	Forest school	I do not do any of these



Lifestyle

Exercise and Weight - Barriers



What gets in the way of you being more physically active?	Year 4	Year 6	Year 8	Year 10
 I don't like the places I'd have to go	11%	8%	12%	16%
I don't like the people who go there	4%	5%	8%	11%
The facilities don't cater for my special needs	2%	1%	2%	1%
 I don't have enough time	18%	18%	20%	25%
 Transport to get there is a problem	5%	5%	7%	9%
My parents won't let me go	6%	6%	4%	3%
Cost	5%	5%		
 I don't know what to do	14%	15%	17%	20%
I am shy in front of other people	16%	19%	23%	29%
I don't like to try new things	5%	5%	8%	10%
I'm not comfortable about how I look	10%	17%	23%	27%
 I don't want to do any physical activity	5%	6%	9%	10%
Nothing stops me	45%	42%	31%	24%



Lifestyle

Exercise and Weight - Self

How would you describe your weight?

What are you trying to do about your weight?

Which of the following influences how you feel about your body?

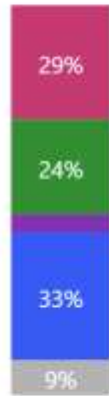
Year 8

Year 10

Page 53



Primary

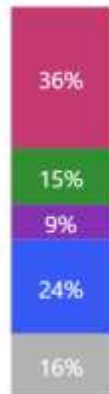


- 1. Very underweight
- 2. Slightly underweight
- 3. About the right weight
- 4. Slightly overweight
- 5. Very overweight
- 6. Not answered

- 1. Lose weight
- 2. Stay the same weight
- 3. Gain weight
- 4. I am not trying to do anything about my weight
- 5. Not answered



Secondary



My own thoughts and feelings

60%

70%

Comments/attitudes of my parents

18%

27%



Comments/attitudes of other family members

22%

29%

Comments/attitudes of my friends

25%

33%

Comments/attitudes of other people at school

35%

42%

Seeing images of actors/actresses in film or TV

18%

23%



Seeing images of fashion models

18%

24%

Seeing images of celebrities online

18%

23%

Seeing images of people involved in sport

18%

22%



Bloggers/YouTubers

16%

16%

Social media photo filters (e.g. Snapchat/Instagram)

25%

27%



None of these - I am happy as I am

26%

21%



Lifestyle

Technology - Devices



Do you own any of these electronic devices?

Page 54



	KS1				Primary				Secondary			
	Yes	Shared with...		No	Yes	Shared with...		No	Yes	Shared with...		No
		Parents	Siblings			Parents	Siblings			Parents	Siblings	
Phone	28%	15%	6%	40%	62%	4%	1%	21%	80%	0%	0%	2%
Tablet	58%	9%	66%	15%	59%	6%	5%	18%	42%	5%	3%	30%
Laptop/ Computer	13%	23%	7%	38%	42%	17%	6%	21%	62%	8%	4%	7%
Game console (e.g. PlayStation, Xbox)	22%	11%	17%	34%	45%	5%	13%	24%	47%	3%	12%	20%
Handheld Game console (e.g. Nintendo Switch)	24%	6%	11%	40%	35%	2%	9%	40%	25%	1%	7%	46%



Lifestyle

Technology - Access and Use



Has access to the internet via a device at home

Spends most of their free time online/ using the internet

	Has access to the internet via a device at home	Spends most of their free time online/ using the internet
KS1	76%	
Primary	79%	42%
Secondary	81%	55%

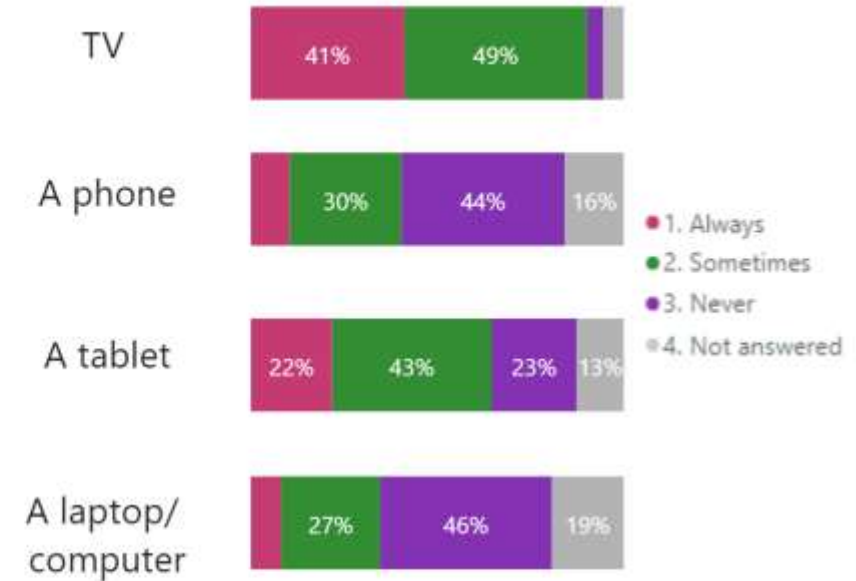


Has a private space to use their devices

Primary	41%
Secondary	55%

KS1

Do you watch children's programmes/films on...





Lifestyle

Sleep and Music



Got enough sleep last night

Primary	49%
Secondary	34%

How many hours of sleep did you get last night?



- 1. Less than 3 hours
- 2. 4-6 hours
- 3. 7-8 hours
- 4. 9 hours or more
- 5. Don't know
- 6. Not answered

Secondary

Do you play a musical instrument?



	Yes	No but I'd like to
Primary	38%	20%
Secondary	22%	12%



	Yes		No but I'd like to	
	Primary	Secondary	Primary	Secondary
Sing at home, either alone or with others e.g. singing along to pop tracks	56%	53%	2%	1%
Sing in a school choir	12%	4%	6%	2%
Sing in a choir outside of school	6%	2%	4%	1%
Sing in a band	3%	2%	8%	3%
Sing solo with backing tracks	13%	7%	4%	2%
Having singing lessons	10%	4%	7%	4%



Substance Use

Smoking and Vaping



The Smoking, Alcohol and Drugs section asked pupils about their exposure to harmful substances and whether they had tried anything illegal.



	Parents/carers smoke	Has tried smoking tobacco
Primary	23%	
Secondary	24%	11%

- 1. I have only smoked once or twice
- 2. I used to smoke sometimes but I never smoke now
- 3. I sometimes smoke but not every week
- 4. I smoke between one and six cigarettes/roll-ups a week
- 5. I smoke more than six cigarettes/roll-ups a week
- 6. I don't smoke
- 7. I don't know
- 8. Not answered

Page 57
How often do you currently smoke?



	Parents/carers vape	Has tried vaping
Primary	16%	
Secondary	14%	14%

- 1. I have only used electronic cigarettes or vapes once or twice
- 2. I used to use electronic cigarettes or vapes sometimes but I don't now
- 3. I sometimes use electronic cigarettes or vapes but not every week
- 4. I use electronic cigarettes or vapes regularly, more than once a week
- 5. I don't use electronic cigarettes or vapes
- 6. I don't know
- 7. Not answered

How often do you currently vape?





Substance Use

Alcohol and Illegal Drugs



Had an alcoholic drink in past 7 days

Drunk so much in the in past 7 days that they were not in control

Primary

5%



Secondary

19%

3%

In the Primary survey these questions were asked of Year 6 only

Page 58



Primary

Teacher or parent has talked to them about the harm of illegal drugs

5%

Secondary

Been offered cannabis

10%

Tried cannabis

5%

Been offered other illegal drugs

6%

Tried other illegal drugs

3%

In the Primary survey these questions were asked of Year 6 only



Coronavirus

Attendance and Time



The Coronavirus section asked pupils about their experiences of lockdown and how it affected their lives.

During lockdown I...



Page 59

Attended school

Primary

Secondary

20%

14%

Spent some time at school and some time at home

17%

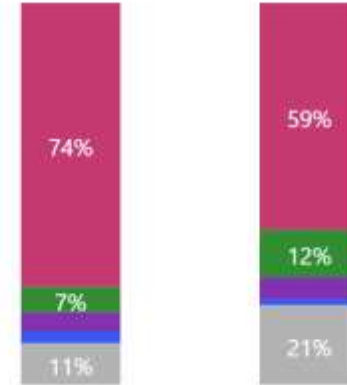
10%

Was home-schooled

54%

56%

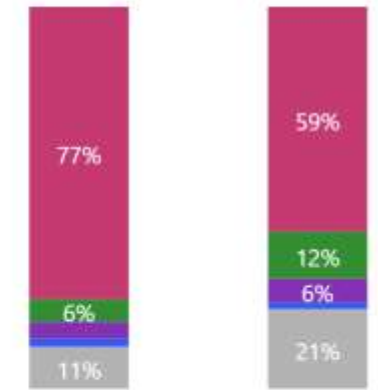
I have had more time to be at home with my family



Primary

Secondary

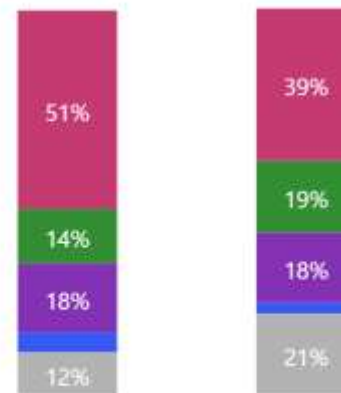
I have missed spending time with my friends



Primary

Secondary

I have had more time for hobbies



Primary

Secondary

- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Doesn't apply to me
- 5. Not answered

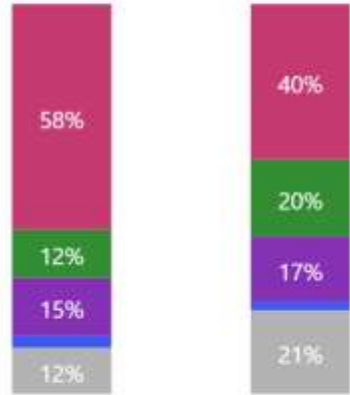


Coronavirus

Lockdown Experience

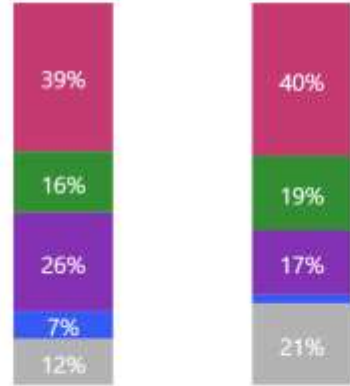


I have been able to enjoy the outdoors more



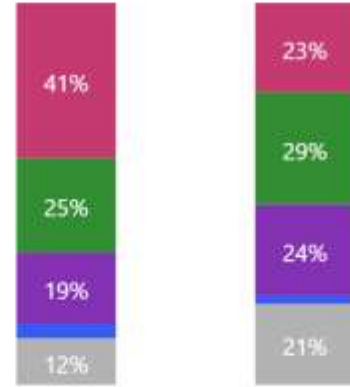
Primary Secondary

I have struggled with remote learning



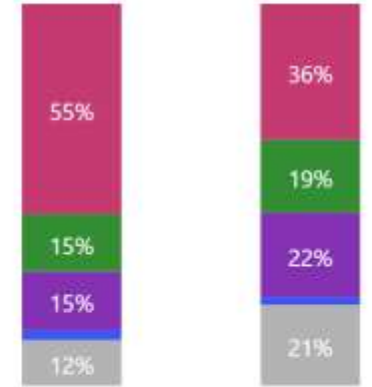
Primary Secondary

I have eaten healthier food



Primary Secondary

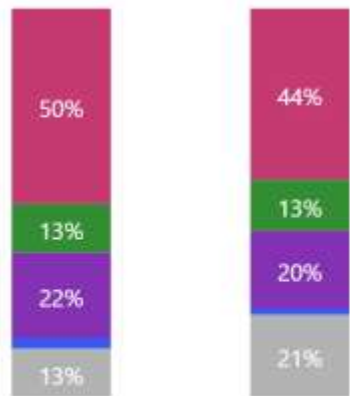
I have exercised more



Primary Secondary

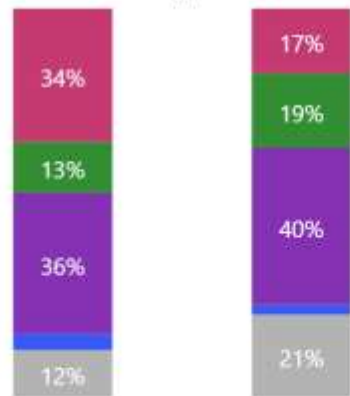
Page 60

I have slept more



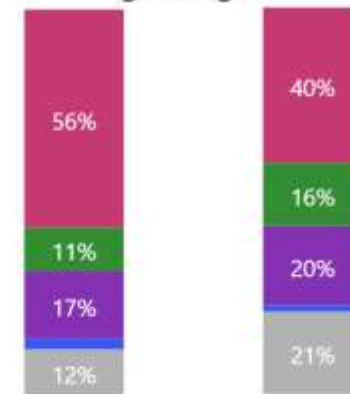
Primary Secondary

I have been worried about getting ill



Primary Secondary

I have been worried about my family getting ill



Primary Secondary

- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Doesn't apply to me
- 5. Not answered

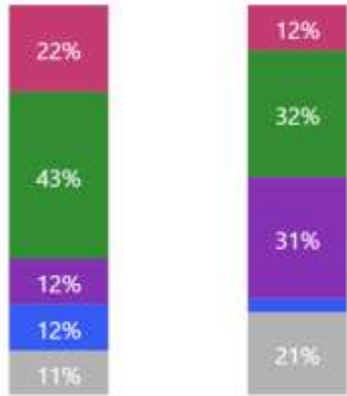


Coronavirus

Health and Relationships

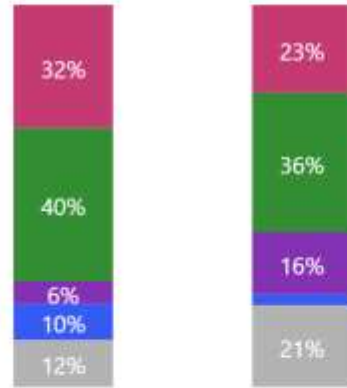


My mental health has...



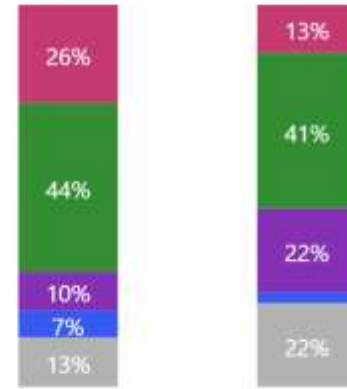
Primary Secondary

My physical health has...



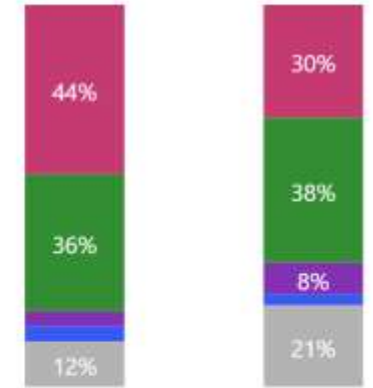
Primary Secondary

My school life balance has...



Primary Secondary

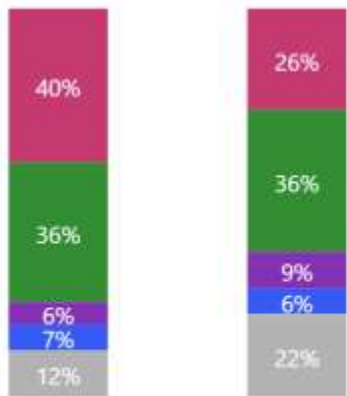
My relationship with my mum has...



Primary Secondary

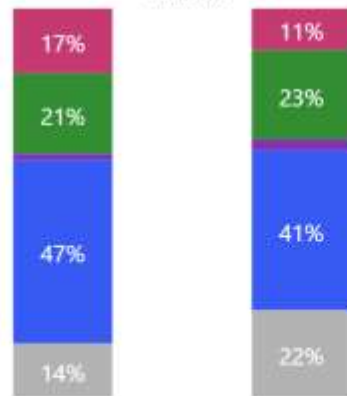
Page 61

My relationship with my dad has...



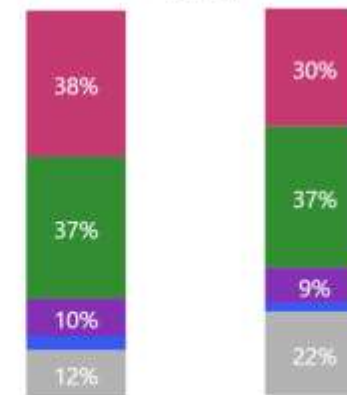
Primary Secondary

My relationship with my carer(s) has...



Primary Secondary

My relationship with my friends has...



Primary Secondary

- 1. Gotten better
- 2. Stayed the same
- 3. Gotten worse
- 4. Doesn't apply to me
- 5. Not answered



Option Sets

Year 4



Lessons

Found lessons useful	Year 4
06 Keeping safe online	74%
16 Germs and handwashing	73%
21 Friendship	72%
27 Respecting different people	68%
08 Nature	67%
10 Healthy eating	67%
26 Keeping my body safe	64%
24 Family and people who care for me	63%
02 My emotions and feelings	62%
09 Climate change	61%
05 Bullying	59%
14 Oral health (Brushing your teeth)	58%
03 Confidence	57%
07 Physical activity	57%
18 Sleep	55%
25 Online friendships	55%
01 Mental health	53%
17 First Aid	49%
23 My identity	42%
15 Sun care	39%
04 Self esteem	35%
20 Body image	29%
19 Changing body/Puberty	25%
22 Consent	24%
13 Drugs	23%
12 Alcohol	22%
11 Tobacco	22%
28 How babies are made	21%

Worries and Coping

Coping mechanism	Year 4
01 Talk to an adult at home	66%
03 Talk to a friend or brother/sister	38%
02 Talk to an adult at school	38%
12 Listen to music	33%
10 Watch TV/Netflix/Online videos	32%
11 Play computer games	29%
04 Keep it to yourself	27%
06 Think carefully about the problem by yourself	23%
05 Rest or sleep more	19%
07 Keep busy/Exercise	17%
13 Eat more	15%
15 Do nothing	14%
08 Go out with friends/Socialise	14%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	7%

Worries about	Year 4
12 Coronavirus/COVID-19	54%
04 Problems with friends	36%
01 School work/homework	34%
09 The environment	32%
05 Family problems	31%
07 The way you look	23%
02 SATs/Tests	23%
08 Body changes as you grow up	19%
10 Crime	18%
11 Online problems	16%
03 Health problems	16%
06 Money problems	13%

Bullying

Bullying Experienced	Year 4
10 Pushed or shoved you on purpose	36%
12 None of these	33%
05 Someone called you names, swore at you or insulted you	31%
03 You were left out or excluded from a group or activity on purpose	24%
11 Tried to physically hurt you	23%
09 Threatened you on purpose	17%
04 Rumours were spread about you	12%
08 Damaged your belongings on purpose	11%
01 Nasty messages about you were sent to you	8%
06 Had your money or other belongings stolen	6%
07 Had someone make you or try to make you give them money or other things	5%
02 Nasty messages about you were passed around or posted where others could see	3%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 4
12 You haven't been bullied	45%
13 You don't know why	30%
01 The way you look	12%
02 Your weight	6%
05 Your family	5%
09 For being a boy or a girl	4%
04 Your grades	3%
03 Your health or disability	2%
07 Your race or skin colour	2%
06 Your religion	2%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 4
01 Nothing stops me	45%
02 I don't have enough time	18%
09 I am shy in front of other people	16%
03 I don't know what to do	14%
04 I know what I want to do but I don't know where to go	11%
11 I'm not comfortable about how I look	10%
05 I don't like the places I'd have to go to	7%
07 My parents won't let me go	6%
13 Cost	5%
06 Transport to get there is a problem	5%
14 I don't want to do any physical activity	5%
10 I don't like to try new things	5%
15 Other (please tell us below)	5%
08 I don't like the people who go there	4%
12 The facilities don't cater for my special needs	2%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	6%	09 ...	63%
10 Crisps	8%	03 ...	51%
03 Fresh Fruit	8%	04 ...	44%
12 Sweets, chocolate, chocolate bars	9%	08 ...	41%
04 Vegetables	10%	10 ...	37%
11 Biscuits or cake	14%	12 ...	30%
08 Milk	17%	11 ...	22%
14 Takeaway hot food	32%	02 ...	20%
06 Fizzy Drinks	35%	13 ...	18%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	36%	14 ...	14%
13 Ready Meals	40%	06 ...	13%
01 Fish	45%	05 ...	9%
07 Diet Fizzy Drinks	51%	07 ...	9%
05 Energy Drinks	56%	01 ...	6%



Option Sets

Year 6



Lessons

Found lessons useful	Year 6
06 Keeping safe online	77%
27 Respecting different people	76%
16 Germs and handwashing	76%
21 Friendship	72%
10 Healthy eating	71%
07 Physical activity	67%
05 Bullying	67%
08 Nature	65%
09 Climate change	65%
01 Mental health	64%
24 Families and people who care for me	63%
25 Online friendships	61%
02 My emotions and feelings	61%
26 Keeping my body safe	60%
17 First Aid	59%
03 Confidence	58%
18 Sleep	55%
13 Drugs	52%
14 Oral health (Brushing your teeth)	51%
12 Alcohol	50%
23 My identity	46%
04 Self esteem	46%
11 Tobacco	45%
19 Changing body/Puberty	44%
20 Body image	35%
15 Sun care	35%
22 Consent	32%
28 How babies are made	31%

Worries and Coping

Coping mechanism	Year 6
01 Talk to an adult at home	62%
03 Talk to a friend or brother/sister	40%
10 Watch TV/Netflix/Online videos	38%
12 Listen to music	36%
11 Play computer games	35%
04 Keep it to yourself	30%
06 Think carefully about the problem by yourself	23%
02 Talk to an adult at school	22%
08 Go out with friends/Socialise	19%
07 Keep busy/Exercise	18%
13 Eat more	16%
05 Rest or sleep more	16%
15 Do nothing	11%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	6%

Worry about	Year 6
01 School work/homework	46%
02 SATs/Tests	44%
12 Coronavirus/COVID-19	40%
04 Problems with friends	37%
07 The way you look	34%
05 Family problems	31%
08 Body changes as you grow up	27%
09 The environment	26%
03 Health problems	16%
10 Crime	15%
11 Online problems	14%
06 Money problems	13%

Bullying

Bullying Experienced	Year 6
05 Someone called you names, swore at you or insulted you	39%
10 Pushed or shoved you on purpose	35%
12 None of these	33%
03 You were left out or excluded from a group or activity on purpose	31%
11 Tried to physically hurt you	23%
04 Rumours were spread about you	22%
09 Threatened you on purpose	15%
01 Nasty messages about you were sent to you	15%
08 Damaged your belongings on purpose	11%
02 Nasty messages about you were passed around or posted where others could see	8%
06 Had your money or other belongings stolen	8%
07 Had someone make you or try to make you give them money or other things	6%
13 Other (please tell us below)	4%

Reason for having been bullied	Year 6
12 You haven't been bullied	46%
13 You don't know why	25%
01 The way you look	19%
02 Your weight	10%
09 For being a boy or a girl	4%
04 Your grades	4%
05 Your family	4%
03 Your health or disability	3%
07 Your race or skin colour	2%
08 For being in special education	2%
06 Your religion	1%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%

Exercise and Diet

Barriers to physical activity	Year 6
01 Nothing stops me	42%
09 I am shy in front of other people	19%
02 I don't have enough time	18%
11 I'm not comfortable about how I look	17%
03 I don't know what to do	15%
04 I know what I want to do but I don't know where to go	11%
05 I don't like the places I'd have to go to	8%
14 I don't want to do any physical activity	6%
07 My parents won't let me go	6%
15 Other (please tell us below)	6%
08 I don't like the people who go there	5%
06 Transport to get there is a problem	5%
13 Cost	5%
10 I don't like to try new things	5%
12 The facilities don't cater for my special needs	1%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	5%	09 ...	64%
03 Fresh Fruit	7%	03 ...	50%
04 Vegetables	7%	04 ...	50%
12 Sweets, chocolate, chocolate bars	7%	08 ...	42%
10 Crisps	9%	10 ...	38%
11 Biscuits or cake	14%	12 ...	31%
08 Milk	17%	11 ...	20%
06 Fizzy Drinks	34%	02 ...	17%
14 Takeaway hot food	38%	13 ...	17%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	06 ...	14%
13 Ready Meals	46%	07 ...	11%
07 Diet Fizzy Drinks	48%	14 ...	11%
01 Fish	50%	05 ...	8%
05 Energy Drinks	63%	01 ...	7%



Option Sets

Year 8



Lessons

Found lessons useful	Year 8	Found lessons useful	Year 8
06 Keeping safe online	60%	03 Confidence	40%
28 Respecting different people	57%	31 Pregnancy and miscarriage	39%
13 Drugs	55%	04 Self esteem	37%
20 Changing body/Puberty	54%	41 Parenting	36%
10 Healthy eating	53%	21 Body image	36%
12 Alcohol	53%	14 My identity	35%
09 Climate change	52%	24 My identity	35%
01 Mental health	51%	15 Oral health (Brushing your teeth)	33%
05 Bullying	51%	35 Sexually Transmitted Infections (STIs)	33%
29 Sex	51%	32 Contraception	32%
07 Physical activity	50%	33 Relationship break ups	32%
40 Healthy relationships	49%	39 Intimate relationships	32%
22 Friendship	49%	36 Sexual exploitation	30%
17 Germs and handwashing	49%	34 Female Genital Mutilation (FGM)	25%
11 Tobacco	48%	16 Suncare	25%
23 Consent	46%		
25 Families and people who care for me	45%		
26 Online friendships	45%		
27 Keeping my body safe	45%		
02 My emotions and feelings	44%		
30 Sexuality	43%		
18 Sleep	43%		
19 First Aid	43%		
37 Sexual harassment	42%		
08 Nature	41%		
38 Abusive relationships	40%		

Bullying

Bullying Experienced	Year 8	Reason for having been bullied	Year 8
05 Someone called you names, swore at you or insulted you	44%	14 You haven't been bullied	46%
12 None of these	32%	01 The way you look	22%
10 Pushed or shoved you on purpose	30%	13 You don't know why	19%
04 Rumours were spread about you	27%	02 Your weight	13%
03 You were left out or excluded from a group or activity on purpose	26%	05 Your family	5%
01 Nasty messages about you were sent to you	19%	10 Your sexual orientation	5%
11 Tried to physically hurt you	17%	04 Your grades	4%
09 Threatened you on purpose	15%	09 For being a boy or a girl	4%
08 Damaged your belongings on purpose	12%	03 Your health or disability	4%
02 Nasty messages about you were passed around or posted where others could see	10%	07 Your race or skin colour	3%
06 Had your money or other belongings stolen	7%	12 For wearing a face covering	1%
07 Had someone make you or try to make you give them money or other things	4%	06 Your religion	1%
13 Other (please tell us below)	3%	11 For NOT wearing a face covering	1%
		08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 8	Consumed last 7 days	0 Days	No.	4-7 Days
01 Nothing stops me	31%	09 Water	4%	09 ...	61%
11 I'm not comfortable about how I look	23%	04 Vegetables	6%	04 ...	49%
09 I am shy in front of other people	23%	03 Fresh Fruit	6%	03 ...	43%
02 I don't have enough time	20%	12 Sweets, chocolate, chocolate bars	9%	08 ...	36%
03 I don't know what to do	17%	10 Crisps	11%	10 ...	30%
05 I don't like the places I'd have to go to	12%	11 Biscuits or cake	13%	12 ...	26%
04 I know what I want to do but I don't know where to go	11%	08 Milk	17%	11 ...	19%
13 I don't want to do any physical activity	9%	06 Fizzy Drinks	29%	06 ...	13%
08 I don't like the people who go there	8%	14 Takeaway hot food	34%	02 ...	13%
10 I don't like to try new things	8%	07 Diet Fizzy Drinks	39%	07 ...	11%
06 Transport to get there is a problem	7%	02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	13 ...	9%
14 Other (please tell us below)	5%	01 Fish	47%	05 ...	7%
07 My parents won't let me go	4%	05 Energy Drinks	51%	14 ...	7%
12 The facilities don't cater for my special needs	2%	13 Ready Meals	51%	01 ...	5%



Option Sets

Year 10



Lessons

Found lessons useful	Year 8	Found lessons useful	Year 8
06 Keeping safe online	60%	03 Confidence	40%
28 Respecting different people	57%	31 Pregnancy and miscarriage	39%
13 Drugs	55%	04 Self esteem	37%
20 Changing body/Puberty	54%	41 Parenting	36%
10 Healthy eating	53%	21 Body image	36%
12 Alcohol	53%	14 My identity	35%
09 Climate change	52%	24 My identity	35%
01 Mental health	51%	15 Oral health (Brushing your teeth)	33%
05 Bully	51%	35 Sexually Transmitted Infections (STIs)	33%
29 Sex	51%	32 Contraception	32%
07 Physical activity	50%	33 Relationship break ups	32%
40 Healthy relationships	49%	39 Intimate relationships	32%
22 Friendship	49%	36 Sexual exploitation	30%
17 Genital and handwashing	49%	34 Female Genital Mutilation (FGM)	25%
11 Tobacco	48%	16 Suncare	25%
23 Consent	46%		
25 Families and people who care for me	45%		
26 Online friendships	45%		
27 Keeping my body safe	45%		
02 My emotions and feelings	44%		
30 Sexuality	43%		
18 Sleep	43%		
19 First Aid	43%		
37 Sexual harassment	42%		
08 Nature	41%		
38 Abusive relationships	40%		

Bullying

Bullying Experienced	Year 8	Reason for having been bullied	Year 8
05 Someone called you names, swore at you or insulted you	44%	14 You haven't been bullied	46%
12 None of these	32%	01 The way you look	22%
10 Pushed or shoved you on purpose	30%	13 You don't know why	19%
04 Rumours were spread about you	27%	02 Your weight	13%
03 You were left out or excluded from a group or activity on purpose	26%	05 Your family	5%
01 Nasty messages about you were sent to you	19%	10 Your sexual orientation	5%
11 Tried to physically hurt you	17%	04 Your grades	4%
09 Threatened you on purpose	15%	09 For being a boy or a girl	4%
08 Damaged your belongings on purpose	12%	03 Your health or disability	4%
02 Nasty messages about you were passed around or posted where others could see	10%	07 Your race or skin colour	3%
06 Had your money or other belongings stolen	7%	12 For wearing a face covering	1%
07 Had someone make you or try to make you give them money or other things	4%	06 Your religion	1%
13 Other (please tell us below)	3%	11 For NOT wearing a face covering	1%
		08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 8	Consumed last 7 days	0 Days	No.	4-7 Days
01 Nothing stops me	31%	09 Water	4%	09 ...	61%
11 I'm not comfortable about how I look	23%	04 Vegetables	6%	04 ...	49%
09 I am shy in front of other people	23%	03 Fresh Fruit	6%	03 ...	43%
02 I don't have enough time	20%	12 Sweets, chocolate, chocolate bars	9%	08 ...	36%
03 I don't know what to do	17%	10 Crisps	11%	10 ...	30%
05 I don't like the places I'd have to go to	12%	11 Biscuits or cake	13%	12 ...	26%
04 I know what I want to do but I don't know where to go	11%	08 Milk	17%	11 ...	19%
13 I don't want to do any physical activity	9%	06 Fizzy Drinks	29%	06 ...	13%
08 I don't like the people who go there	8%	14 Takeaway hot food	34%	02 ...	13%
10 I don't like to try new things	8%	07 Diet Fizzy Drinks	39%	07 ...	11%
06 Transport to get there is a problem	7%	02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	13 ...	9%
14 Other (please tell us below)	5%	01 Fish	47%	05 ...	7%
07 My parents won't let me go	4%	05 Energy Drinks	51%	14 ...	7%
12 The facilities don't cater for my special needs	2%	13 Ready Meals	51%	01 ...	5%



Option Sets

Secondary Worries and Coping



Year 8 - Coping

Year 8 - Worries

Year 10 - Coping

Year 10 - Worries

Coping mechanism	Year 8
13 Listen to music	53%
05 Keep it to yourself	53%
11 Watch TV/Netflix/online videos	49%
01 Talk to an adult at home	46%
03 Talk to a friend or brother/sister	41%
12 Play computer games	37%
07 Think carefully about the problem by yourself	33%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	23%
08 Keep busy/Exercise	22%
19 Lash out in anger (verbally or physically)	22%
21 Do nothing	18%
14 Eat more	16%
15 Eat less	14%
02 Talk to an adult at school	13%
10 Stop going out	12%
22 Get into trouble	10%
20 Injure yourself in someway	10%
04 Speak to the person who is causing you to worry	5%
23 Other (please tell us below)	4%
17 Drink alcohol	3%
16 Smoke	2%
18 Take drugs	1%

Worries about	Year 8
01 School work/homework	60%
02 Exams/Tests	60%
09 The way you look	52%
21 The future	45%
06 Problems with friends	43%
04 Your mental health	40%
03 Your physical health	35%
07 Family problems	33%
05 The mental health of someone in your family	31%
22 Coronavirus/COVID-19	30%
12 Relationships	26%
20 Climate Change	21%
08 Money problems/family finances	18%
17 Wars and Terrorism	16%
18 Online problems	15%
16 Crime	13%
14 Becoming a parent before you're ready	10%
10 Your sexual orientation	8%
15 Drugs	8%
19 Floods	6%
11 Your gender identity	6%
13 Sexually Transmitted Infections (STIs)	3%

Coping mechanism	Year 10
05 Keep it to yourself	61%
13 Listen to music	59%
11 Watch TV/Netflix/online videos	46%
03 Talk to a friend or brother/sister	40%
07 Think carefully about the problem by yourself	36%
01 Talk to an adult at home	35%
12 Play computer games	32%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	26%
08 Keep busy/Exercise	23%
21 Do nothing	22%
19 Lash out in anger (verbally or physically)	22%
15 Eat less	21%
14 Eat more	20%
10 Stop going out	17%
20 Injure yourself in someway	12%
02 Talk to an adult at school	10%
17 Drink alcohol	9%
22 Get into trouble	8%
04 Speak to the person who is causing you to worry	6%
16 Smoke	6%
23 Other (please tell us below)	3%
18 Take drugs	3%

Worries about	Year 10
02 Exams/Tests	72%
01 School work/homework	67%
09 The way you look	56%
21 The future	52%
04 Your mental health	50%
03 Your physical health	42%
06 Problems with friends	41%
07 Family problems	37%
05 The mental health of someone in your family	37%
12 Relationships	31%
22 Coronavirus/COVID-19	23%
08 Money problems/family finances	23%
20 Climate Change	21%
18 Online problems	14%
17 Wars and Terrorism	13%
10 Your sexual orientation	12%
16 Crime	11%
14 Becoming a parent before you're ready	11%
15 Drugs	8%
11 Your gender identity	8%
19 Floods	6%
13 Sexually Transmitted Infections (STIs)	4%



Option Sets

Lessons by Year

Year 4

Found lessons useful	Year 4
06 Keeping safe online	74%
16 Germs and handwashing	73%
21 Friendship	72%
27 Respecting different people	68%
08 Nature	67%
10 Healthy eating	67%
26 Keeping my body safe	64%
24 Families and people who care for me	63%
02 My emotions and feelings	62%
09 Climate change	61%
05 Bullying	59%
14 Oral health (Brushing your teeth)	58%
03 Confidence	57%
07 Physical activity	57%
18 Sleep	55%
25 Online friendships	55%
01 Mental health	53%
17 First Aid	49%
23 My identity	42%
15 Suncare	39%
04 Self esteem	35%
20 Body image	29%
19 Changing body/Puberty	25%
22 Consent	24%
13 Drugs	23%
12 Alcohol	22%
11 Tobacco	22%
28 How babies are made	21%

Year 6

Found lessons useful	Year 6
06 Keeping safe online	77%
27 Respecting different people	76%
16 Germs and handwashing	76%
21 Friendship	72%
10 Healthy eating	71%
07 Physical activity	67%
05 Bullying	67%
08 Nature	65%
09 Climate change	65%
01 Mental health	64%
24 Families and people who care for me	63%
25 Online friendships	61%
02 My emotions and feelings	61%
26 Keeping my body safe	60%
17 First Aid	59%
03 Confidence	58%
18 Sleep	55%
13 Drugs	52%
14 Oral health (Brushing your teeth)	51%
12 Alcohol	50%
23 My identity	46%
04 Self esteem	46%
11 Tobacco	45%
19 Changing body/Puberty	44%
20 Body image	35%
15 Suncare	35%
22 Consent	32%
28 How babies are made	31%

Year 8

Found lessons useful	Year 8
06 Keeping safe online	60%
28 Respecting different people	57%
13 Drugs	55%
20 Changing body/Puberty	54%
10 Healthy eating	53%
12 Alcohol	53%
09 Climate change	52%
01 Mental health	51%
05 Bullying	51%
29 Sex	51%
07 Physical activity	50%
40 Healthy relationships	49%
22 Friendship	49%
17 Germs and handwashing	49%
11 Tobacco	48%
23 Consent	46%
25 Families and people who care for me	45%
26 Online friendships	45%
27 Keeping my body safe	45%
02 My emotions and feelings	44%
30 Sexuality	43%
18 Sleep	43%
19 First Aid	43%
37 Sexual harassment	42%
08 Nature	41%
38 Abusive relationships	40%
03 Confidence	40%
31 Pregnancy and miscarriage	39%
04 Self esteem	37%
41 Parenting	36%
21 Body image	36%
14 My identity	35%
24 My identity	35%
15 Oral health (Brushing your teeth)	33%
35 Sexually Transmitted Infections (STIs)	33%
32 Contraception	32%
33 Relationship break ups	32%
39 Intimate relationships	32%
36 Sexual exploitation	30%
34 Female Genital Mutilation (FGM)	25%
16 Suncare	25%

Year 10

Found lessons useful	Year 10
13 Drugs	49%
23 Consent	49%
06 Keeping safe online	49%
29 Sex	47%
28 Respecting different people	47%
20 Changing body/Puberty	46%
12 Alcohol	46%
32 Contraception	45%
40 Healthy relationships	43%
07 Physical activity	42%
37 Sexual harassment	41%
35 Sexually Transmitted Infections (STIs)	41%
09 Climate change	41%
10 Healthy eating	39%
38 Abusive relationships	39%
11 Tobacco	39%
05 Bullying	38%
19 First Aid	38%
17 Germs and handwashing	37%
01 Mental health	37%
22 Friendship	36%
30 Sexuality	36%
26 Online friendships	36%
18 Sleep	34%
36 Sexual exploitation	34%
27 Keeping my body safe	34%
31 Pregnancy and miscarriage	33%
39 Intimate relationships	33%
25 Families and people who care for me	33%
08 Nature	31%
02 My emotions and feelings	30%
21 Body image	29%
41 Parenting	28%
33 Relationship break ups	27%
04 Self esteem	25%
03 Confidence	25%
24 My identity	25%
14 My identity	24%
34 Female Genital Mutilation (FGM)	24%
15 Oral health (Brushing your teeth)	22%
16 Suncare	18%



Option Sets

Worries by Year



Year 4

Year 6

Year 8

Year 10

Worries about	Year 4
12 Coronavirus/COVID-19	54%
04 Problems with friends	36%
01 School work/homework	34%
09 The environment	32%
05 Family problems	31%
07 The way you look	23%
02 SATs/Tests	23%
08 Body changes as you grow up	19%
10 Crime	18%
11 Online problems	16%
03 Health problems	16%
06 Money problems	13%

Worries about	Year 6
01 School work/homework	46%
02 SATs/Tests	44%
12 Coronavirus/COVID-19	40%
04 Problems with friends	37%
07 The way you look	34%
05 Family problems	31%
08 Body changes as you grow up	27%
09 The environment	26%
03 Health problems	16%
10 Crime	15%
11 Online problems	14%
06 Money problems	13%

Worries about	Year 8
01 School work/homework	60%
02 Exams/Tests	60%
09 The way you look	52%
21 The future	45%
06 Problems with friends	43%
04 Your mental health	40%
03 Your physical health	35%
07 Family problems	33%
05 The mental health of someone in your family	31%
22 Coronavirus/COVID-19	30%
12 Relationships	26%
20 Climate Change	21%
08 Money problems/family finances	18%
17 Wars and Terrorism	16%
18 Online problems	15%
16 Crime	13%
14 Becoming a parent before you're ready	10%
10 Your sexual orientation	8%
15 Drugs	8%
19 Floods	6%
11 Your gender identity	6%
13 Sexually Transmitted Infections (STIs)	3%

Worries about	Year 10
02 Exams/Tests	72%
01 School work/homework	67%
09 The way you look	56%
21 The future	52%
04 Your mental health	50%
03 Your physical health	42%
06 Problems with friends	41%
07 Family problems	37%
05 The mental health of someone in your family	37%
12 Relationships	31%
22 Coronavirus/COVID-19	23%
08 Money problems/family finances	23%
20 Climate Change	21%
18 Online problems	14%
17 Wars and Terrorism	13%
10 Your sexual orientation	12%
16 Crime	11%
14 Becoming a parent before you're ready	11%
15 Drugs	8%
11 Your gender identity	8%
19 Floods	6%
13 Sexually Transmitted Infections (STIs)	4%



Option Sets

Coping by Year



Year 4

Year 6

Year 8

Year 10

Coping mechanism	Year 4
01 Talk to an adult at home	66%
03 Talk to a friend or brother/sister	38%
02 Talk to an adult at school	38%
12 Listen to music	33%
10 Watch TV/Netflix/Online videos	32%
11 Play computer games	29%
04 Keep it to yourself	27%
06 Think carefully about the problem by yourself	23%
05 Rest or sleep more	19%
07 Keep busy/Exercise	17%
13 Eat more	15%
15 Do nothing	14%
08 Go out with friends/Socialise	14%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	7%

Coping mechanism	Year 6
01 Talk to an adult at home	62%
03 Talk to a friend or brother/sister	40%
10 Watch TV/Netflix/Online videos	38%
12 Listen to music	36%
11 Play computer games	35%
04 Keep it to yourself	30%
06 Think carefully about the problem by yourself	23%
02 Talk to an adult at school	22%
08 Go out with friends/Socialise	19%
07 Keep busy/Exercise	18%
13 Eat more	16%
05 Rest or sleep more	16%
15 Do nothing	11%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	6%

Coping mechanism	Year 8
13 Listen to music	53%
05 Keep it to yourself	53%
11 Watch TV/Netflix/online videos	49%
01 Talk to an adult at home	46%
03 Talk to a friend or brother/sister	41%
12 Play computer games	37%
07 Think carefully about the problem by yourself	33%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	23%
08 Keep busy/Exercise	22%
19 Lash out in anger (verbally or physically)	22%
21 Do nothing	18%
14 Eat more	16%
15 Eat less	14%
02 Talk to an adult at school	13%
10 Stop going out	12%
22 Get into trouble	10%
20 Injure yourself in some way	10%
04 Speak to the person who is causing you to worry	5%
23 Other (please tell us below)	4%
17 Drink alcohol	3%
16 Smoke	2%
18 Take drugs	1%

Coping mechanism	Year 10
05 Keep it to yourself	61%
13 Listen to music	59%
11 Watch TV/Netflix/online videos	46%
03 Talk to a friend or brother/sister	40%
07 Think carefully about the problem by yourself	36%
01 Talk to an adult at home	35%
12 Play computer games	32%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	26%
08 Keep busy/Exercise	23%
21 Do nothing	22%
19 Lash out in anger (verbally or physically)	22%
15 Eat less	21%
14 Eat more	20%
10 Stop going out	17%
20 Injure yourself in some way	12%
02 Talk to an adult at school	10%
17 Drink alcohol	9%
22 Get into trouble	8%
04 Speak to the person who is causing you to worry	6%
16 Smoke	6%
23 Other (please tell us below)	3%
18 Take drugs	3%



Option Sets

Bullying by Year



Year 4

Bullying Experienced	Year 4
10 Pushed or shoved you on purpose	36%
12 None of these	33%
05 Someone called you names, swore at you or insulted you	31%
03 You were left out or excluded from a group or activity on purpose	24%
11 Tried to physically hurt you	23%
09 Threatened you on purpose	17%
04 Rumours were spread about you	12%
08 Damaged your belongings on purpose	11%
01 Nasty messages about you were sent to you	8%
06 Had your money or other belongings stolen	6%
07 Had someone make you or try to make you give them money or other things	5%
02 Nasty messages about you were passed around or posted where others could see	3%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 4
12 You haven't been bullied	45%
13 You don't know why	30%
01 The way you look	12%
02 Your weight	6%
05 Your family	5%
09 For being a boy or a girl	4%
04 Your grades	3%
03 Your health or disability	2%
07 Your race or skin colour	2%
06 Your religion	2%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Year 6

Bullying Experienced	Year 6
05 Someone called you names, swore at you or insulted you	39%
10 Pushed or shoved you on purpose	35%
12 None of these	33%
03 You were left out or excluded from a group or activity on purpose	31%
11 Tried to physically hurt you	23%
04 Rumours were spread about you	22%
09 Threatened you on purpose	15%
01 Nasty messages about you were sent to you	15%
08 Damaged your belongings on purpose	11%
02 Nasty messages about you were passed around or posted where others could see	8%
06 Had your money or other belongings stolen	8%
07 Had someone make you or try to make you give them money or other things	6%
13 Other (please tell us below)	4%

Reason for having been bullied	Year 6
12 You haven't been bullied	46%
13 You don't know why	25%
01 The way you look	19%
02 Your weight	10%
09 For being a boy or a girl	4%
04 Your grades	4%
05 Your family	4%
03 Your health or disability	3%
07 Your race or skin colour	2%
08 For being in special education	2%
06 Your religion	1%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%

Year 8

Bullying Experienced	Year 8
05 Someone called you names, swore at you or insulted you	44%
12 None of these	32%
10 Pushed or shoved you on purpose	30%
04 Rumours were spread about you	27%
03 You were left out or excluded from a group or activity on purpose	26%
01 Nasty messages about you were sent to you	19%
11 Tried to physically hurt you	17%
09 Threatened you on purpose	15%
08 Damaged your belongings on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	10%
06 Had your money or other belongings stolen	7%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 8
14 You haven't been bullied	46%
01 The way you look	22%
13 You don't know why	19%
02 Your weight	13%
05 Your family	5%
10 Your sexual orientation	5%
04 Your grades	4%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
12 For wearing a face covering	1%
06 Your religion	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Year 10

Bullying Experienced	Year 10
05 Someone called you names, swore at you or insulted you	39%
12 None of these	38%
04 Rumours were spread about you	25%
03 You were left out or excluded from a group or activity on purpose	24%
10 Pushed or shoved you on purpose	20%
01 Nasty messages about you were sent to you	19%
09 Threatened you on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	12%
11 Tried to physically hurt you	12%
08 Damaged your belongings on purpose	7%
06 Had your money or other belongings stolen	5%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	2%

Reason for having been bullied	Year 10
14 You haven't been bullied	50%
01 The way you look	18%
13 You don't know why	16%
02 Your weight	13%
10 Your sexual orientation	6%
05 Your family	5%
04 Your grades	5%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
08 For being in special education	2%
06 Your religion	1%
12 For wearing a face covering	1%
11 For NOT wearing a face covering	1%



Option Sets

Physical Activity Barriers by Year



Year 4

Barriers to physical activity	Year 4
01 Nothing stops me	45%
02 I don't have enough time	18%
09 I am shy in front of other people	16%
03 I don't know what to do	14%
04 I know what I want to do but I don't know where to go	11%
11 I'm not comfortable about how I look	10%
05 I don't like the places I'd have to go to	7%
07 My parents won't let me go	6%
13 Cost	5%
06 Transport to get there is a problem	5%
14 I don't want to do any physical activity	5%
10 I don't like to try new things	5%
15 Other (please tell us below)	5%
08 I don't like the people who go there	4%
12 The facilities don't cater for my special needs	2%

Year 6

Barriers to physical activity	Year 6
01 Nothing stops me	42%
09 I am shy in front of other people	19%
02 I don't have enough time	18%
11 I'm not comfortable about how I look	17%
03 I don't know what to do	15%
04 I know what I want to do but I don't know where to go	11%
05 I don't like the places I'd have to go to	8%
14 I don't want to do any physical activity	6%
07 My parents won't let me go	6%
15 Other (please tell us below)	6%
08 I don't like the people who go there	5%
06 Transport to get there is a problem	5%
13 Cost	5%
10 I don't like to try new things	5%
12 The facilities don't cater for my special needs	1%

Year 8

Barriers to physical activity	Year 8
01 Nothing stops me	31%
11 I'm not comfortable about how I look	23%
09 I am shy in front of other people	23%
02 I don't have enough time	20%
03 I don't know what to do	17%
05 I don't like the places I'd have to go to	12%
04 I know what I want to do but I don't know where to go	11%
13 I don't want to do any physical activity	9%
08 I don't like the people who go there	8%
10 I don't like to try new things	8%
06 Transport to get there is a problem	7%
14 Other (please tell us below)	5%
07 My parents won't let me go	4%
12 The facilities don't cater for my special needs	2%

Year 10

Barriers to physical activity	Year 10
09 I am shy in front of other people	29%
11 I'm not comfortable about how I look	27%
02 I don't have enough time	25%
01 Nothing stops me	24%
03 I don't know what to do	20%
05 I don't like the places I'd have to go to	16%
04 I know what I want to do but I don't know where to go	12%
08 I don't like the people who go there	11%
13 I don't want to do any physical activity	10%
10 I don't like to try new things	10%
06 Transport to get there is a problem	9%
14 Other (please tell us below)	6%
07 My parents won't let me go	3%
12 The facilities don't cater for my special needs	1%



Option Sets

Diet by Year



Year 4

Year 6

Year 8

Year 10

Answer	Year 4
Consumed last 7 days	0 Days
09 Water	6%
10 Crisps	8%
03 Fresh Fruit	8%
12 Sweets, chocolate, chocolate bars	9%
04 Vegetables	10%
11 Biscuits or cake	14%
08 Milk	17%
14 Takeaway hot food	32%
06 Fizzy Drinks	35%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	36%
13 Ready Meals	40%
01 Fish	45%
07 Diet Fizzy Drinks	51%
05 Energy Drinks	56%

Answer	Year 6
Consumed last 7 days	0 Days
09 Water	5%
03 Fresh Fruit	7%
04 Vegetables	7%
12 Sweets, chocolate, chocolate bars	7%
10 Crisps	9%
11 Biscuits or cake	14%
08 Milk	17%
06 Fizzy Drinks	34%
14 Takeaway hot food	38%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%
13 Ready Meals	46%
07 Diet Fizzy Drinks	48%
01 Fish	50%
05 Energy Drinks	63%

Answer	Year 8
Consumed last 7 days	0 Days
09 Water	4%
04 Vegetables	6%
03 Fresh Fruit	6%
12 Sweets, chocolate, chocolate bars	9%
10 Crisps	11%
11 Biscuits or cake	13%
08 Milk	17%
06 Fizzy Drinks	29%
14 Takeaway hot food	34%
07 Diet Fizzy Drinks	39%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%
01 Fish	47%
05 Energy Drinks	51%
13 Ready Meals	51%

Answer	Year 10
Consumed last 7 days	0 Days
09 Water	4%
04 Vegetables	6%
03 Fresh Fruit	9%
12 Sweets, chocolate, chocolate bars	9%
10 Crisps	14%
11 Biscuits or cake	15%
08 Milk	20%
06 Fizzy Drinks	32%
14 Takeaway hot food	35%
07 Diet Fizzy Drinks	41%
01 Fish	46%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	48%
05 Energy Drinks	52%
13 Ready Meals	54%

Answer	Year 4
Consumed last 7 days	4-7 Days
09 Water	63%
03 Fresh Fruit	51%
04 Vegetables	44%
08 Milk	41%
10 Crisps	37%
12 Sweets, chocolate, chocolate bars	30%
11 Biscuits or cake	22%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	20%
13 Ready Meals	18%
14 Takeaway hot food	14%
06 Fizzy Drinks	13%
05 Energy Drinks	9%
07 Diet Fizzy Drinks	9%
01 Fish	6%

Answer	Year 6
Consumed last 7 days	4-7 Days
09 Water	64%
03 Fresh Fruit	50%
04 Vegetables	50%
08 Milk	42%
10 Crisps	38%
12 Sweets, chocolate, chocolate bars	31%
11 Biscuits or cake	20%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	17%
13 Ready Meals	17%
06 Fizzy Drinks	14%
07 Diet Fizzy Drinks	11%
14 Takeaway hot food	11%
05 Energy Drinks	8%
01 Fish	7%

Answer	Year 8
Consumed last 7 days	4-7 Days
09 Water	61%
04 Vegetables	49%
03 Fresh Fruit	43%
08 Milk	36%
10 Crisps	30%
12 Sweets, chocolate, chocolate bars	26%
11 Biscuits or cake	19%
06 Fizzy Drinks	13%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	13%
07 Diet Fizzy Drinks	11%
13 Ready Meals	9%
05 Energy Drinks	7%
14 Takeaway hot food	7%
01 Fish	5%

Answer	Year 10
Consumed last 7 days	4-7 Days
09 Water	62%
04 Vegetables	50%
03 Fresh Fruit	41%
08 Milk	34%
10 Crisps	29%
12 Sweets, chocolate, chocolate bars	25%
11 Biscuits or cake	19%
06 Fizzy Drinks	13%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	12%
07 Diet Fizzy Drinks	11%
05 Energy Drinks	9%
14 Takeaway hot food	6%
13 Ready Meals	6%
01 Fish	5%