

Young People in Plymouth Schools 2018

A summary of the Health Related Behaviour Survey

This report presents a summary of the results of the health-related behaviour survey carried out during the Spring and Summer terms of 2018. This follows similar exercises in 2014 and 2016.

18 of the 20 providers of secondary education in the city took part in the survey and a total of 4,365 pupils in Year 8 (ages 12-13) and Year 10 (ages 14-15) completed questionnaires anonymously.

Completed questionnaires were analysed by the Schools Health Education Unit (SHEU) based in Exeter. SHEU had been commissioned by the lead secondary school (with support from a Partnership Group) to co-ordinate this work as a way of collecting robust information about young people in Plymouth and their lifestyles.

The results contained in this report therefore provide a snapshot of what life is like for young people in Plymouth.

In addition to this city-wide summary report, a more detailed, 90-page report has been produced. This report provides more detailed analysis of the survey

responses, including a breakdown by gender and year group, and can be used to investigate specific issues in more detail.

Finally, each of the providers of secondary education has received a bespoke report that contains detailed results for their specific institution.

Trends

Figures in the 2018 report have been compared with those from the earlier studies in 2014 and 2016. The most important trends are shown on p.9-10.

Comparison with a reference sample

Plymouth data have been compared with the Unit's wider database.

A selection of some of the differences, where the level seen in the Plymouth data is significantly different to that seen in a reference sample, is shown on page 7.

4,365 young people aged 12 to 15 were involved in the survey:

School Year	Year 8	Year 10	Total
Age	12-13	14-15	
Male	1108	967	2075
Female	1187	1103	2290
Total*	2295	2070	4365

* Pupils who didn't give a gender as male or female are not shown on this table but are included in the results.



SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit
Tel. 01392 667272.

www.sheu.org.uk

TOPICS INCLUDE:

Background

Healthy Eating

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Physical Activity

Sex and Relationships

Safety

Enjoying and Achieving

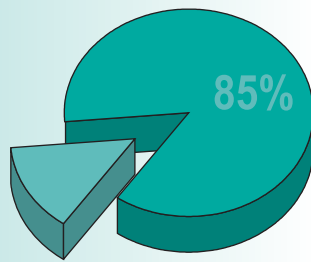
Leisure and Money

Results for pupils in Year 8 and Year 10 combined

Background

ETHNICITY

- 85% of pupils responded that they are White British.



HOME LIFE

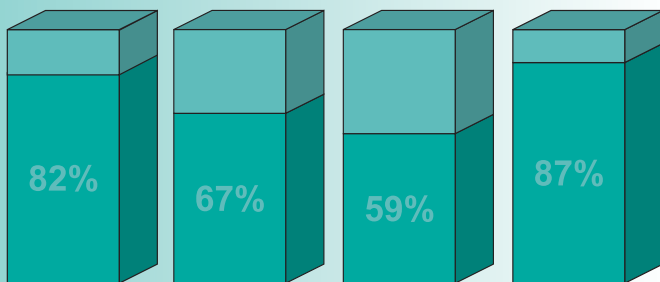
- 56% of pupils responded that they live with their Mum and Dad together.
- 19% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

YOUNG CARERS

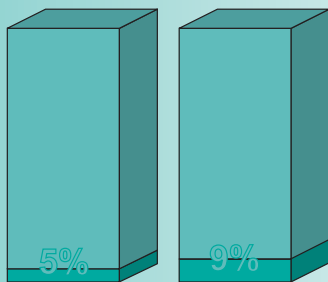
- 6% of pupils responded that they are a 'young carer'.
- 6% of pupils responded that being a young carer takes up at least an hour of their time each day.
- 2% of pupils responded that they are a young carer and their school knows they are, while 9% said their school doesn't know.

Leisure and Money

LEISURE TIME



- 82% of pupils responded that they spent time watching TV, DVDs or Netflix after school on the day before the survey, while 67% did homework, 59% played computer games and 87% used the internet for socialising.
- 39% of pupils responded that they met with friends after school on the day before the survey, while 49% cared for pets and 20% read a book for enjoyment.

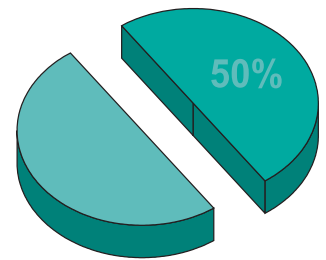


- 5% of pupils responded that they have seen or performed in a museum in the last year, while 9% said they have seen or performed in plays, pantomime or other theatre shows.

Enjoying and Achieving

SATISFACTION

- 10% of pupils responded that they are 'not at all' satisfied with their life at the moment.
- 50% of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

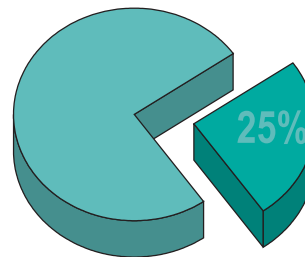


SCHOOL LESSONS

- 28% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- 23% of pupils responded that they enjoy 'hardly any' of their lessons at school.

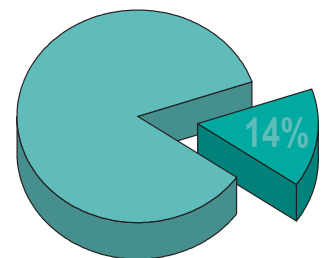
SELF-ESTEEM

- 36% of pupils had a med-low self-esteem score (9 or less).
- 25% of pupils had a high self-esteem score (15 or more).
- 50% of pupils responded that they feel confident in their own abilities and 52% feel in control of what happens in their life.



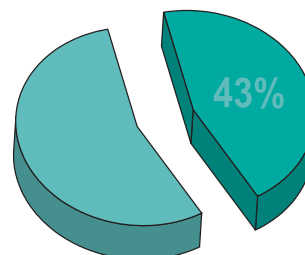
FEELINGS ABOUT APPEARANCE

- 14% of pupils responded that they 'never' think about the way they look, while 14% said they 'hate' the way they look.



FUTURE PLANS

- 29% of pupils responded that they want to continue in full-time education when they leave school; 18% said they want to continue in part-time education.
- 48% of pupils responded that they want to find a job as soon as they can when they leave school.
- 9% of pupils responded that they want to settle down and start a family as soon as they can when they leave school.
- 39% of pupils responded that they want to get training or an apprenticeship when they leave school.



- 43% of pupils responded that they want to apply to University when they leave school.

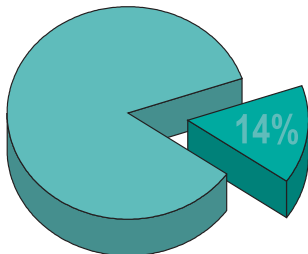
Healthy Eating

LUNCH

- 37% of pupils responded that they had a school lunch on the day before the survey.
- 13% of pupils responded that they didn't have any lunch on the day before the survey.
- 13% of pupils responded that they qualify for free school meals, while 10% said they are 'not sure' if they do and 1% didn't want to say.

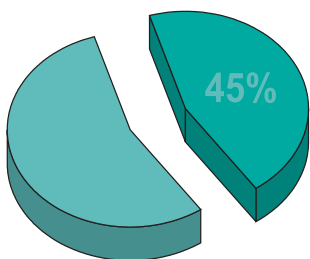
BREAKFAST

- 14% in this survey had nothing at all for breakfast, while 5% had a cooked breakfast on the day of the survey.
- 13% of pupils reported only having a drink for breakfast.
- 34% of pupils responded that they had cereal for breakfast on the day of the survey, while 9% said they had fruit.



WEIGHT

- 8% of pupils responded that they would like to put on weight.
- 34% of boys and 59% of girls responded that they would like to lose weight.
- 45% of pupils responded that they are happy with their weight as it is.
- 20% of boys and 59% of girls responded that they worry 'quite a lot' or 'a lot' about the way they look.

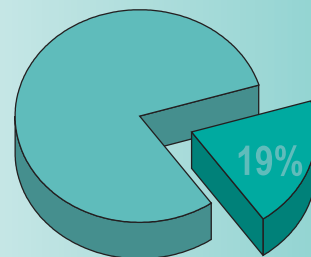


WATER

- 12% of pupils responded that they didn't drink any water on the day before the survey.
- 32% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

5-A-DAY

- 14% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 19% said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

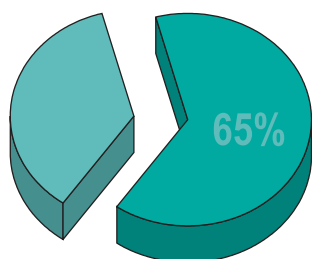


FAMILY MEALS

- 8% of pupils responded that they didn't eat any evening meals with their parents/carers in the 7 days before the survey, while 17% said they did so '1-2 times'.
- 52% of pupils responded that they ate an evening meal with their parents/carers '6-7 times' in the week before the survey.
- 84% of pupils responded that they ate hot takeaway food at least 'once' in the month before the survey; 19% said they ate it 'twice a week' or 'more often'.
- 17% of pupils responded that they spend more than £5 on food on a typical day outside school; 7% said they spend more than £10.
- 18% of pupils responded that they 'never' help to cook at home.
- 19% of pupils responded that they 'often' or 'always' help to cook at home.

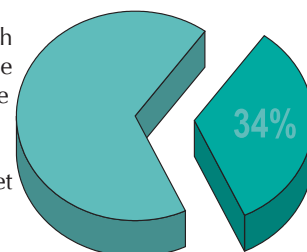
Physical Activity

- 33% of pupils responded that they travelled to school by car/van on the day of the survey.
- 50% of pupils responded that they walked to school on the day of the survey.
- 8% of pupils responded that they don't enjoy physical activities at all.
- 66% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
- 24% of pupils responded that they think they are 'unfit' or 'very unfit'.
- 35% of pupils responded that they think they are 'fit' or 'very fit'.
- 9% of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.



- 65% of pupils responded that they exercised enough to breathe harder and faster on at least three days in the week before the survey.
- 89% of pupils responded that they do at least one of the physical activities listed at least 'weekly'.

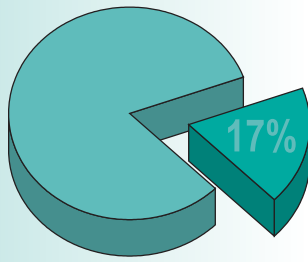
- 53% of pupils responded that they go for walks in their own time at least 'weekly', while 37% said they go jogging and 22% ride a bicycle.
- 1% of pupils responded that they didn't spend any time walking on the day before the survey, while 17% said they walked for less than an hour.
- 51% of pupils responded that they spent 2 hours or more walking on the day before the survey.
- 49% of pupils responded that they 'rarely or never' play games/sports or do other physical activities with their parents/carers.
- 40% of pupils responded that they play games/sports or do other physical activities with their parents/carers 'once a week', while 11% said they do so 'once a month'.
- 34% of pupils responded that they don't have enough time to do as much exercise or sport as they want, while 22% said they are shy in front of other people and 14% said it costs a lot to get there or take part.



Mental and Emotional Health

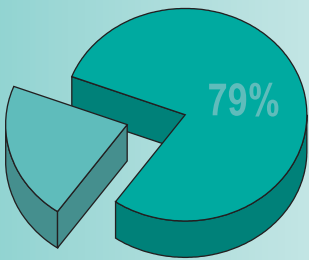
RESILIENCE

- 36% of pupils had a low measure of resilience (0 – 19).
- 17% of pupils had a high measure of resilience (26+).
- 53% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 27% said they get upset and feel bad for ages.
- 57% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 44% ask for help and 16% give up.



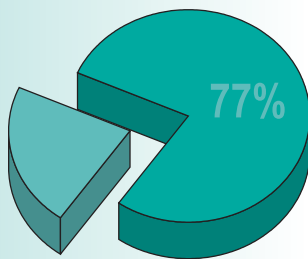
WORRYING

- 79% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 54% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot', while 41% said they worry about the way they look.



CONTROL OVER HEALTH

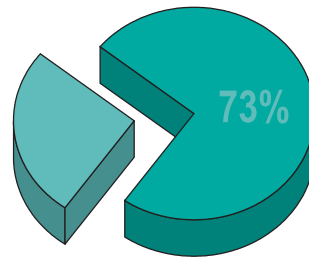
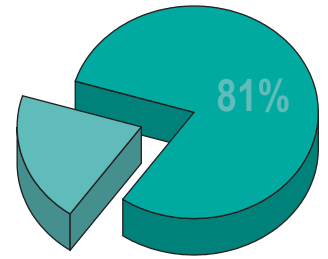
- 91% of pupils agreed with at least one statement about being in control of their health (Q6a&c).
- 52% of pupils agreed with at least one statement saying that they aren't in control of their health (Q6b&d).
- 77% of the pupils in your survey had a net positive score for these questions (Q6a-d).
- 77% of pupils responded that they are in charge of their health, while 45% said that even if they look after themselves, they can still easily fall ill.



Health and Hygiene

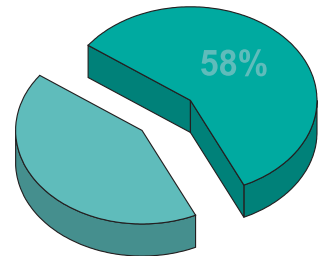
DENTAL HEALTH

- 2% of pupils responded that they didn't clean their teeth at all on the day before the survey.
- 81% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- 17% of pupils responded that they 'can't remember' when they last visited the dentist, while 1% said they have never been.
- 73% of pupils responded that they have been to the dentist in the last 6 months; 24% of these have been in the last month.



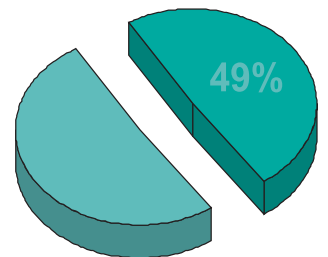
SLEEPING PATTERNS

- 13% of pupils responded that they got five or fewer hours' sleep the night before the survey.
- 58% of pupils responded that they got at least eight hours' sleep the night before the survey.
- 60% of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work, while 13% said it isn't enough.
- 50% of pupils responded that the amount of sleep they normally get is enough for their health, while 12% said it isn't enough.



SUNBURN

- 17% of pupils responded that they 'never' try anything to avoid sunburn.
- 49% of pupils responded that they try something to avoid sunburn 'usually' or 'whenever possible'.



Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

Boys

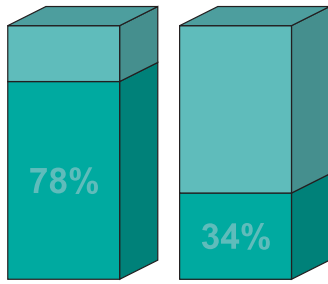
Exams and tests	40
Family problems	25
School-work problems	24
The way you look	20
Career problems	19
Problems with friends	19
Health problems	16
Being bullied	15
Money problems	14
Puberty and growing up	11

Girls

Exams and tests	67
The way you look	59
School-work problems	53
Problems with friends	43
Family problems	41
Career problems	34
Health problems	29
Money problems	25
Puberty and growing up	24
Being bullied	24

Safety and Bullying

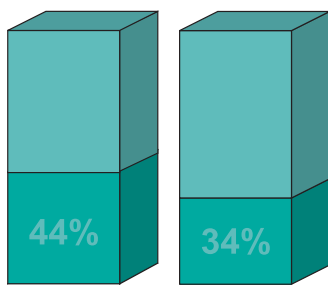
FEELING SAFE



- 78% of pupils rated their safety at school as 'good' or 'very good', while 54% said the same of going out after dark.

- 15% of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

ACCIDENTS



- 78% of pupils rated their safety at school as 'good' or 'very good', while 54% said the same of going out after dark.

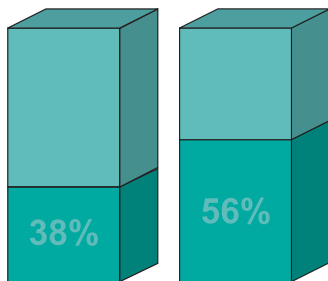
- 44% of boys and 34% of girls responded that they have had an injury in the last 12 months that was seen by a doctor or nurse at a clinic or hospital.

VIOLENCE AND AGGRESSION

- 9% of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months. 10% said they are 'not sure' if they have been.
- 10% of pupils responded that they are 'fairly sure' or 'certain' they or their friends carry weapons or other things for protection when going out.

INTERNET SAFETY

- 63% of pupils responded that they access the Internet using a desktop computer or laptop, while 41% use a tablet computer. 92% access the Internet via a mobile phone/smartphone and 44% use a games console.

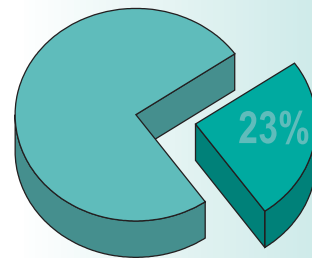
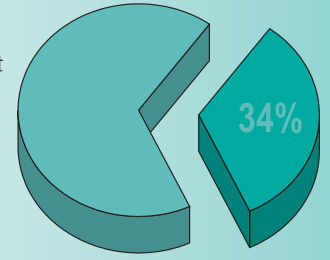


- 38% of pupils responded that their parents have rules about what Internet sites they can use and 56% said they always do what they have been told to stay safe online.

- 37% of pupils responded that they have experienced people saying or writing unpleasant things about them online, while 21% said they had posted or sent something online they now wish they hadn't.
- 66% of pupils responded that they use the Internet for accessing social networking sites like Facebook and Twitter etc. and 81% use it for chatting.

BULLYING

- 34% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 7% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.



- 23% of pupils responded that they have been bullied at or near school in the last 12 months, while 13% said they 'don't know' if they have been.
- 6% of pupils responded that they have bullied someone else at school in the last 12 months, while 11% said they 'don't know' if they have.

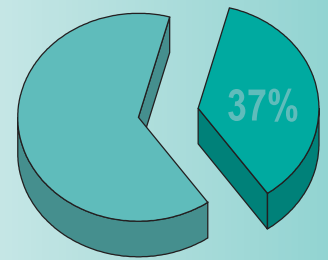
- 34% of pupils responded that they think their school takes bullying seriously. 33% said they 'don't know' if it does.
- 20% of pupils responded that they worry about being bullied 'quite a lot' or 'a lot'.

PEER PRESSURE

- 66% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- 9% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

HELP AND SUPPORT

- 37% of pupils responded that they would feel comfortable telling a teacher if someone was hurting them, or if they were worried someone might do something to harm them, while 19% said they would feel comfortable telling someone else who works in the school.



- 62% of pupils responded that they would feel comfortable telling an adult they know outside school (not a 'professional') if someone was hurting them, or if they were worried someone might do something to harm them.
- 25% of pupils responded that they wouldn't tell anyone if someone was hurting them, or if they were worried someone might do something to harm them.

TRUST AND CONFIDENCE

- 6% of pupils responded that there are no adults they can really trust.
- 73% of pupils responded that there are at least three adults they can really trust.
- 37% of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.
- 22% of pupils responded that they usually feel 'at ease' when meeting people of their own age for the first time.

Sexual Health

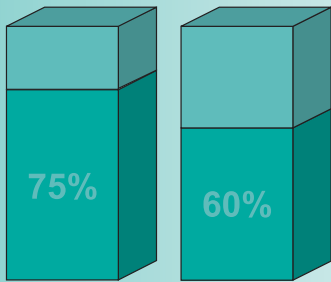
SEXUAL ORIENTATION

- 83% of pupils responded that they are straight/heterosexual.
- 2% of pupils responded that they are gay/lesbian and 7% said they are bisexual.

SEXUALLY TRANSMITTED INFECTIONS

- 43% of pupils correctly identified that HIV/AIDS can be treated but not cured; 14% correctly identified that herpes can also be treated but not cured.

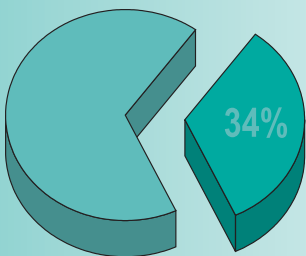
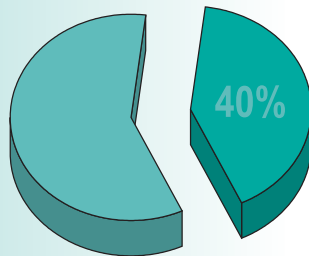
CONTRACEPTION



- 75% of pupils responded that they think condoms are reliable at preventing pregnancy; 60% said the same of the pill and 74% consider condoms to be reliable at preventing STIs.

- 19% of pupils responded that they think none of the contraceptive methods listed are reliable at stopping STIs.

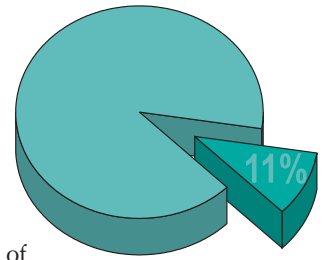
- 40% of pupils responded that they know where they can get condoms free of charge.



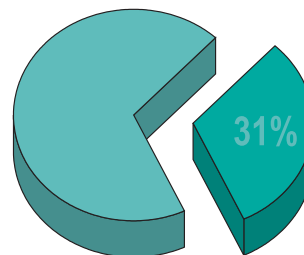
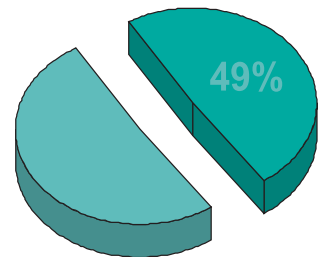
- 34% of pupils responded that they know where to go to get information about sex or contraception locally.

SEXUAL RELATIONSHIPS

- 11% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.
- 12% of Year 10+ pupils responded that they have had sex and always used a method of protection or contraception.
- Of the 517 pupils who have had sex, 48% said they always used a method of protection or contraception.
- 4% of Year 10+ pupils responded that they have had unprotected sex after drinking alcohol.
- 3% of Year 10+ pupils responded that they have had unprotected sex after using drugs.
- 3% of Year 10+ pupils responded that they have had sex and regretted it after drinking alcohol.
- 1% of Year 10+ pupils responded that they have had sex and regretted it after using drugs.



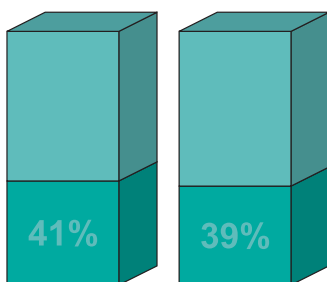
- 49% of Year 10+ pupils responded that they have thought about what form of contraception they will use in the future.



- 31% of Year 10+ pupils responded that they know where to get the morning-after pill.

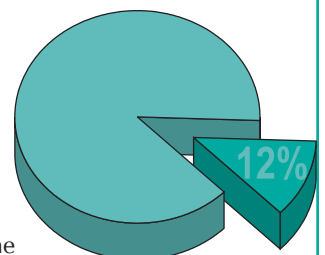
PERSONAL RELATIONSHIPS

- 15% of boys and 18% of girls responded that a boyfriend/girlfriend has used hurtful or threatening language towards them (in the past or currently).



- 41% of boys and 39% of girls responded that they have experienced at least one of the controlling behaviours listed in a relationship with a current or previous boyfriend/girlfriend.

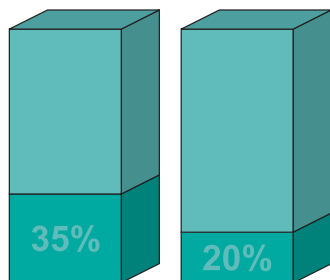
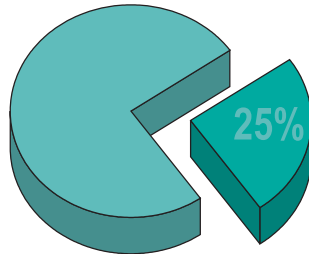
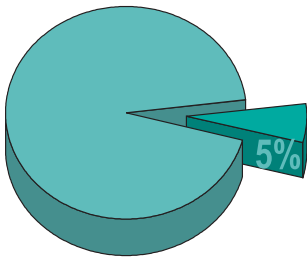
- 29% of pupils responded that there has been shouting and arguing at home at least 'once or twice' in the last month that frightened them.
- 4% of pupils responded that there has been shouting and arguing at home 'every day/almost every day' in the last month that frightened them.
- 12% of pupils responded that there has been violence (e.g. hitting, punching, slapping) at home at least 'once or twice' in the last month.
- 2% of pupils responded that there has been violence at home 'every day/almost every day' in the last month.



Alcohol, tobacco and other drugs

SMOKING

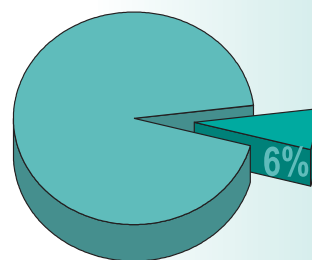
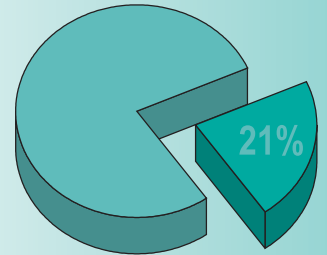
- 21% of pupils said they have smoked in the past or smoke now.
- 5% of pupils responded that they usually smoke at least one cigarette a week.
- 7% of pupils responded that they have smoked in the last 7 days.
- 37% of 939 smokers responded that they want to give up smoking; 20% said that they don't want to give it up.
- 13% of smokers responded that they would like help to give up smoking; 54% said they don't want any help.
- 48% of smokers think they will succeed in giving up smoking; 18% were 'not sure' if they will.



- 25% of pupils responded that they have used an e-cigarette.
- 35% of pupils responded that at least one person smokes on most days indoors in their home; 20% said more than one person does.

ALCOHOL

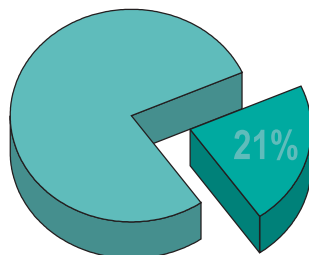
- 21% of pupils responded that they have had an alcoholic drink in the last 7 days.
- 9% of pupils responded that they got drunk on at least one day in the last 7 days; 3% said they did so on more than one day.
- 7% of pupils responded that they drank beer in the 7 days before the survey, while 6% drank spirits.
- 11% of pupils responded that they usually get/buy alcohol from a friend or relative, while 22% said they usually get it from their parents/carers. 59% said they 'never get/buy alcohol'.
- 13% of pupils responded that they have experienced sickness (hangover/headache, feeling or being sick) as a result of their drinking in the last 12 months, while 5% said they have damaged friendships or relationships.
- 49% of pupils responded that they 'never' drink alcohol, while 5% said they do not drink alcohol at home.
- 33% of pupils responded that they do drink alcohol at home and their parents 'always' know, while 7% said their parents 'usually' know.



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

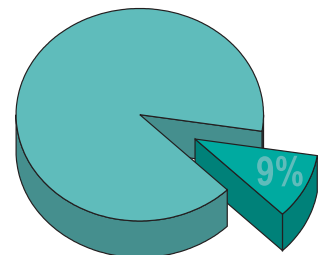
DRUGS

- 37% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.
- 19% of pupils responded that they have been concerned about the drug use of a friend.
- 21% of pupils responded that they have been offered cannabis.
- 9% of pupils responded that they have been offered other drugs (not cannabis).
- 14% of pupils responded that they have heard of or used the drug-related service 'Frank'.



- 10% of pupils responded that they have taken medicines prescribed for someone else, while 10% said they 'don't know' if they have.

- 9% of pupils responded that they have taken illegal drugs at some point; 4% said they took them during the month before the survey.



- 2% of pupils responded that they have taken more than one type of illegal drug on the same occasion, while 1% said they 'don't know' if they have.

- 1% of pupils responded that they have been concerned about their own drug use.

- 5% of pupils responded that they have taken illegal drugs outside in public places and 3% said they have taken them at a friend's or relation's home.

Comparisons with a reference sample

	Plym	Ref	
↑	85%	74%	of pupils responded that they are White British.
↓	56%	63%	of pupils responded that they live with their Mum and Dad together.
↑	19%	16%	of pupils responded that they live 'mainly or only' with their Mum, while
	77%	76%	of the pupils in your survey had a net positive score for these questions (Q6a-d).
	37%	38%	of pupils responded that they had a school lunch on the day before the survey.
	13%	13%	of pupils responded that they didn't have any lunch on the day before the survey.
	13%	14%	of pupils responded that they qualify for free school meals, while
↓	14%	16%	in this survey had nothing at all for breakfast, while
↑	59%	53%	of girls responded that they would like to lose weight.
↓	45%	47%	of pupils responded that they are happy with their weight as it is.
↑	14%	10%	didn't eat any portions of fruit or vegetables on the day before the survey.
	19%	20%	said they had at least 5 portions of fruit/veg yesterday.
↓	21%	23%	of pupils said they have smoked in the past or smoke now.
↑	7%	4%	of pupils responded that they have smoked in the last week.
	25%	26%	of pupils responded that they have used an e-cigarette.
↑	35%	31%	at least one person smokes on most days indoors in their home;
↑	21%	15%	of pupils responded that they have had an alcoholic drink in the last
	9%	9%	of pupils responded that they got drunk on at least one day in the last
↑	49%	44%	of pupils responded that they 'never' drink alcohol, while
↑	37%	30%	of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs
↓	21%	25%	of pupils responded that they have been offered cannabis.
	9%	10%	of pupils responded that they have taken illegal drugs at some point;
↑	36%	29%	of pupils had a low measure of resilience (0 – 19).
↓	17%	28%	of pupils had a high measure of resilience (26+).
↑	79%	73%	of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
↓	81%	83%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
↑	13%	7%	of pupils responded that they got five or fewer hours' sleep the night before the survey.
↓	58%	74%	of pupils responded that they got at least eight hours' sleep the night before the survey.
↑	17%	15%	of pupils responded that they 'never' try anything to avoid sunburn.
↓	49%	54%	of pupils responded that they try something to avoid sunburn 'usually' or 'whenever possible'.
↓	66%	69%	of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
↑	24%	21%	of pupils responded that they think they are 'unfit' or 'very unfit'.
↑	34%	32%	of pupils responded that they don't have enough time to do as much exercise or sport as they want, while
↑	43%	39%	of pupils correctly identified that HIV/AIDS can be treated but not cured;
↑	14%	12%	correctly identified that herpes can also be treated but not cured.
↑	60%	45%	regard the pill as a reliable method of contraception.
↓	40%	47%	of pupils responded that they know where they can get condoms free of charge.
↑	33%	27%	of pupils responded that they travelled to school by car/van on the day of the survey.
↑	50%	45%	of pupils responded that they walked to school on the day of the survey.
↑	15%	6%	of pupils rated their safety when going out after dark as 'poor' or 'very poor'.
↓	10%	15%	of pupils are 'fairly sure' / 'certain' they or their friends carry weapons or other things for protection when going out.
↑	34%	23%	of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
↑	23%	18%	of pupils responded that they have been bullied at or near school in the last 12 months
↓	34%	44%	of pupils responded that they think their school takes bullying seriously.
↑	15%	8%	of boys and
↑	18%	10%	of girls responded that a boyfriend/girlfriend has used hurtful or threatening language towards them.
↑	41%	26%	of boys and
↑	39%	26%	of girls experienced controlling behaviours in a relationship with a current/previous boyfriend/girlfriend.
↑	29%	11%	reported shouting and arguing at home at least 'once or twice' in the last month that frightened them.
↑	12%	4%	reported violence (e.g. hitting, punching, slapping) at home at least 'once or twice' in the last month.
↓	10%	20%	of pupils responded that they are 'not at all' satisfied with their life at the moment.
↓	50%	58%	of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.
↑	28%	39%	of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
↑	36%	22%	of pupils had a med-low self-esteem score (9 or less).
↓	25%	41%	of pupils had a high self-esteem score (15 or more).
↓	29%	47%	of pupils responded that they want to continue in full-time education when they leave school;
↓	39%	40%	of pupils responded that they want to get training or an apprenticeship when they leave school.

Each year, SHEU produce a report of aggregate school survey results using similar surveys in their *Young People* series, often referred to by news media as 'national data'. The studies that give rise to the reports are large, numerous, and from many parts of the United Kingdom, but they do not form a deliberately-selected sample. Despite the 'accidental' nature of the sample, the picture produced by the SHEU annual data sets typically matches survey outcomes from other data-collection agencies using structured or random sampling. The 2017 Ref sample was used to produce the report *Young People into 2018*, by Angela Balding and David Regis. For more details, please contact the Schools Health Education Unit (www.sheu.org.uk).

Reference sample: Balding AD & Regis D (2018) *Young People into 2018*. Exeter: SHEU

TRENDS

The 2018 findings have been compared with the percentages seen in 2016 and 2014. Changes have been shown with an arrow showing a rise or fall, and coloured green or red indicating a welcome or unwelcome shift.

	2014	2016	2018	
↓	30	24	11	of pupils responded that they usually get/buy alcohol from a friend or relative.
↓	68	73	56	of pupils responded that they always do what they have been told to stay safe online.
↓	49	48	34	of pupils responded that they don't have enough time to do as much exercise or sport as they want.
↓	10	12	5	of pupils responded that they have damaged friendships or relationships as a result of their drinking in the last 12 months.
↑	13	15	25	of pupils responded that they have used an e-cigarette.
↓	60	61	49	of pupils responded that they cared for pets after school on the day before the survey.
↑	3	2	7	of pupils responded that they drank beer in the 7 days before the survey.
↓	21	21	13	of pupils responded that they have experienced sickness (hangover/headache, feeling or being sick) as a result of their drinking in the last 12 months.
↓	78	73	63	of pupils responded that they access the internet using a desktop computer or laptop.
↓	29	27	20	of pupils responded that they read a book for enjoyment after school on the day before the survey.
↓	41	42	34	of pupils responded that they think their school takes bullying seriously.
↓	23	20	11	of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.
↑	9	10	14	in this survey had nothing at all for breakfast on the day of the survey.
↑	17	16	21	of pupils responded that they have been offered cannabis.
↑	22	16	21	of pupils responded that they have had an alcoholic drink in the last 7 days.
↓	91	89	85	of pupils responded that they are White British.
↓	62	64	58	of pupils responded that they got at least eight hours' sleep the night before the survey.
↓	34	34	28	of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
↑	47	40	49	of Year 10+ pupils responded that they have thought about what form of contraception they will use in the future.
↑	7	6	9	of pupils responded that they have been offered other drugs (not cannabis).
↑	9	9	13	of pupils reported only having a drink for breakfast on the day of the survey.
↓	55	56	50	of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.
↑	82	83	87	of pupils responded that they spent time using the internet for socialising after school on the day before the survey.
↑	19	19	23	of pupils responded that they enjoy 'hardly any' of their lessons at school.
↓	89	94	92	of pupils responded that they access the internet using a mobile phone/smartphone.
↓	30	18	14	of pupils responded that they have heard of or used the drug-related service 'Frank'.
↓	38	38	34	of pupils responded that they had cereal for breakfast on the day of the survey.
↑	52	39	48	of smokers think they will succeed in giving up smoking.
↑	7	6	9	of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.
↓	70	64	60	of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work.
↓	39	41	37	of pupils responded that they have experienced people saying or writing unpleasant things about them online.
↓	49	53	49	of pupils responded that they try something to avoid sunburn 'usually' or 'whenever possible'.

TRENDS

	2014	2016	2018	
↑	70	77	81	of pupils responded that they use the internet for chatting.
↓	26	24	21	of pupils responded that they have posted or sent something online they now wish they hadn't.
↓	27	25	22	of pupils responded that they usually get/buy alcohol from their parents/carers.
↑	9	10	13	of pupils responded that they got five or fewer hours' sleep the night before the survey.
↓	33	36	32	of pupils responded that they drank at least 'about a litre' of water on the day before the survey.
↓	28	28	25	of pupils had a high self-esteem score (15 or more).
↓	86	84	82	of pupils responded that they spent time watching TV, DVDs or Netflix after school on the day before the survey.
↑	73	72	75	of pupils responded that they think condoms are reliable at preventing pregnancy.
↑	49	37	40	of pupils responded that they know where they can get condoms free of charge.
↓	59	53	50	of pupils responded that the amount of sleep they normally get is enough for their health.
↓	67	69	66	of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
↑	16	16	19	said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
↑	3	1	3	of Year 10+ pupils responded that they have had unprotected sex after using drugs.
↑	53	46	50	of pupils responded that they walked to school on the day of the survey.
↑	4	2	4	of Year 10+ pupils responded that they have had unprotected sex after drinking alcohol.
↑	27	26	29	of pupils responded that there has been shouting and arguing at home at least 'once or twice' in the last month that frightened them.
↑	7	6	8	of pupils responded that they don't enjoy physical activities at all.
↓	8	8	6	of pupils responded that they are a 'young carer'.
↓	40	40	37	of pupils responded that they go jogging in their own time at least 'weekly'.

Thrive Plymouth

Thrive Plymouth is our 10-year programme to improve health and wellbeing in Plymouth and narrow the gap in health status between people in the city. Its objective is to generate collective action for social change around the main lifestyle choices that determine health and wellbeing. If we are free from tobacco, drink less alcohol, are physically active and eat healthily - we will feel better now and live longer, healthier lives.

Acknowledgements

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Contact

- Further copies of this report are available from the **Public Health Team**, Office of the Director of Public Health, Plymouth City Council, Windsor House, Plymouth, PL6 5UF or odph@plymouth.gov.uk.