

My Health My School survey 2023-2024



Contents

Executive Summary	2
Introduction	4
Methodology	4
Guidance on interpretation	5
Survey Sample	6
Health and Lifestyle Behaviours	9
Smoking	9
Vaping	10
Alcohol	11
Drugs	12
Sexual Health	12
Gambling	15
Sleep	15
Mental health and emotional wellbeing	16
Feelings	16
Self-harm	21
Eating disorders	22
Safeguarding	23
Bullying	23
School absence	23
Feeling safe at school and at home	24
Healthy Eating, Physical Activity and Oral Health	24
Healthy eating	24
Physical activity	27
Play	28
Screen time	28
Oral Health	29
SEND Survey	30
SEND - Secondary data	30

Executive Summary

This report gives a high-level summary of the My Health My School Survey 2023-2024, which is offered to all state funded schools and colleges in East Sussex. The survey is an opportunity for children and young people to share their views and experiences of school and their health and wellbeing. It was first conducted in East Sussex during the 2020-2021 academic year and is now in its fourth year, receiving the largest number of responses to date at 16,441.

Methodology

The 'My Health My School' survey is commissioned from Leeds City Council and is an anonymous online questionnaire, completed by students in years 3-13 across East Sussex state funded schools and colleges. It asks age-appropriate questions on various aspects of health and wellbeing, including mental health, physical activity, relationships, and lifestyle choices. An adapted survey is available for use in special schools or for students with Special Educational Needs and Disabilities (SEND) in mainstream schools.

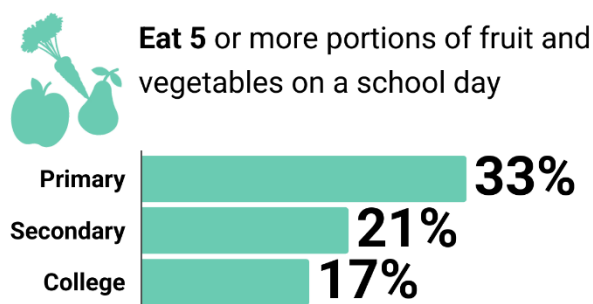
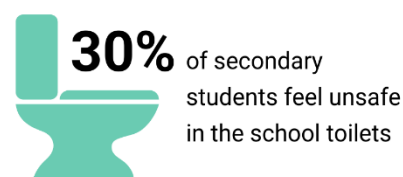
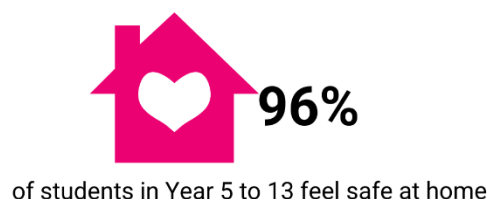
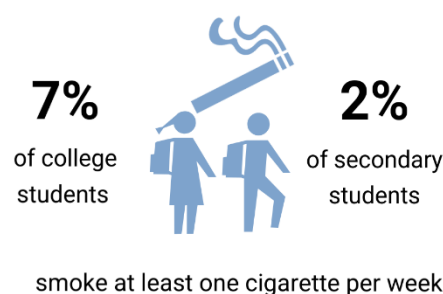
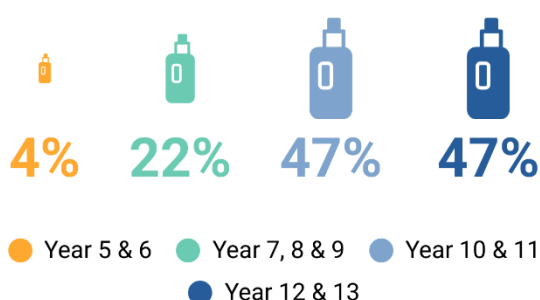
Summary of responses

Older students are more likely to drink alcohol at least once a week



3% of college and secondary students reported taking drugs once a week

Students that have ever vaped



Year 9 - 13 students understand what is meant by consent in relation to sexual activity



Physically active for at least 60 minutes most days



Introduction

Methodology

The 'My Health My School' survey is a student perception survey for children and young people in years 3-13. It is completed anonymously online and participation by schools, children and young people is voluntary. The survey asks questions on views and experiences of school, and health and wellbeing. It comprises a range of questions across ten themes:

- All about me
- Healthy eating
- Social, emotional, and mental health
- Gambling (New for 2023-2024)
- Physical activity and sport
- Play (New for 2023-2024)
- Physical education in school
- Drugs, alcohol, and tobacco
- Sexual Health
- My School

These are tailored age-appropriately with year group logins. Years 3 and 4 are only asked some questions from the 'All about me' section and about 'Physical education in school'.

The survey questions for primary school children in Years 5 and 6 focus on healthy eating, dental care, sleep behaviours, feelings, safety at home, smoking/vaping, alcohol, drugs (only asked whether they have been *offered* drugs), experience of school and exercise.

For secondary aged students, the survey also asks questions on mental health (including self-harm), gambling, safety and sexual health (year 9 and above only). Primary and secondary aged children are asked for their views on the level of information they have received relating to various topics covered within the PSHE curriculum. Young people attending post-16 settings are also asked questions on college attendance and housing.

There are separate surveys for children and young people attending special schools or students with SEND in mainstream schools. The surveys are adapted to meet the needs of those pupils and support completion. Schools can access support from the School Health Service to aid delivery of the survey.

The survey can be completed at any point during the academic year but is usually completed in term 5 or 6. By the following October, the survey responses are available to the East Sussex Public Health team for analysis.

Schools can access their pupil's survey responses immediately and are encouraged to access responses to some questions within 24 hours. The School Health Service contact

every school who completes the survey within 7 days to make plans to discuss and address their results.

Last academic year (2023-2024), East Sussex Public Health led a small grants programme in partnership with the East Sussex School Health Service. All schools were eligible to apply for the grant, with a requirement they register for the East Sussex Healthy Schools Programme or progress through the School Health Check, which forms the basis of the Healthy Schools process. Schools were also required to complete the survey with at least year 6 and 9 but ideally, as many year groups as possible. The grants programme therefore contributed to a higher number of responses than previous years and a high number of responses from students in year 6 and 9.

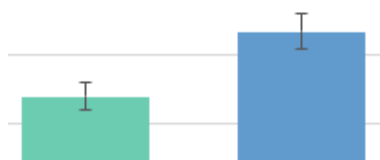
Guidance on interpretation

This survey contains self-reported information and views from children and young people in East Sussex. Survey findings should not be viewed in isolation. It is important to consider the findings alongside other sources of data relevant to the subject or question. They are a useful starting point to explore an issue/theme in more depth.

Schools are free to choose which year groups they survey, although are encouraged to include year 6 and 9 to improve statistical analysis. Where numbers are lower, we can be less certain statistically that a result is representative of the wider school population. For example, only a small number of young people from Hastings secondary schools completed the survey, which may bias the overall findings as the borough contains some of the most deprived areas of the county.

Two colleges/post-16 settings completed the survey (90% of the students were from one college) and therefore the findings may not be completely representative of all post-16 students in East Sussex.

Confidence intervals are used on some charts. They represent the range of values that you can be 95% certain contains the true average for the school population. If the line does not overlap with the value you are comparing to, you can be confident there is a true difference between the two results. The lower the number of survey results, the wider the interval will be.

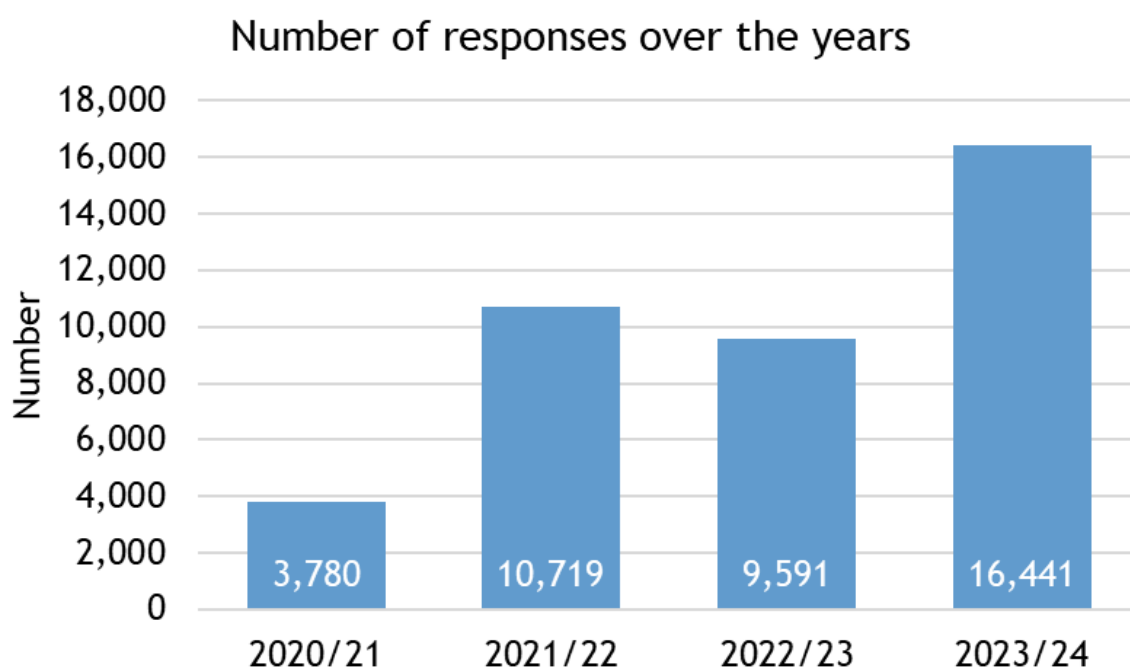


Primary and Key Stage 2 analyses only include year 5 and 6 students, as year 3 and 4 students only answered some 'All about me' questions and 'Physical education in school'. The 'Physical education in school' questions have not been included in this report, however these results go directly to the school to help them understand student views on their physical education provisions.

SEND students could complete either the SEND-PE (Physical Education), SEND or SEND Plus (Year 9 and above) survey depending on their year group. Across all three surveys, 80 students responded to the surveys. Due to low numbers, we were only able to produce some high level analysis for secondary students who completed the SEND survey. Individual schools receive their results from the SEND survey to help them understand student's experiences of school and their health and wellbeing.

Survey Sample

The survey was first conducted in East Sussex during the 2020-2021 academic year and is now in its fourth year, receiving the largest number of responses to date at 16,441.



Response Rate

A total of 16,441 children and young people (this includes year 3 to 13 and SEND students) completed the 2023-2024 survey. 5,999 year 5 and 6 students, 7,646 secondary students, and 1,281 college students completed the survey.

80 students completed a specific SEND survey that asks questions that are designed for students who receive additional support either at a mainstream school or college or at a special school.

Response rates vary across the different year groups from 7% of year 11s to 60% of year 6s. All year group percentage responses can be seen in Table 1 where the number of responses to the survey is compared to the School Census May 2024.

Table 1: Percentage response rate for each year group

Key Stage	Year Group	Number of responses	School Census May 24	Percentage completion
2	Year 3	656	5,328	12%
	Year 4	859	5,406	16%
	Year 5	2,654	5,331	50%
	Year 6	3,345	5,531	60%
3	Year 7	1,560	5,494	28%
	Year 8	1,749	5,408	32%
	Year 9	2,596	5,242	50%
4	Year 10	1,397	5,040	28%
	Year 11	344	5,081	7%
5	Year 12	807	6,261*	13%*
	Year 13	474	5,844*	8%*

*** Note:** Year 12 and 13 students have been compared to ONS mid-year estimates East Sussex 2023. Year 12 compared to population aged 17 years and Year 13 compared to population aged 18 years. Therefore, it is likely to underestimate the representation of college students.

Demographics

This section presents an overview of students that completed the survey including gender, ethnicity, disability, free school meal eligibility and sexual identity.

The gender split between boys and girls who took part is fairly consistent in primary and secondary students. However, in college students there is a higher proportion of boys (52%) than girls (45%). College students were additionally asked 'Is your gender identity the same gender you were assigned at birth?' 4% (n=50) of students answered 'No'.

Table 2: Percentage of students, by gender

	Boys	Girls	Another gender identity
Primary	50%	49%	1%

	Boys	Girls	Another gender identity
Secondary	49%	48%	3%
Post 16	52%	45%	3%

Students were asked about how they would describe themselves. Primary pupils were given four high level categories and older students were able to use more detailed categories. For the analysis below, all the answers are grouped into the four high level categories plus 'other'.

Most pupils described their ethnicity within the high-level 'White' category; primary (81%), secondary (82%) and college students (83%). Second to this was the high-level ethnic group 'Mixed' accounting for 8% of primary and 6% of secondary students. For college students it was 'Asian' accounting for 6% of students.

Table 3: Percentage of students within each ethnic group classification

Ethnic group classification	Primary	Secondary	Post 16
White	81%	82%	83%
Mixed	8%	6%	5%
Asian	4%	4%	6%
Black	2%	2%	1%
Other ethnic group	1%	4%	3%
Unsure	4%	3%	1%

- 0.7% (n=111) students reported they were Looked After Children (living with foster carer/s or in a children's home).
- 21% of secondary students and 10% of college students are considered young carers as they reported they care 'most days' for someone in their family who 'is ill', has 'a disability', has 'a mental health problem' or has 'a problem with drugs or alcohol'.
- 24% of primary students and 20% of secondary students said they could have a free school meal.
- 6% of primary, 11% of secondary and 7% of college students consider themselves to have a disability and the number one disability that was reported was 'learning disability or cognitive impairment'.

Secondary and college students were asked 'How would you describe your sexual identity?' Most students described their sexual identity as 'Heterosexual' (85% secondary and 78% college).

Table 4: How would you describe your sexual identity?

Sexuality	Secondary	College
Heterosexual	85%	78%
Bi	8%	12%
I would describe my sexual identity in some other way	4%	6%
Gay/Lesbian	3%	4%

Overall, the data is considered representative of East Sussex children and young people in terms of gender, ethnicity and deprivation (using FSM eligibility as a proxy). However, there is an under representation of secondary students from schools in Hastings.

The analysis will be split into four main sections:

1. Health and Lifestyle Behaviours
2. Mental Health and Emotional Wellbeing
3. Safeguarding
4. Healthy Eating, Physical Activity and Oral Health

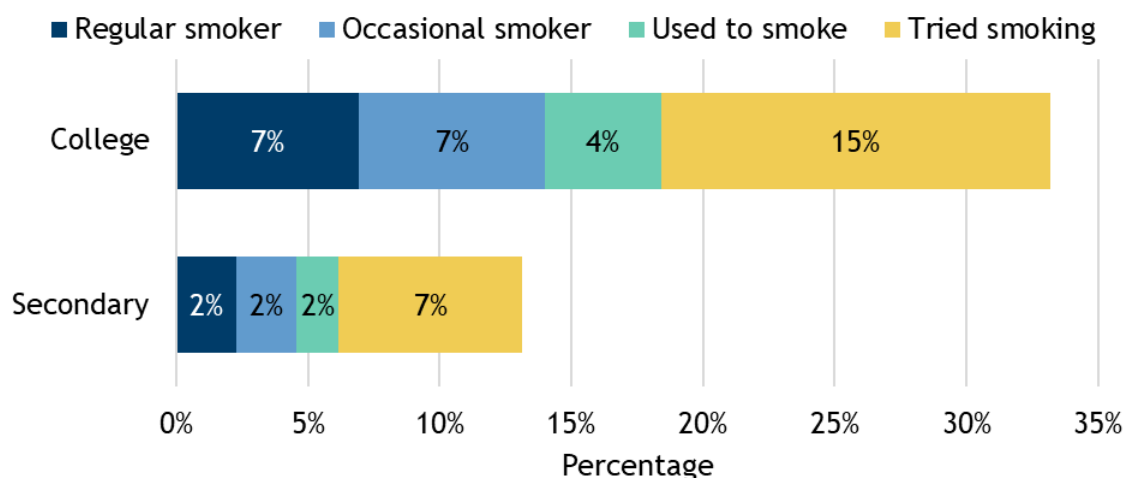
Health and Lifestyle Behaviours

Smoking

Students were asked about their cigarette smoking behaviour. Students were categorised based on the responses given:

- Regular smokers (defined as usually smoking at least one cigarette per week).
- Occasional smokers (defined as sometimes smoking, but less than once a week)
- Non-smokers.

Smoking status of students who have ever smoked



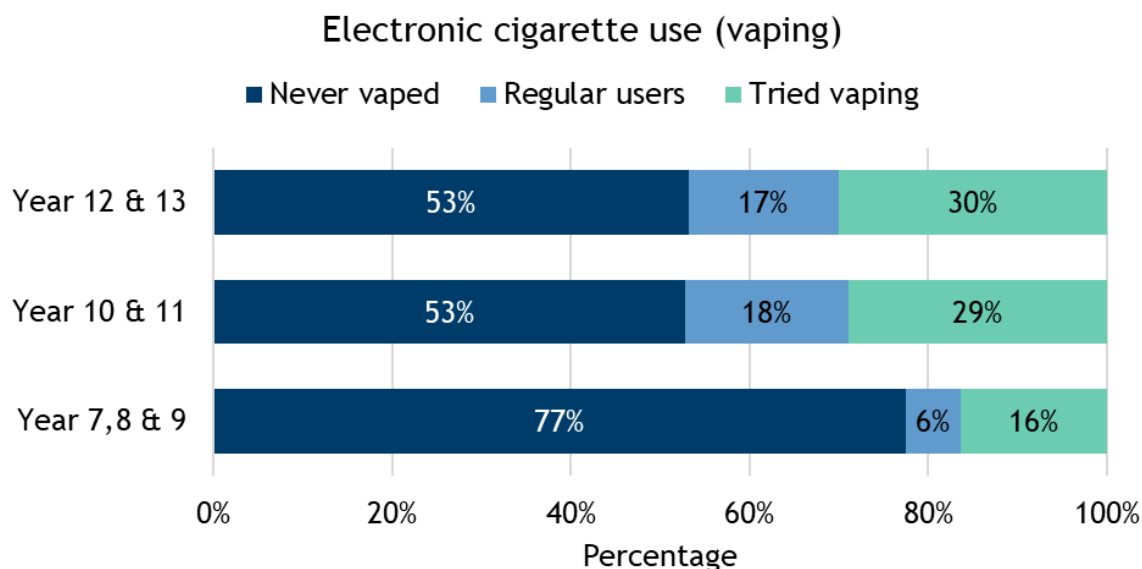
Most students have never smoked a cigarette (98% - primary, 87% - secondary and 67% - college students).

2% (120/5990) of primary students have ever smoked. Of the 2% of primary students who have ever smoked, 19% (23/120) are regular smokers, 6% (7/120) occasional smokers, 63% (76/120) have tried smoking and 12% (14/120) used to smoke.

Secondary boys were more likely to report smoking regularly than secondary girls, but the difference was not significant. Students in Year 10 were significantly more likely to report smoking regularly than students in Year 7-9. Students were asked 'Where do you usually get your cigarettes from?'. The most common answer was 'My friends provide them' (34%).

Vaping

Students were asked 'Have you ever vaped (used electronic cigarettes)?' 'Regular users' were defined as those who reported vaping at least weekly.



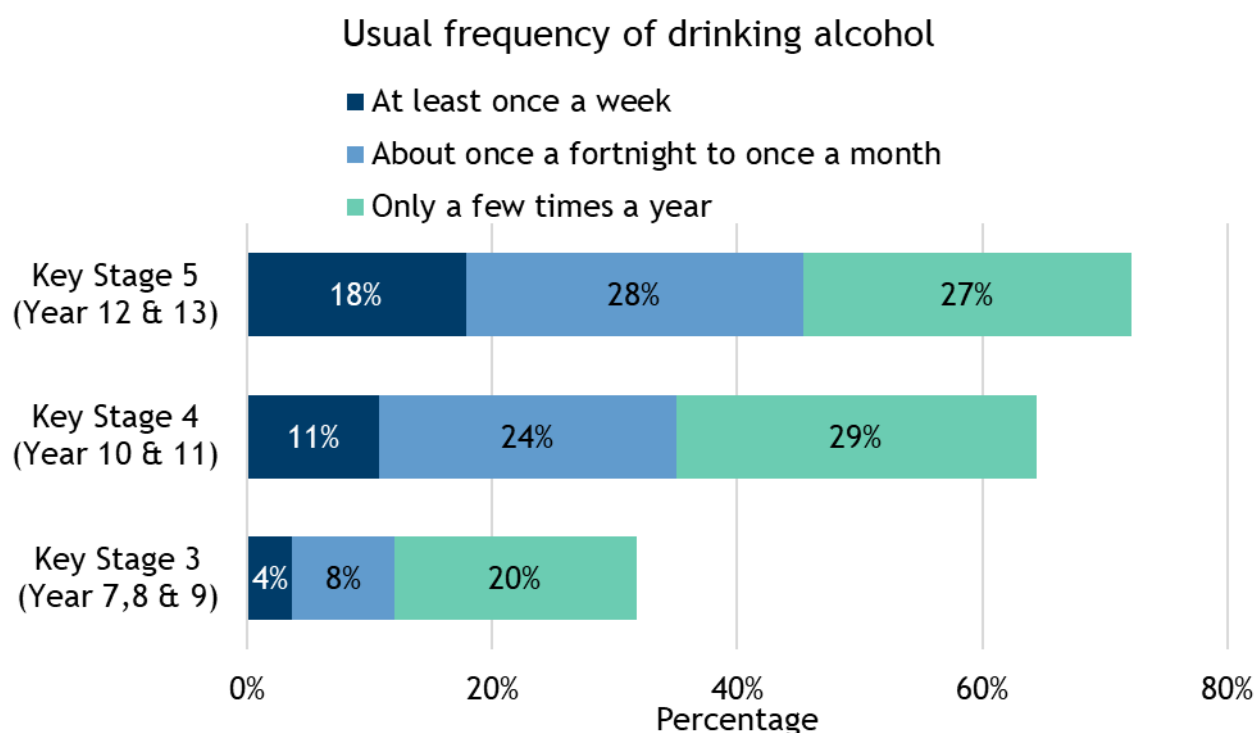
Only 4% of year 5 and 6 students reported that they had ever vaped. This rose to 22% of year 7, 8 & 9, 47% of year 10 & 11 and 47% of year 12 & 13. The percentage of students regularly vaping increases from 1.5% in year 7, to 23% in year 11. 10% of secondary girls regularly vape compared to 7.1% of secondary boys, which is a significant difference. Students were asked 'Where do you usually get your vapes/vape liquid (electronic cigarettes) from?' The most common answer was 'My friends provide them' - secondary (36%), college (42%).

Students were asked 'Did you start regularly smoking tobacco cigarettes before or after first trying electronic cigarettes/vaping devices?'

- 12% of college students tried vaping first before smoking compared to 16% who smoked regularly before trying vaping.
- 11% of secondary students tried vaping first before smoking compared to 8% who smoked regularly before trying vaping.
- 10% of primary students tried vaping first before smoking compared to 8% who smoked regularly before trying vaping.

Alcohol

Students were asked 'Have you ever had an alcoholic drink - a whole drink, not just a sip?' and then asked, 'Which of these describes you?' ('I never drink alcohol', 'I drink alcohol only a few times a year', 'I drink alcohol about once a month', 'I drink alcohol about once a fortnight', 'I drink alcohol about once a week', 'I drink alcohol every day or almost every day'). 12% of year 5 and 6 students reported having ever had an alcoholic drink. This increases to 28% of key stage 3 students (year 7, 8 & 9), 70% of key stage 4 students (year 10 & 11) and 78% of key stage 5 students (college students).



Older students are more likely to have ever drunk alcohol and more likely to drink alcohol more often.

Students were asked 'Where do/did you usually get your alcohol from?' The most common answer was 'From my parent(s)/carer(s)' - secondary (54%), college students (37%).

Drugs

Students were asked 'Have you ever been *offered* illegal drugs or glues, gases and solvents as drugs?' The percentage of students reporting 'Yes' increases with age from 6% of year 5 & 6 students to 40% of college students.

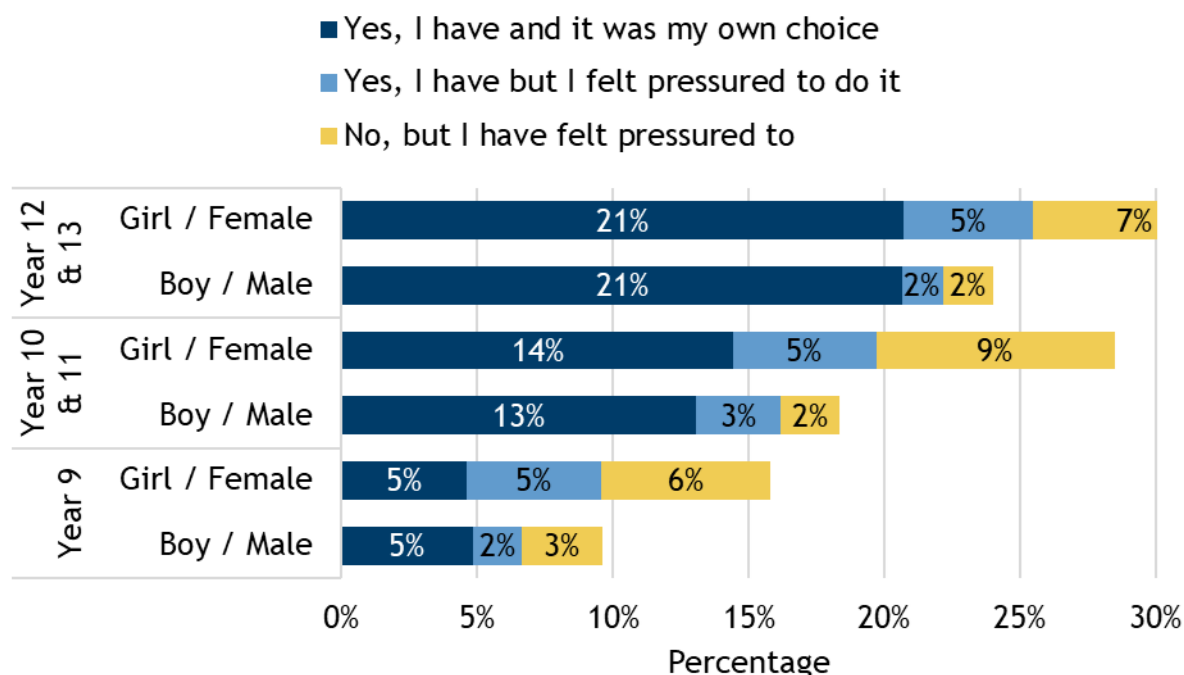
11% of secondary students and 20% of college students reported ever having 'used or taken any drugs'. 3% of secondary students and college students reported taking drugs at least once a week. The most used drug was cannabis, in 'edible forms e.g. brownies and gummie sweets' and 'all other forms'.

Sexual Health

Note: All sexual health questions were only asked to students in years 9 - 13 (students aged 13 to 18 years old).

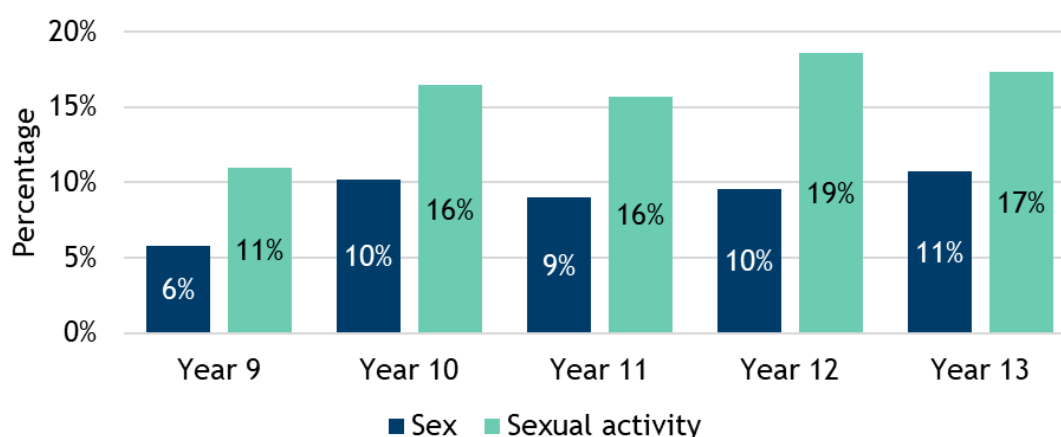
96% of students in years 9-13 responded that they understand what is meant by consent in relation to sexual activity.

Have you ever sent nude pictures or videos? (Year 9-13)



The percentage of young people reporting to have sent nude pictures or videos increases with age. Girls across all age groups were more likely to answer that they have felt pressured to send nude pictures or videos.

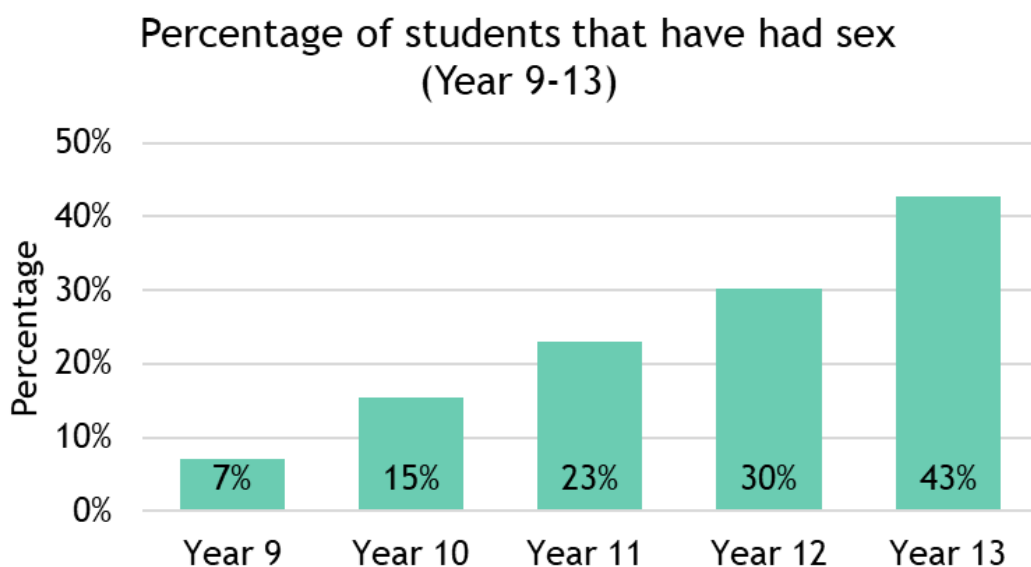
Percentage of students that have ever felt pressured into having either of the following (Year 9-13)



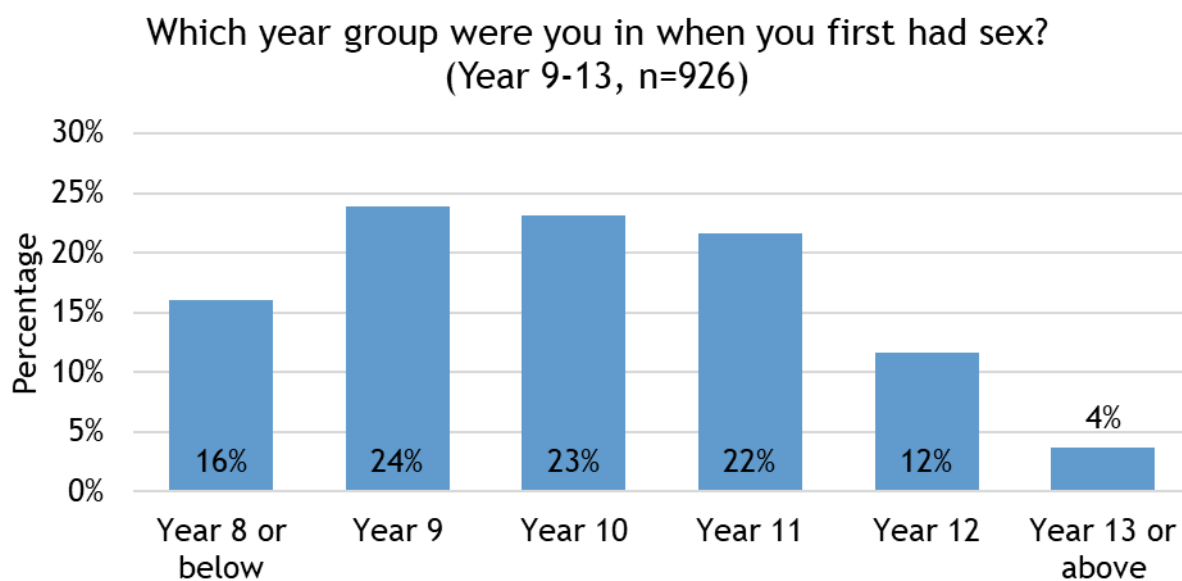
Students were asked 'Have you ever felt pressured into having either of the following - sex or sexual activity?' Students in all years more commonly said 'yes' to feeling pressured into sexual activity rather than sex. Across all year groups more girls felt pressured into sexual activity compared to boys. For students in year 9 there was no difference between boys

and girls feeling pressured into having sex. For students in year 10 to 13 more girls felt pressured into having sex compared to boys.

Of the students that have felt pressured into having sex or sexual activity, this pressure was reported to mostly come from 'romantic partner(s)'.



Students were asked, 'Have you ever had sexual contact with someone involving penetration?' The percentage of students who say they have ever had sexual contact involving penetration increases with age from 7% (year 9) to 43% (year 13).



Of the 926 students who reported to have ever had sexual contact with someone involving penetration, 63% of students were in year 10 or below. Students who have had sex were then asked whether they used contraception or protection or both when they last had sex -

36% of students reported the last time they had sexual contact they did not use anything. The top three reasons that were reported for not using any form of contraception/protection were: **'I don't like using condoms'** (20%), **'We didn't plan to have sex'** (20%), and **'I didn't want to use contraception'** (15%).

Gambling

Students in secondary school or college were asked 'in the last 12 months, have you ever taken part in any of the following activities (gambled), either online or at a venue?' The options varied from 'placing a private bet with a friend' to 'using gambling machines'.

For all types of gambling activities more boys take part than girls across all age groups.

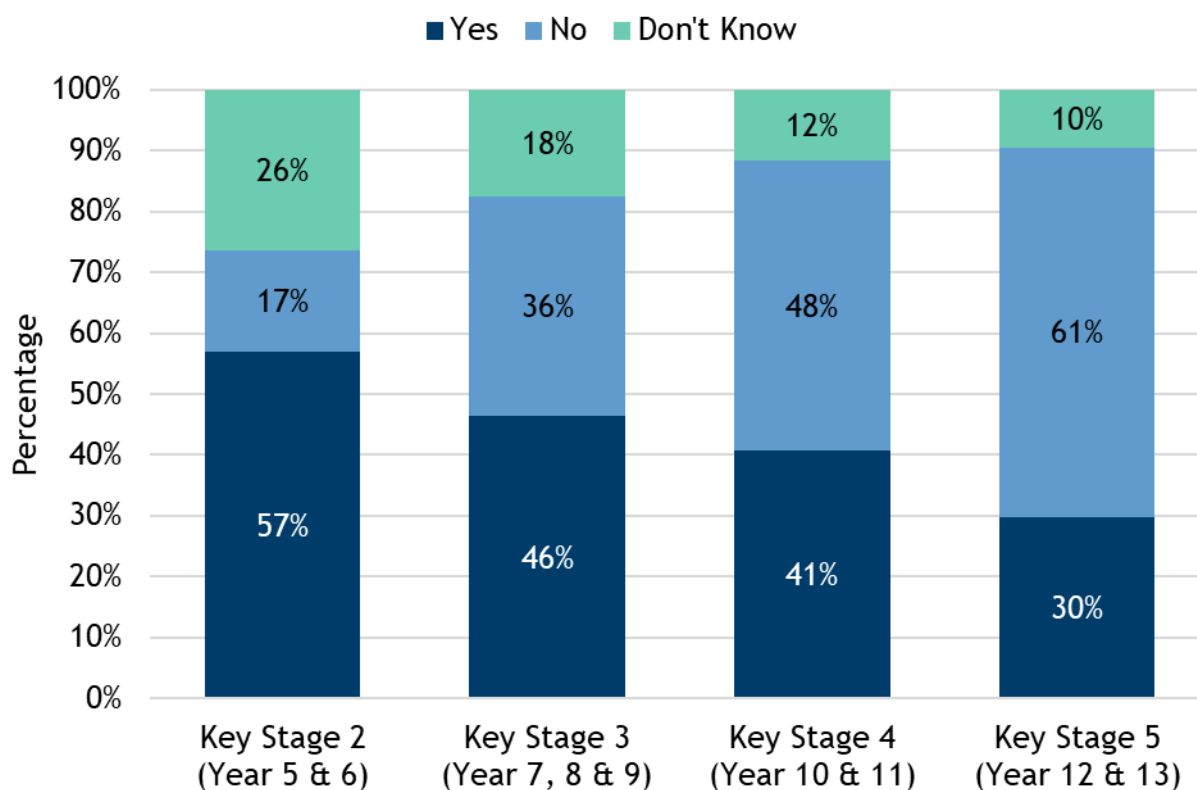
The most common type of gambling activity for boys across all age groups was 'Gambling for skins or cosmetics e.g. buy FIFA packs or loot boxes'. 24% (n=679) of key stage 3, 20% (n=177) of key stage 4 and 15% (n=99) of key stage 5 students report taking part in this activity at least once a month.

The most common type of gambling activity for key stage 3 girls was 'Bingo', 3% (n=83) of students report taking part in this type of activity at least once a month. For key stage 4 and 5 girls the most common type of gambling activity was 'Placing a private bet for money (e.g. with friends)'. 3% (n=26) of key stage 4 and 3% (n=17) of key stage 5 students report taking part in this activity at least once a month.

Sleep

Students were asked 'On a normal school/college night (Sunday to Thursday) do you get 8 or more hours sleep?'. Older students were less likely to report that they got 8 or more hours sleep. 57% of key stage 2 (year 5 & 6) students said 'yes' compared to 30% of key stage 5 (college) students. Across all age groups more boys report getting 8 or more hours of sleep than girls (significantly more for key stage 3).

On a normal school/college night (Sunday to Thursday)
do you get 8 or more hours sleep?



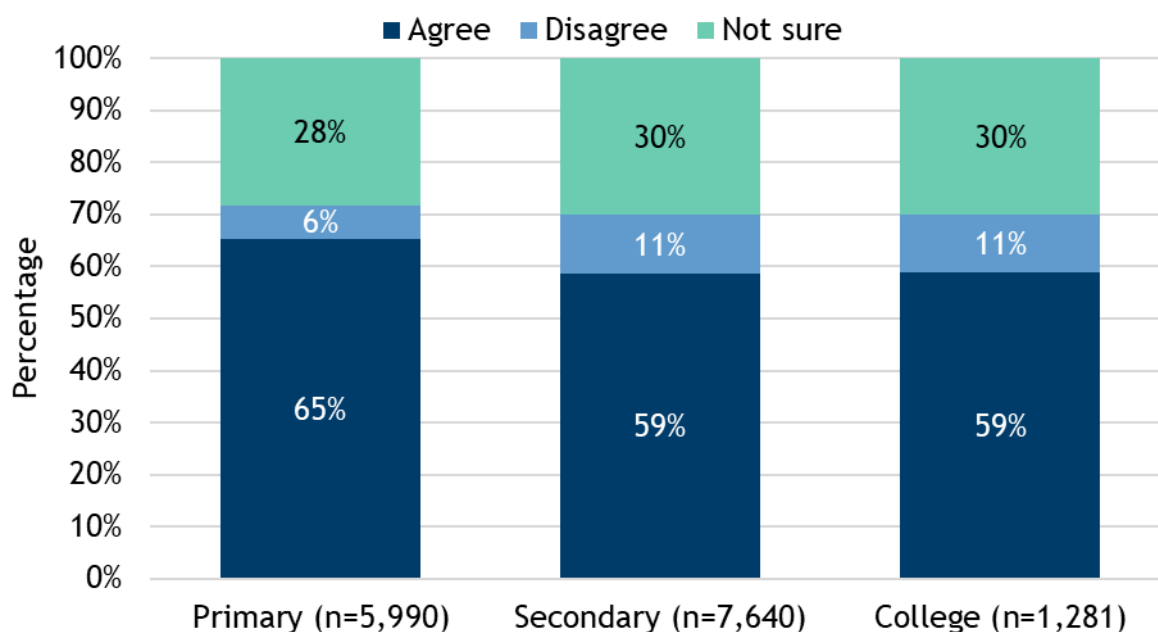
Mental health and emotional wellbeing

Feelings

70% of students in year 5 to 13 feel **happy** about the number of **good friends** they have.

Students were asked 'How much do you agree with the statement: I enjoy my life?' A greater percentage of primary students (65%) reported that they agree with the statement 'I enjoy my life' compared to secondary and college students (59%).

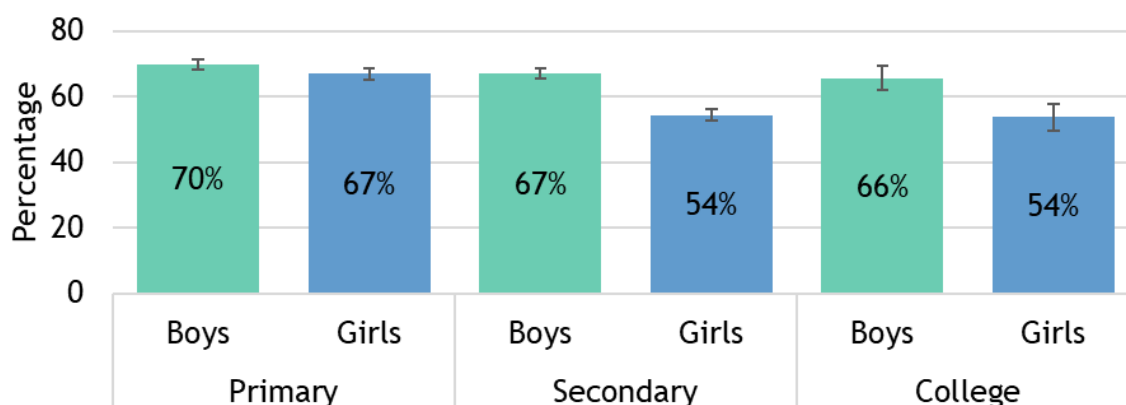
How much do you agree with the following statement...? 'I enjoy my life.'



Students were asked 'How often do you feel the following?' for several different emotions.

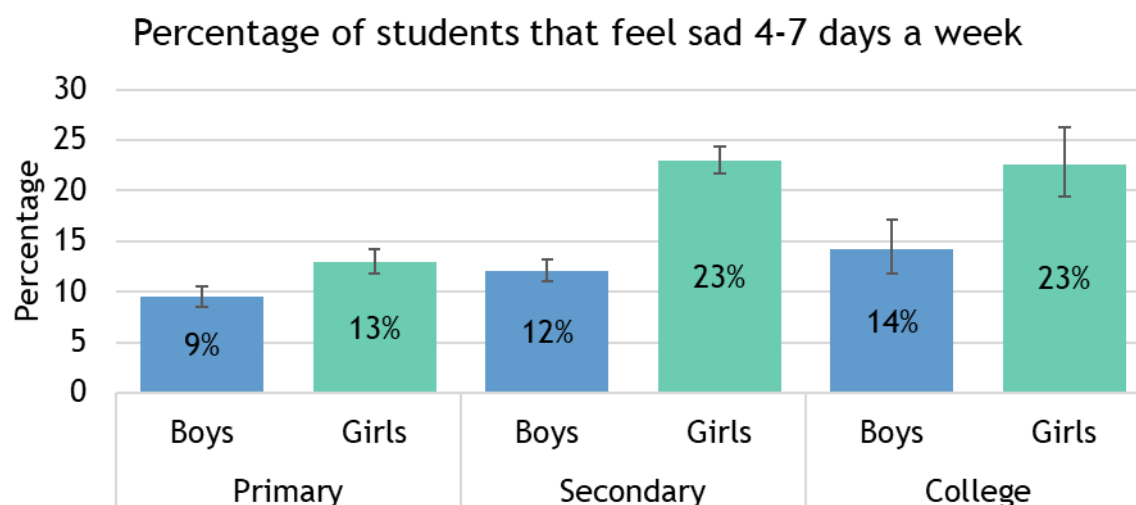
How often do you feel happy?

Percentage of students that feel happy 4-7 days a week



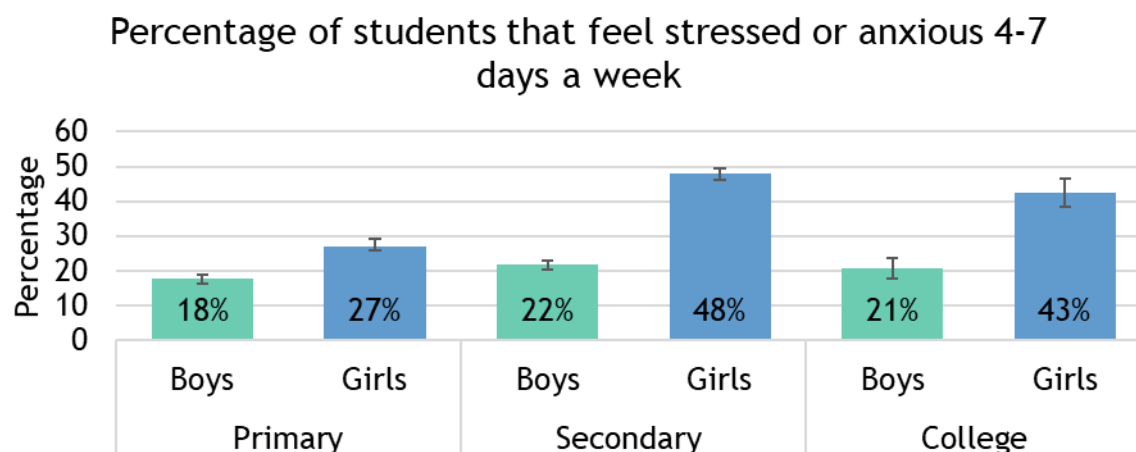
Significantly more secondary and college boys report feeling happy compared to secondary and college girls.

How often do you feel sad?



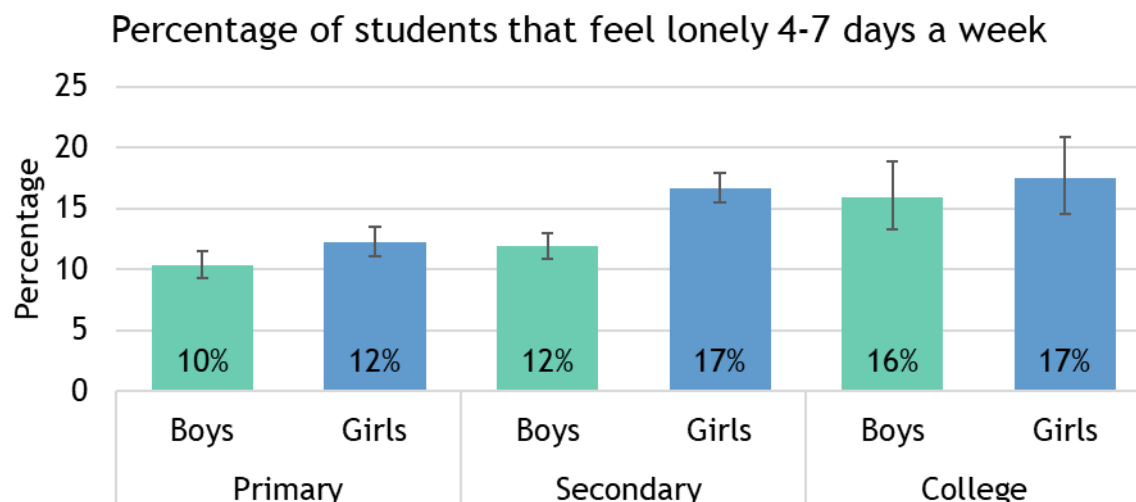
The percentage of students that feel sad 4-7 days a week (every day/most days) increases as students get older for both boys and girls. Significantly more girls report feeling sad than boys across all age groups.

How often do you feel stressed/anxious?



Across all age groups, significantly more girls report feeling stressed and/or anxious than boys.

How often do you feel lonely?



Significantly more secondary girls (17%) report feeling lonely than secondary boys (12%).

Students were asked 'How well do you think you cope with feeling the following?' for several different emotions. Out of feeling sad, stressed, anxious or lonely, students report coping best with feeling lonely. Boys report coping better with feeling sad, stressed, anxious and lonely compared to girls across all age groups.

'I cope well with feeling the following'

School level	Sex	Lonely	Anxious	Sad	Stressed
Primary	Boys	43%	34%	31%	27%
	Girls	35%	23%	22%	21%
Secondary	Boys	49%	36%	41%	32%
	Girls	31%	15%	21%	14%
College	Boys	50%	38%	48%	34%
	Girls	33%	17%	27%	12%

Students were asked 'over the last 12 months have you worried about any of the following...?' Students were able to give multiple answers.

Top five worries:

- Primary - friendships (40%), a death (37%), going to a new school (31%), the way I look (29%) and exams (28%)

- Secondary - friendships (42%), exams (41%), the way I look (40%), a death (34%) and feeling lonely (28%)
- College - exams (63%), college work (49%), going to university (45%), friendships (45%), the way I look (43%) and getting a job (43%)

Students were asked 'what helps you feel better when you are worried, sad, angry or lonely?' The top reported coping mechanism for secondary and college students was 'playing or listening to music' and for primary students it was watching 'TV/films/YouTube/Netflix'.

Note: students could tick multiple options	Number of Students	Percentage of students
Top 10 (Primary n=5,999)		
Watching TV/films/YouTube/Netflix	3,433	57%
Playing with friends	3,236	54%
Playing or listening to music	3,176	53%
Spending time with family	3,176	53%
Online gaming - Xbox/PlayStation/Mobile Phone	3,059	51%
Spending time with pets	3,032	51%
Being outdoors	3,008	50%
Spending time with friends	2,978	50%
Being active	2,480	41%
Arts and crafts	2,373	40%

Note: students could tick multiple options	Number of students	Percentage of students
Top 10 (College n=1,281)		
Playing or listening to music	854	67%
Watching TV/films/YouTube/Netflix	804	63%
Spending time with friends	707	55%
Online gaming - Xbox/PlayStation/Mobile Phone	563	44%
Being active	551	43%

<i>Note: students could tick multiple options</i>		
Top 10 (College n=1,281)	Number of students	Percentage of students
Spending time with family	535	42%
Sleeping more	524	41%
Being outdoors	512	40%
Playing with friends	510	40%
Spending time with pets	455	36%

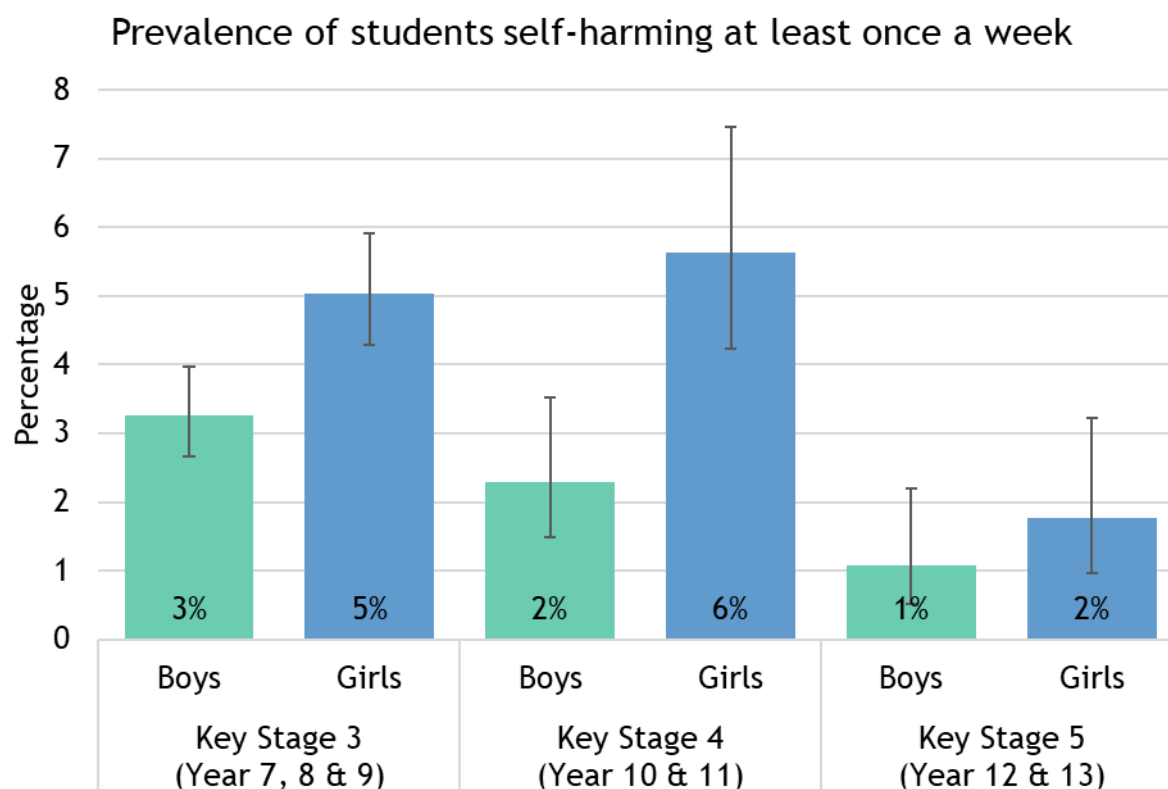
Students were asked ‘if you are worried, feel sad, angry, or lonely about something, where do you get advice and support from?’ Among all available support options, both primary (67%) and secondary students (47%) most frequently chose to talk to their parents/carers. College students most frequently chose to talk to their friends (49%) or their parents/carers (48%).

Some students reported that they do not know where to go to get any advice or support (college- 5%, secondary- 8% and primary- 6%).

Self-harm

Secondary and college students were asked if they have ever hurt themselves on purpose (often referred to as self-harm) and if yes, how often and whether they are currently hurting themselves.

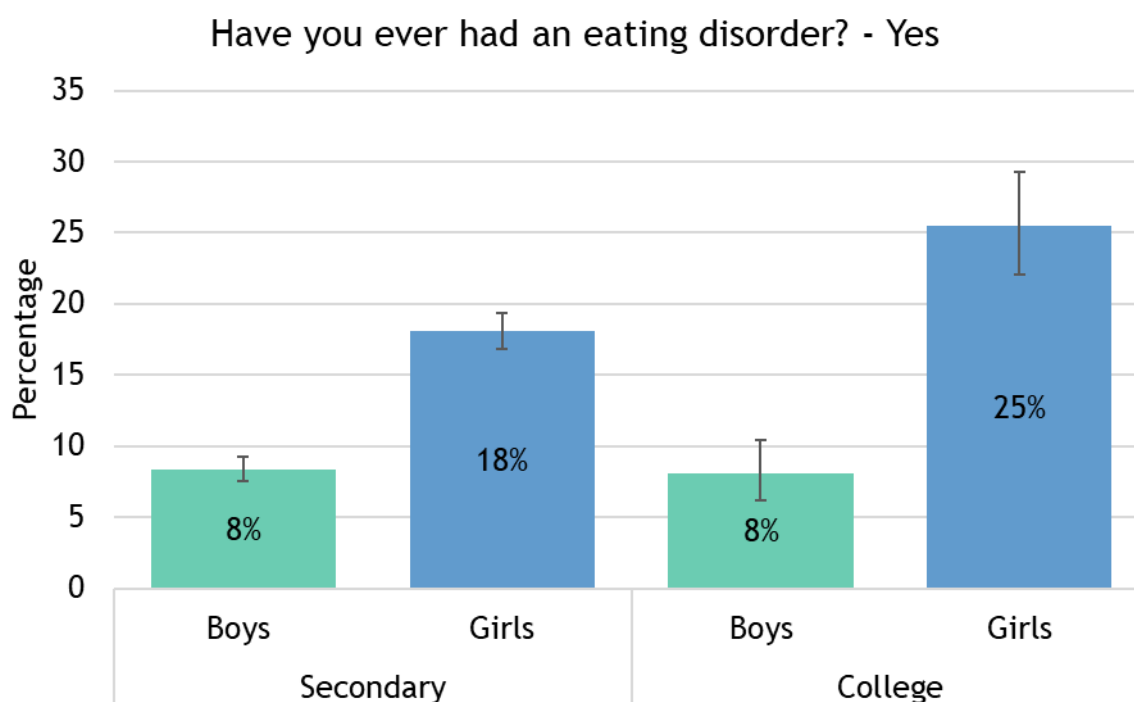
- Just under a third (28%) of secondary and college students reported ever intentionally hurting themselves.
- 38% of secondary and 57% of college students who have ever hurt themselves on purpose used to hurt themselves but no longer do.



Key stage 3 (year 7, 8 & 9) and key stage 4 girls (year 10 & 11) have significantly higher prevalence of self-harm at least once a week compared to boys. There is no significant difference between key stage 5 (college) boys and girls.

Eating disorders

Secondary and college students were asked 'have you ever had an eating disorder?' For secondary students, the prevalence of eating disorders was 2 times higher in girls compared with boys (18% compared with 8%). For college students, rates of eating disorders were 3 times higher in girls than in boys (25% compared with 8%).



Safeguarding

Bullying

Students were asked 'In the last 12 months, how often (if at all) have you been bullied in or around school/college?' 7% of secondary students reported being bullied in the last 12 months 'most days/every day' compared to 5% of primary students and 1% of college students. Over half of primary (54%), secondary (53%) and 83% of college students have not been bullied at all in the last 12 months.

If students reported being bullied, the most common reason they selected was 'appearance' (36% for college, 42% for secondary and 27% for primary students - students could select multiple reasons).

School absence

Primary and secondary students were asked 'Have you ever been away from school without telling anyone?' 73% of secondary and 82% of primary students said no. The top reason given for missing school for primary students is 'due to being with family' (10%) and for secondary students is 'due to lessons I do not like' (12%).

College students were asked 'Do you ever miss lessons at college if you are not ill?' 62% of students said no. The top reason given for missing lessons was 'due to low mood' (16%).

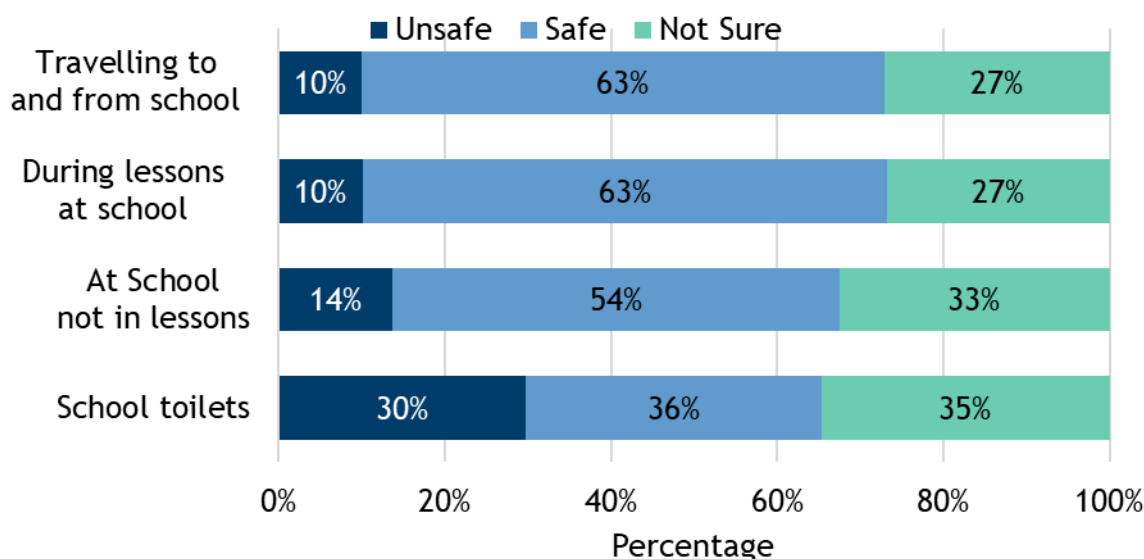
Feeling safe at school and at home

Nearly all students (**96%**) in year 5 to 13 **feel safe at home**; 4% (n=557) feel unsafe.

Secondary and college students that identify as another gender report feeling less safe at home than those who identify as boys or girls. The number one reason students feel unsafe at home is **‘because there is arguing/ fighting.’**

Students were asked ‘In the last 12 months, how safe have you felt in the following places...?’ For both primary (13%) and secondary students (30%), the place most students reported feeling unsafe was the school toilets. Primary students reported feeling safer in all places compared to secondary students. College students feel most unsafe travelling to and from college and in the college toilets (7%).

In the last 12 months, how safe have you felt in the following places? (Secondary, n=7,640)

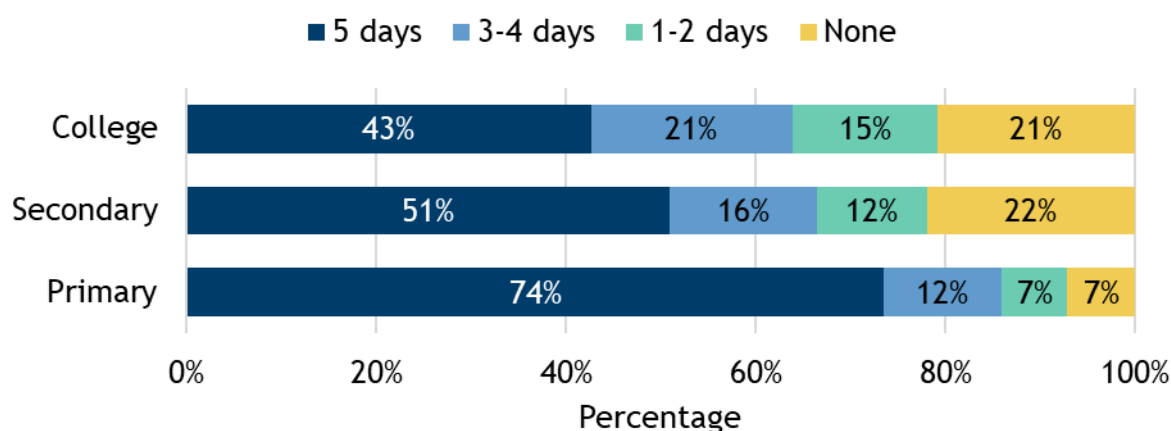


Healthy Eating, Physical Activity and Oral Health

Healthy eating

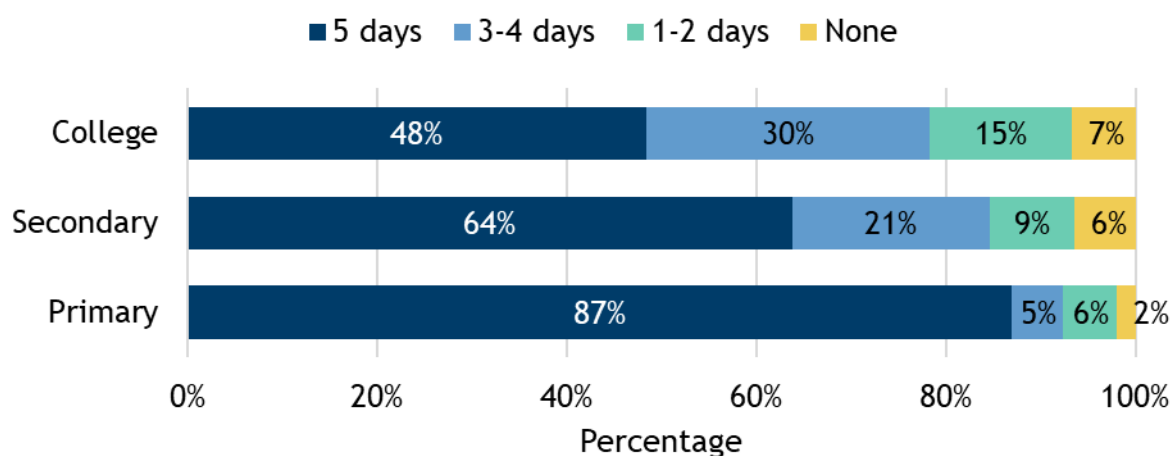
In a normal school week, most primary (74%) and half of secondary students (51%) reported eating breakfast on most school days. Primary students are more likely to eat breakfast than secondary and college students. 22% of secondary students and 21% of college students reported never having breakfast.

In a normal school week, how many days do you have breakfast?



In a normal school week, most primary (87%) and secondary students (64%) reported eating lunch on most school days. Primary students are more likely than secondary and college students to have lunch on most days.

In a normal school week, how many days do you have lunch?

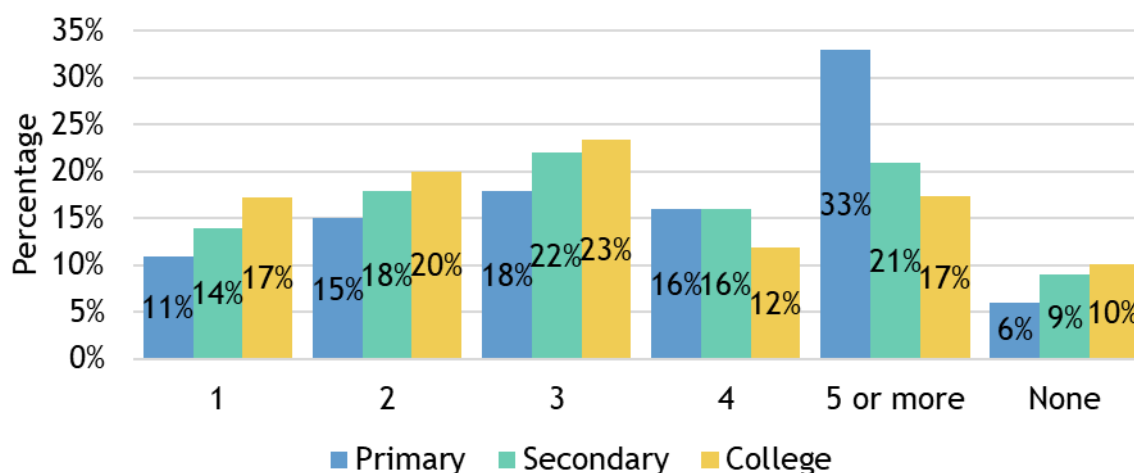


In a normal school week, most primary (84%), secondary (85%) and college students (85%) reported eating an evening meal/dinner on most school days.

Students were asked 'On a normal school day, how many portions of the following do you have?'

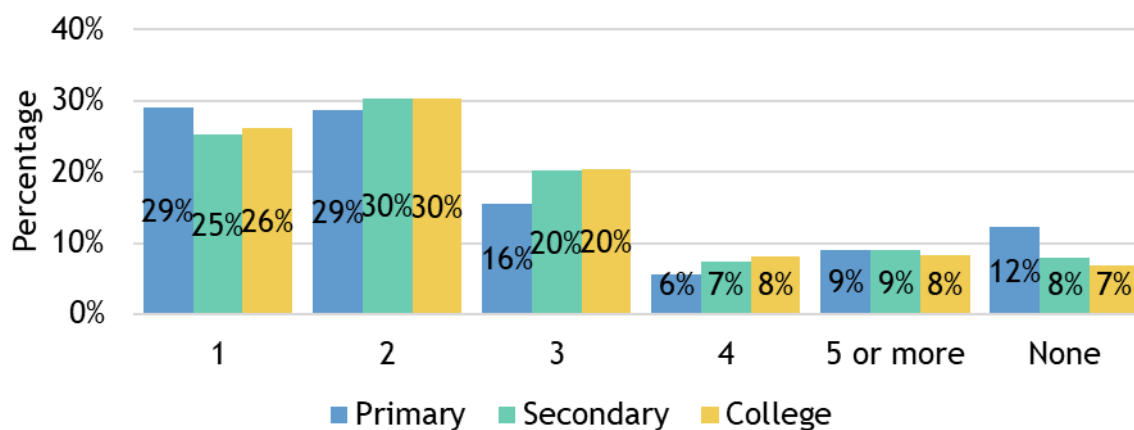
Primary students (33%) are more likely to have 5 or more portions of fruit or vegetables on a normal school day compared to secondary (21%) and college students (17%).

On a normal school/college day, how many portions of the following do you have? - **Fruit and Vegetables**



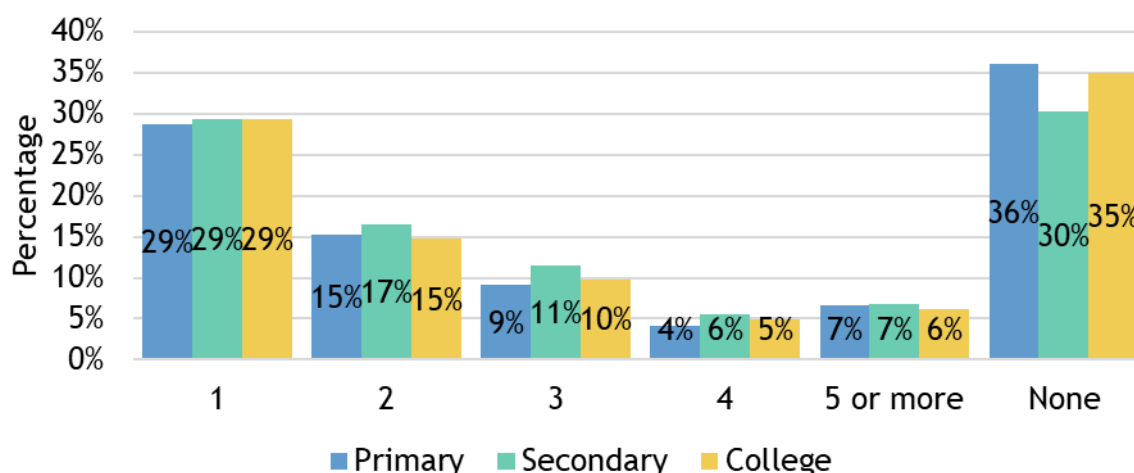
Most students are having 3 or less snacks high in fat or sugar on a normal school day (Primary- 73%, Secondary- 76%, College- 77%).

On a normal school/college day, how many portions of the following do you have? - **Snacks - high in fat or high in sugar**



Most students are having none or one sugar sweetened drink on a normal school day (Primary- 65%, Secondary- 60%, College- 64%).

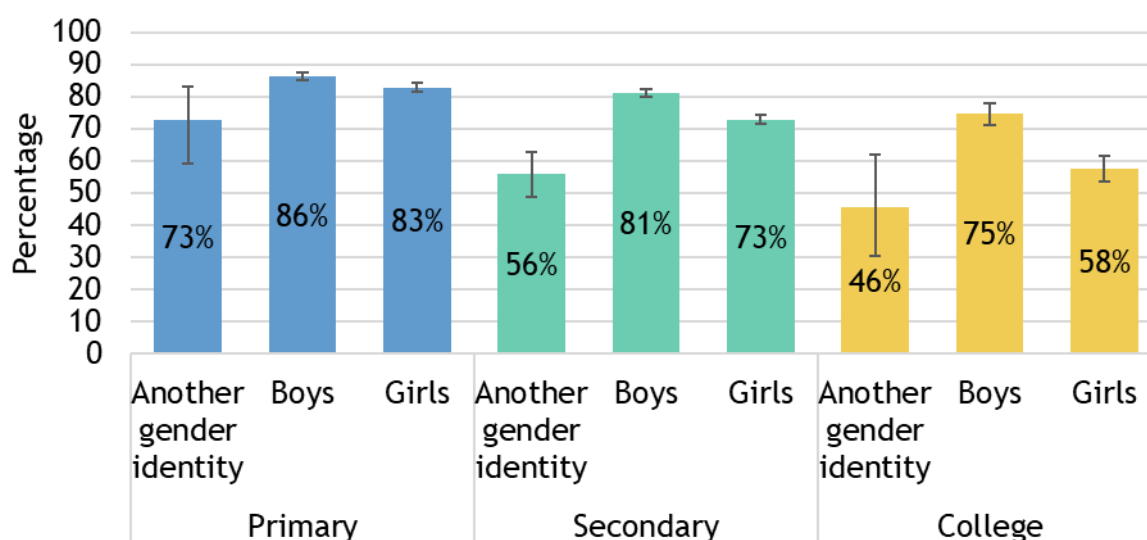
On a normal school/college day, how many portions of the following do you have? - **Sugar sweetened drinks**



Physical activity

A greater percentage of primary students (84%) report being 'usually physically active for at least 60 minutes on most days' in a normal week compared to secondary students (76%) and college students (66%). Across all age groups, boys are more likely to be physically active for at least 60 minutes on most days compared to girls and those who identify as another gender identity.

In a normal week, are you usually physically active for at least 60 minutes on most days? - Yes



Students were asked whether anything stops them from taking part in physical activities (students could select multiple options). 64% of primary, 56% of secondary and 46% of college students reported that nothing stops them.

The top two reported barriers for not taking part are:

- Primary Students - 'I don't have the time' (11%) and 'I choose not to' (11%)
- Secondary students - 'I choose not to' (16%) and 'I have no one to go with' (15%)
- College students - 'Too much college work' (30%) and 'I don't have the time' (28%)

Play

Students were asked 'How often do you go out to play or hang out with friends?' Most students answered, 'Most days' or 'A few days a week'. As students get older less students play or hang out with friends most days or a few days a week (primary - 77%, secondary - 72% and college students - 62%). There was no significant difference between boys and girls.

Students were asked 'Do you think there are safe places to play, hang out and have fun in your local area?' Across all age groups more boys reported 'Yes' than girls.

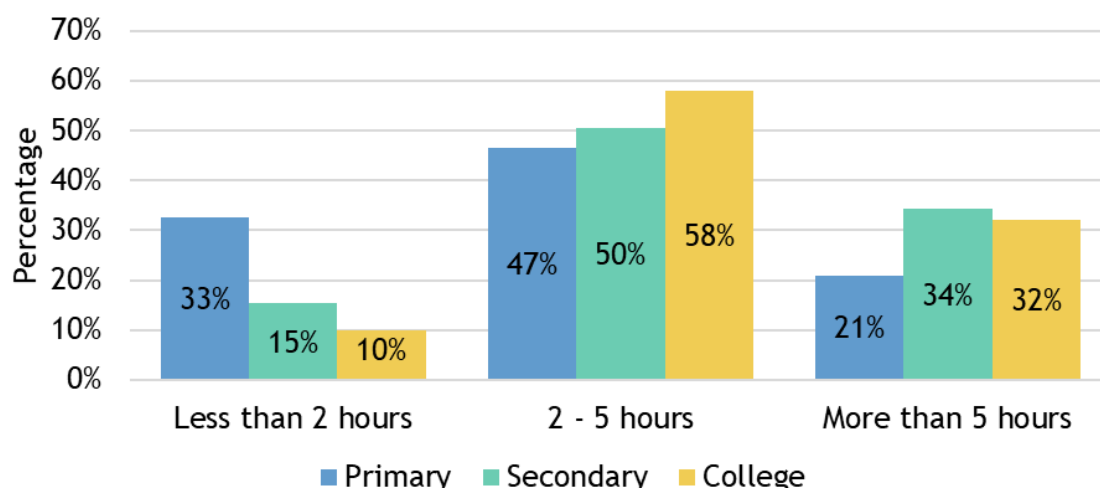
Do you think there are safe places to play, hang out and have fun in your local area?

Schooling Level	Gender	Percentage - 'Yes'
Primary	Boys	79%
	Girls	74%
Secondary	Boys	77%
	Girls	67%
College	Boys	75%
	Girls	66%

Screen time

Students were asked 'On a normal school day, how many hours a day, do you usually spend sitting down watching TV/playing computer games/using the internet/using a mobile phone?' The amount of screen time increased with age, with 21% of primary students reporting spending more than 5 hours a day compared to 34% of secondary and 32% of college students.

On a normal school day, how many hours a day, do you usually spending sitting down watching TV/playing computer games/using the internet/using a mobile phone?

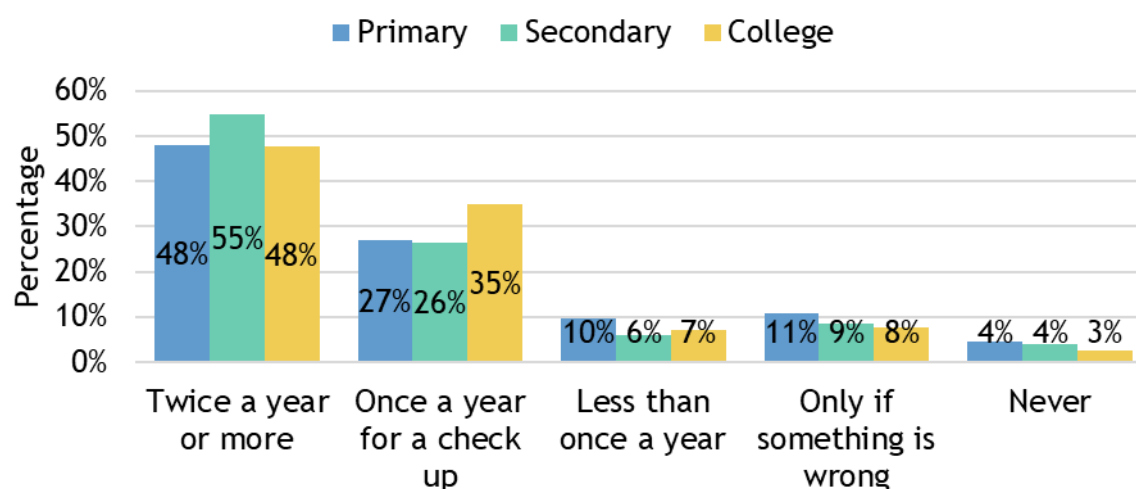


Oral Health

Most primary (95%), secondary (95%) and college students (96%) report brushing their teeth at least every day with most students brushing their teeth twice a day or more. Secondary students (67%) are slightly more likely to report brushing their teeth twice a day compared to primary students (62%).

4% of primary and secondary students, and 3% of college students report never visiting the dentist. However, most students visit the dentist at least once a year for a check-up (primary- 75%, secondary- 81%, college- 83%).

How often do you visit the dentist?



SEND Survey

Three different SEND surveys could be completed by students in different year groups (with age appropriate questions) who receive additional support either at a mainstream school/college or at a special school.

- **SEND-PE** - for students in year 3 and 4 -only asks some questions in the 'All about me' section and 'Physical education in school'.
- **SEND** - for students in year 5 to 8. Schools can also choose to use this survey with students in year 9, 10, 11 and college students.
- **SEND Plus** - for students in year 9, 10, 11 and college students only and includes an additional section on 'Sexual Health'.

Table 5 Number of responses per SEND survey by school/college type

Schooling level	SEND	SEND PE	SEND Plus
Primary	15	8	
Junior	8		
Secondary	45		
College, Secondary	*		*

* - the number of responses were less than 5.

SEND - Secondary data

45 secondary students completed the SEND survey, below is a summary of some of the data.

- 50% were boys and 50% were girls.
- 13% (n=6) of students have ever smoked a cigarette.
- 36% (n=16) of students have ever had a drink of alcohol.
- 24% (n=11) of students eat 5 or more portions of fruit and vegetables a day.
- 84% (n=37) of students brush their teeth every day
- Students were asked 'Are you happy?' - 78% (n=35) responded 'Yes'.
- 53% of students said 'Yes' to ever being bullied in school.
- Students were asked 'Do you do 20 mins or more, of physical activity per day?' 64% (n=29) said 'Yes'.