



# **2021/2 Children and Young People's Lives survey: Primary School Summary Report**

## What is the Children and Young People's Lives survey?

The Children and Young People's lives survey – Primary, is designed to gather information on the perceptions, attitudes and lifestyle behaviours of a large representative sample of pupils in Years 5 and 6, attending our mainstream primary schools and academies

The survey encompasses a range of health and wellbeing issues, including emotional wellbeing, healthy lifestyles, support with school work at home, healthy relationships, participation in physical activity, and aspirations for the future.

This survey was undertaken during the second year of the COVID-19 pandemic period, this should be considered when contextualising results within this report. Schooling had been partly distanced learning within the last year, and opportunities for extra curricular activities reduced. [Government analysis](#) reports that young people's metal health and wellbeing has likely been affected during this period.

This is the 4th primary school survey undertaken within North Lincolnshire (previous surveys took place in 2013, 2015 and 2019). The survey was launched in October 2021 and ran until the end of March 2022. In total 1111 children age 9-11 took part from 21 junior/primary schools. Each participating school has received a detailed report of their own school's results. This report provides the anonymised aggregated results from the questionnaires.

## Summary of Key Issues 1/3

- The vast majority of children felt safe in school, felt like they are learning a lot at school and enjoyed working hard at school. They also report feeling supported by their parents.
- 86% said they thought their parents/carers wanted them to go on to college or university, although only 38% said they hoped to be studying at college or university at 18 years of age. This is similar to 2019 (37%) but than in 2015 when it was 44%. Higher aspirations are seen in girls than boys.
- The vast majority have someone to talk to about things that really bothered them, with 89% able to talk to their parents or carers and 87% felt they could talk to staff in school. Just under 3% of children said they could speak to neither a parent nor adult in school.
- The majority of children report positively on their general feelings of happiness and wellbeing, with over 8 in 10 feeling happy and proud. Around 3 in 10 also experience negative feelings of sadness, anger or worries.
- The top four worries are new options to the question for 2021. effects of climate change, doing well at school, how much sleep they get, and getting enough to eat.
- Girls and those entitled to free school meals were more likely to say they worry a lot.

## Summary of Key Issues 2/3

- 16% of children this age report doing an hour or more exercise each day outside of school time and 9% report doing none. Over half of the children (51%) stated they did less exercise than normal over the pandemic period, with 22% saying they had done more exercise than normal.
- Less than two thirds of children (63%) said they participated in sport/team activities outside school, children on FSM were least likely to do any regular sport.
- The majority of children this age said they had access to local play park or green space, with just over half saying they use it at least once a week, 16% every/most days.

Most of the children had not engaged in 'risky' behaviours in the last year, with boys more likely than girls to report engaging in these behaviours.

Most children had breakfast and fruit and vegetables in their diets most days. Energy drink consumption was 4% in this age group.

Smoking levels have remained similar to 2019, more than a third of children in each year group said they lived with smokers (40%) (including e cigarettes), rising to 54% in children entitled to free school meals (FSM) and in families with children of Eastern European background.

### Summary of Key Issues 3/3

- 97% of children this age said they use the internet at home, less than 1% saying they don't have access to the internet at home. Main uses were to play games, watch videos/ films and YouTube.
- Even though the children surveyed are too young to 'officially' use most social media/apps only 3% said they did not use any, with the majority using several including YouTube, gaming apps, WhatsApp, TikTok, and SnapChat.
- The majority of children this age say they spend some time each day chatting or gaming online; higher use is seen in boys than girls. This has increased from two thirds in 2019 to 92%, perhaps due to the restrictions on physical social interaction during the covid pandemic.

- Over three quarters of children (78%) said they felt safe online. If they felt unsafe online the majority of children said they would deal with it by telling an adult/parent/teacher, reporting, blocking or deleting specific apps.
- Children were generally very positive about the usefulness of school lessons they had received on healthy living, although some children still had lessons to come. Rates varied by year group, particularly for the smoking, alcohol and drugs lessons with Year 6 more likely to have had lessons on these topics.
- The vast majority of children recognised the positive and healthy aspects of relationships. Physical aggression was most commonly associated with domestic abuse. Children on FSM were less likely to identify the signs.

## 2021/22 - About the pupils

**1111** responses from pupils aged 9-11

**21** Schools took part

**Just over 27% of pupils in the age group**

**14%** Not 'White British'

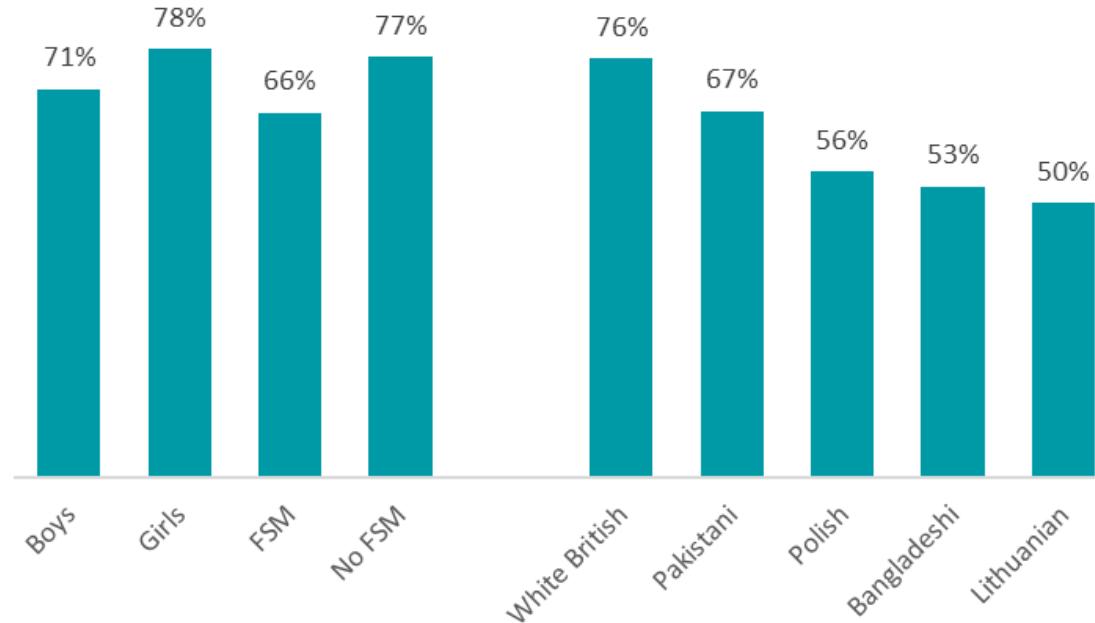
**6.4%** English as additional language

Almost **1 in 5** received free school meals (FSM)

- 525 Boys and 586 girls took part in the survey, 47% / 53% overall.
- Fewer schools and children took part than in 2019, when 1461 children took part from 24 schools.
- The largest represented ethnicity, other than British was Polish (2.4%) followed by Bangladeshi (1.5%). This is slight decrease from 16% in 2015, but may be due to the sample of schools taking part.
- Other than English, the most common languages spoken was Polish, Lithuanian and Bengali.
- The proportion of children on free school meals (FSM) (in order) rose from 2019. However 27% were unsure if they received free meals or not.
- One in five children (21%) said they had a long term health problem, disability or medical condition that has been diagnosed by a doctor (LTHC).
- 65% of this age group said they lived with both natural parents and 14% in blended families, (i.e. with a step parent or partner). Overall, 17% said they lived in lone parent families, which is similar to that in 2019 (18%).
- Less than half, 45%, children on FSM reported living with both natural parents, compared with 70% of children not on FSM.
- 5% said that at least one grandparent lived at home with them and their parent(s), a figure similar to previous surveys.

## Home, the Future and Aspirations (1/3)

### ***Get help from parents with homework***



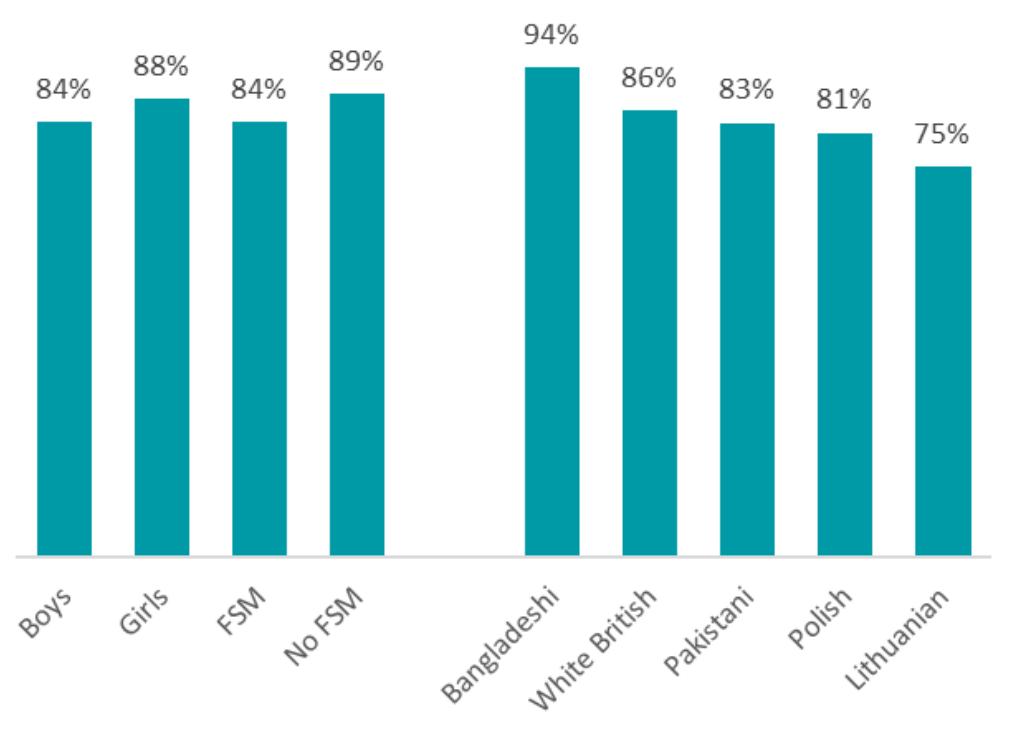
FSM / No FSM does not include the 27% of pupils who responded unsure

- 90% said their parents usually attended parents' evenings
- Children claiming free school meals (FSM) were less likely to say their parents attended parents' evenings, 78%.
- Overall, 70% said they had somewhere quiet at home to do their homework. This was lower amongst children on FSM (64%).
- Three quarters of children said their parents helped them with their homework.
- Children on FSM were also less likely to say that parents helped them with their homework, (66%), compared with 77% not on FSM.
- Eastern European children were least likely to say they got parental help with schoolwork.

***Almost all children, 98% said their parents were pleased if they did well at school.***

## Home, the Future and Aspirations (2/3)

### **Parents want me to go to college/university**



FSM / No FSM does not include the 27% of pupils who responded unsure

- Almost all children, **91%** felt like they were learning a lot at school with **88%** saying that they enjoyed working hard at school.
- Girls were more likely to say yes to both of these than boys.
- A similar proportion perceived that doing well at school was important to their parents/carers (**97%**).
- 86%** said they thought their parents/carers wanted them to go on to college or university. Slightly higher in girls (**88%**) than boys (**84%**) in this respect.

#### **Most popular future careers were:**

Footballer/Sports personality

Teacher

Designing games/ YouTuber

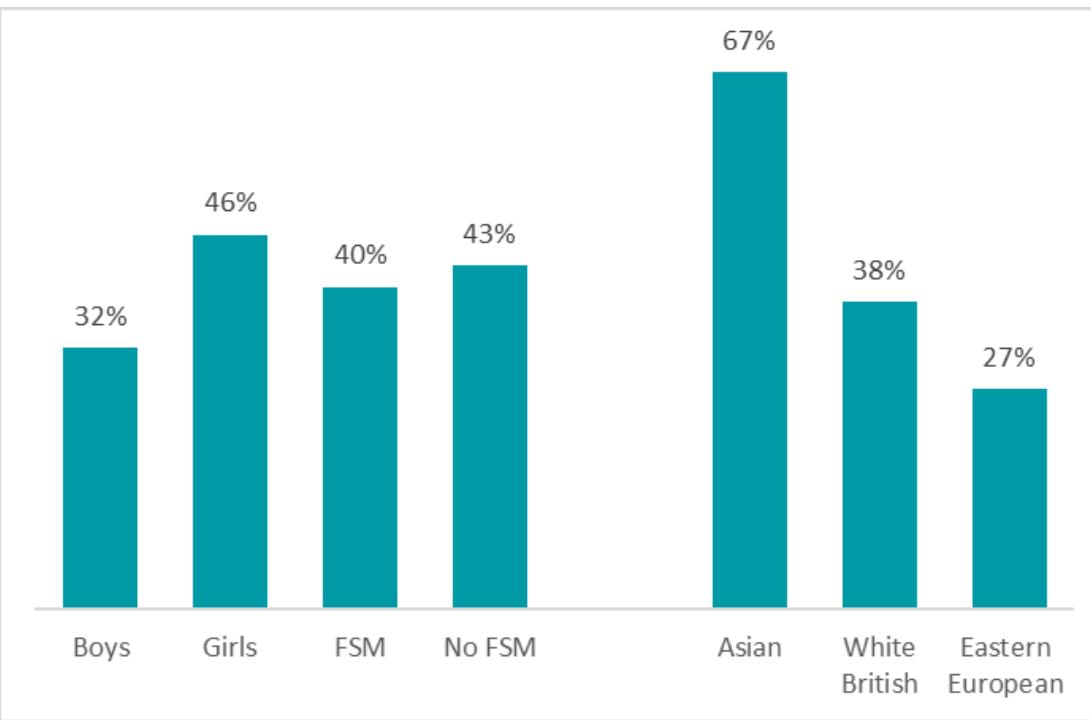
Vet / work with Animals

Medicine/Nursing

***The most popular careers remained largely the same as in both 2015 and 2019***

## Home, the Future and Aspirations (3/3)

### % Year 6 pupils who hope to be at university / college at the age of 18



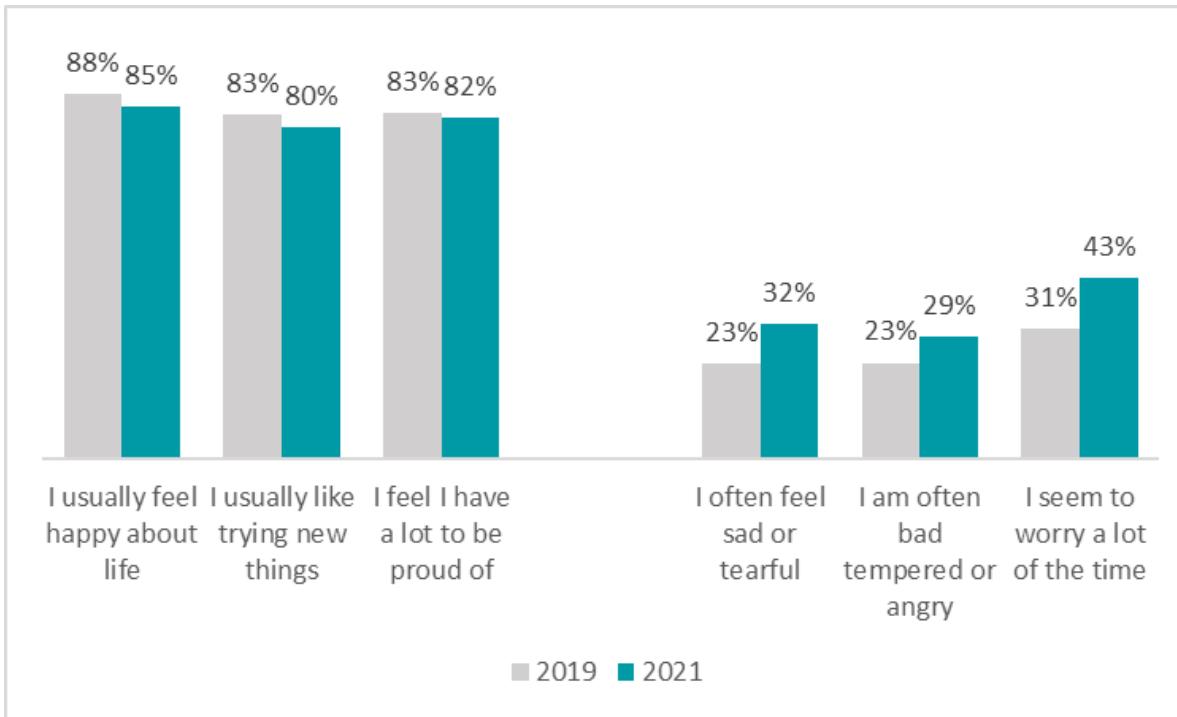
FSM / No FSM does not include the 27% of pupils who responded unsure

Overall, **38%** said they hoped to be studying at college or university at 18 years of age, similar to 2019 (37%) and lower than in 2015 (44%). There were significant differences between boys and girls, and between ethnic groups in this respect.

- **4%** said they wanted to be in an apprenticeship/training.
- **13%** wanted to run their own business
- **24%** hoped to be working in a job
- **20%** did not know what they wanted to do.

## Emotional Wellbeing (1/3)

**Children were asked to report on their general feelings of happiness and wellbeing, (these were based on a nationally validated set of questions).**



**Those reporting negative feelings have increased since 2019.**

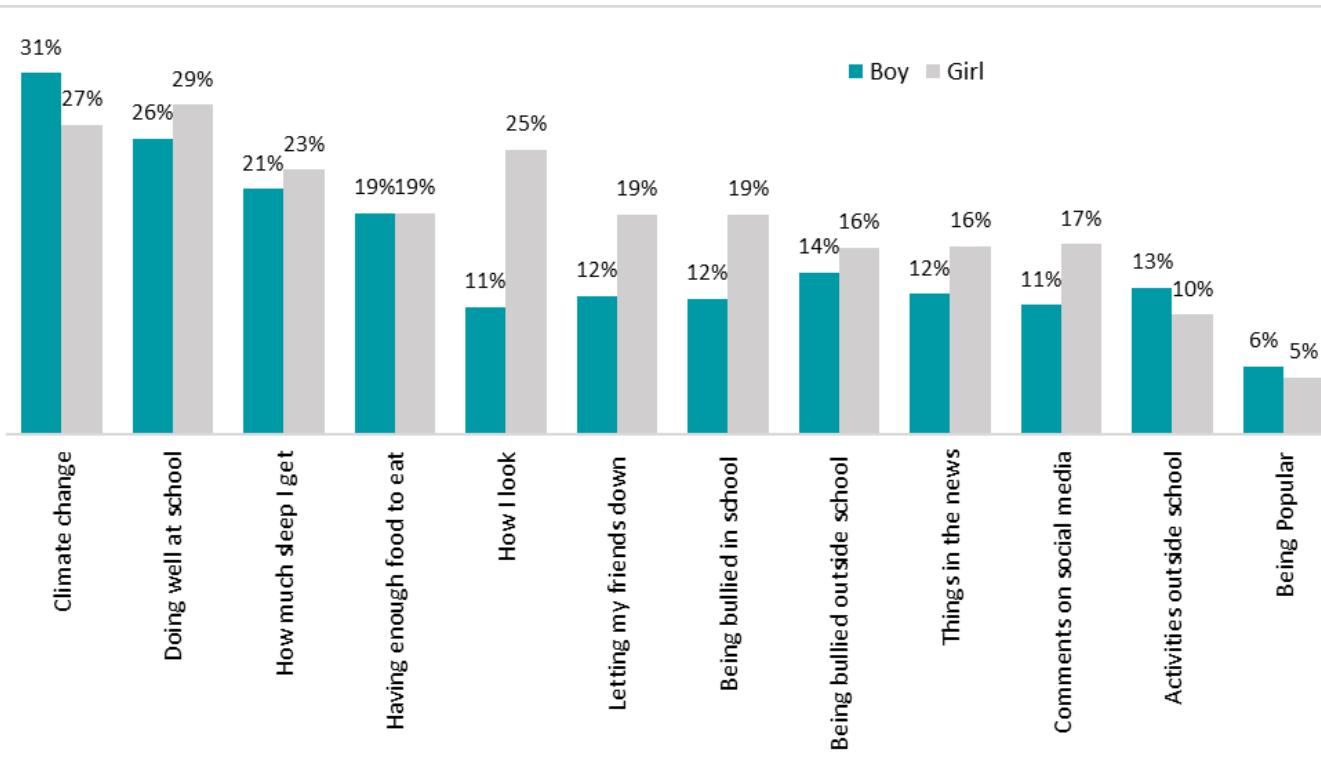
- **85%** children agreed that they usually felt happy about life, this was lower in those claiming FSM (**79%**)
- **82%** felt they had a lot to be proud of, slightly lower in those claiming FSM at **80%**
- **80%** said they liked to try new things – no difference with boys and girls or those claiming FSM.

Children were also asked about negative feelings.

- **32%** said they often felt sad or tearful – rising to **35%** amongst girls.
- **29%** said they often felt angry or bad tempered, rising to **34%** amongst boys
- **43%** said they seemed to worry a lot, rising to **49%** amongst girls
- Negative feelings were also higher in those claiming free school meals.

## Emotional Wellbeing (2/3)

### *What Year 5-6 pupils worry about a lot by gender*



**Children with FSM were more likely to say they worry a lot of the time and were also more likely to report worrying a lot about being bullied.**

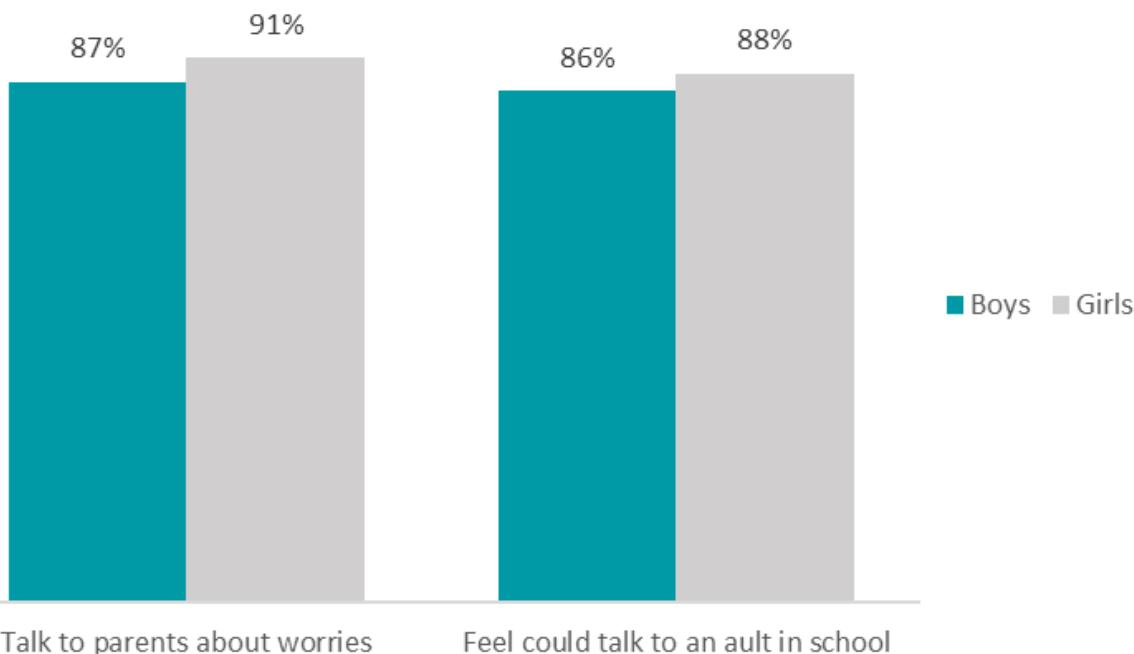
Children were asked about things they worried about. The top four worries are new options to the question from 2019.

Children said they worried a lot about (in rank order)

- Effects of climate change – **29%**
- Doing well at school – **27%**
- How much sleep I get – **22%**
- Having enough food to eat – **19%**
- How they looked – **18%**
- Being bullied in school – **16%**
- Letting their friends down – **16%**
- Being bullied outside school – **15%**
- Things seen in the news – **14%**
- People making comments about them/their family on social media – **14%**
- Activities outside school – **12%**
- Being popular – **5%**

## Emotional Wellbeing (3/3)

### % Feel able to talk to parent/an adult in school about worries

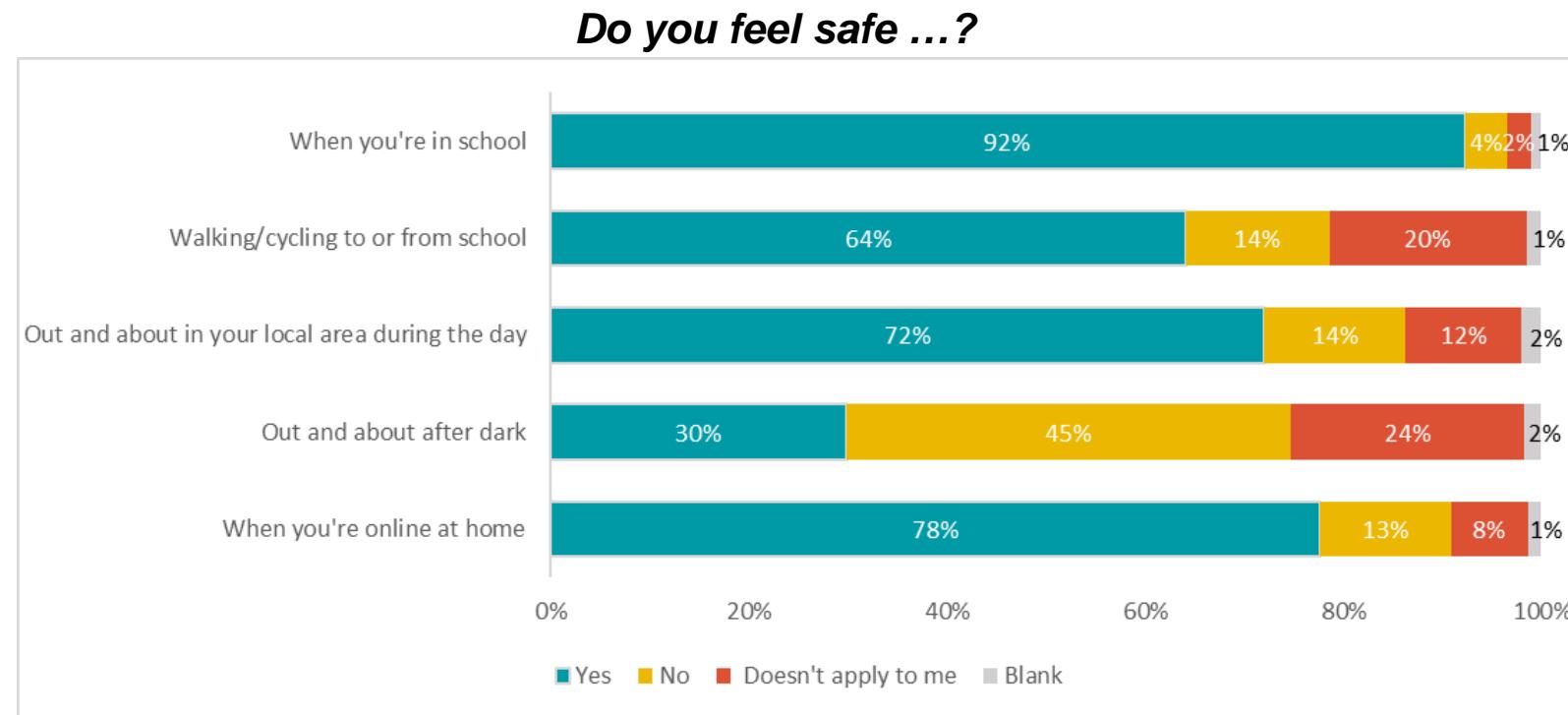


- The vast majority of pupils (**89%**) said they could talk to their parents or carers about things that really bothered them.
- **87%** children also said they felt they could talk to staff in school about their worries.
- Girls were slightly more likely than boys to say they could approach an adult in school. (**88%** v **86%**)

Just over **3%** of children said they could speak to neither a parent nor adult in school.

## Staying Safe (1/2)

- The vast majority of children who responded to the survey said they felt safe in school - **92%**
- 4%** responded they did not feel safe in school – this 4% responded with higher levels of worries than average
- 64%** felt safe walking/cycling to or from school, although **20%** said this did not apply to them.
- 72%** felt safe in their local area during the day, dropping to **30%** after dark although twice as many children said this did not apply to them. Girls were less likely to feel safe after dark than boys.



## Staying Safe (2/2)

Children were asked to say whether they had engaged in any 'risky' behaviours in the last year. 29% of children had not engaged in any of these activities. Half had engaged in two or more activities and 12% in five or more.

Taken part in an online challenge (eg: TikTok) – **34%**

Felt pressured to do something you feel is wrong – **33%**

Messaging they had never met in person – **24%**

Playing an adult (18+) video game – **23%**

Watched an adult only (18+) movie – **22%**

Got involved in a physical fight – **21%**

Been out on the streets late at night – **18%**

Damaged property – **9%**

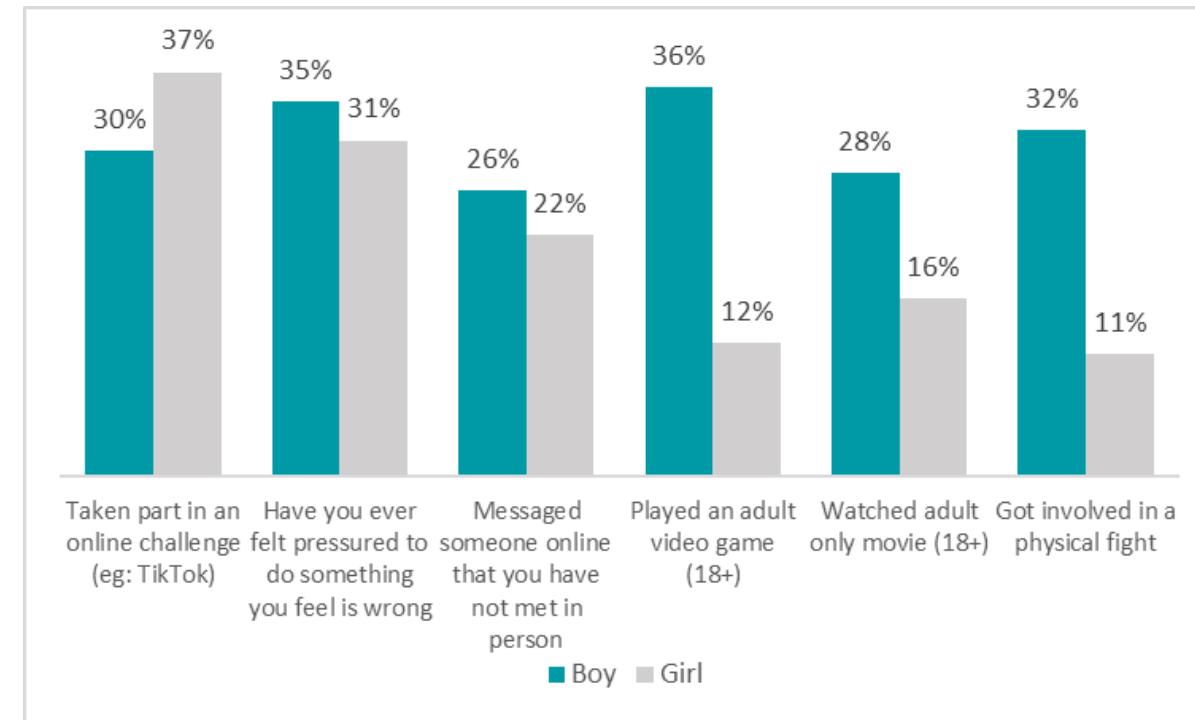
Going out at night without their parents' permission – **5%**

Send unkind email/texts/web messages about other children – **4%**

Bullying other children – **4%**

Staying off school without parents knowing – **3%**

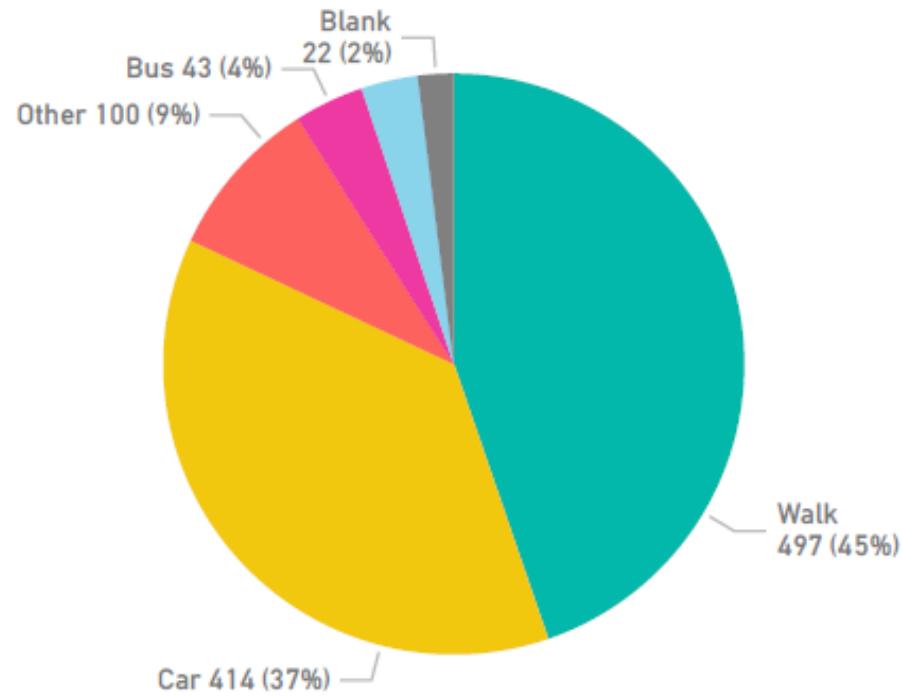
### *Engaged in risky behaviours in last year (top 6)*



**Boys were more likely than girls to report engaging in all of these behaviours.**

## Being Healthy (1/3)

How do you usually travel to school?



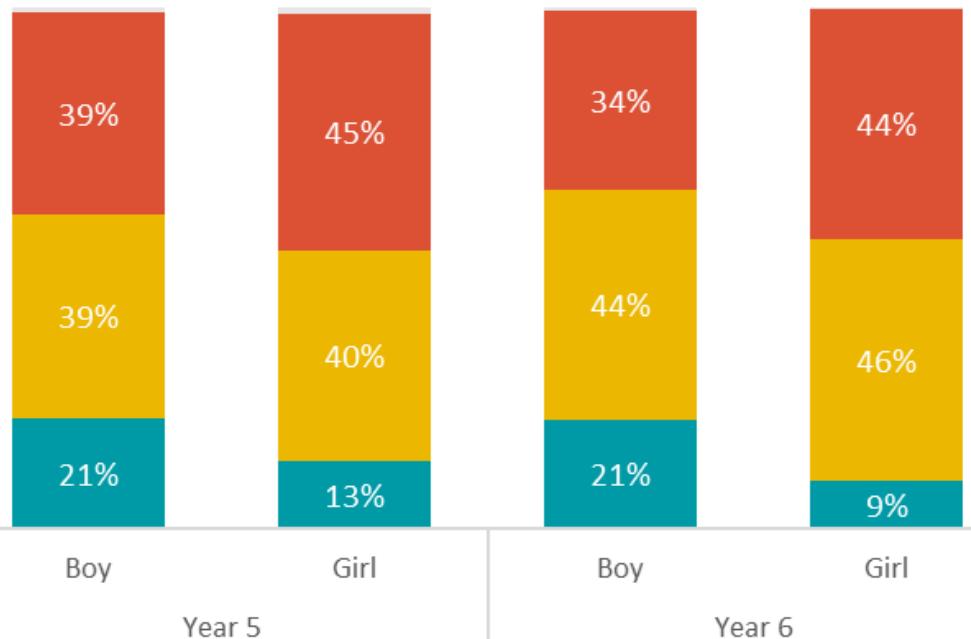
- Almost all children of this age, **87%**, said they ate breakfast every day or most days.
- Overall **3%** said they never ate breakfast, rising to **6%** in those who received free school meals.
- **75%** of children say they eat fruit and vegetables every day, or most days.
- **7%** say they ate take-away food most days – rising to **12%** amongst children on FSM
- **4%** said they drank energy drinks like 'Red Bull' or 'Monster' most days – **5%** amongst children on FSM. Girls are more likely to say they **never** consume these than boys (**83% v 76%**)
- Just over half of this age group, **56%**, say they help cook meals at home at least once a week

**45% of children reported usually walking to school**

## Being Healthy (2/3)

### ***Self-reported physical activity (outside school) by year group***

■ Recommended ■ Some ■ Low/none ■ Blank



Low/none (0-2 days a week), Some (3-6 days a week), Recommended (7 days a week)

- **16%** of children this age report doing an hour or more exercise each day outside of school time and **9%** report doing none.
- Children were asked if over the pandemic they felt that the amount of exercise they did had changed. Over half of the children (**51%**) stated they did less exercise than normal over this period, with **22%** saying they had done more exercise than normal. Boys and girls responded similarly for all options.

Just over half of this age group, **53%**, say they can swim a length of the swimming pool without stopping, **58%** in Year 6 compared to **47%** in Year 5. This may be influenced by when school swimming lessons take place. Those on FSM are less likely to say they can swim at **39%**.

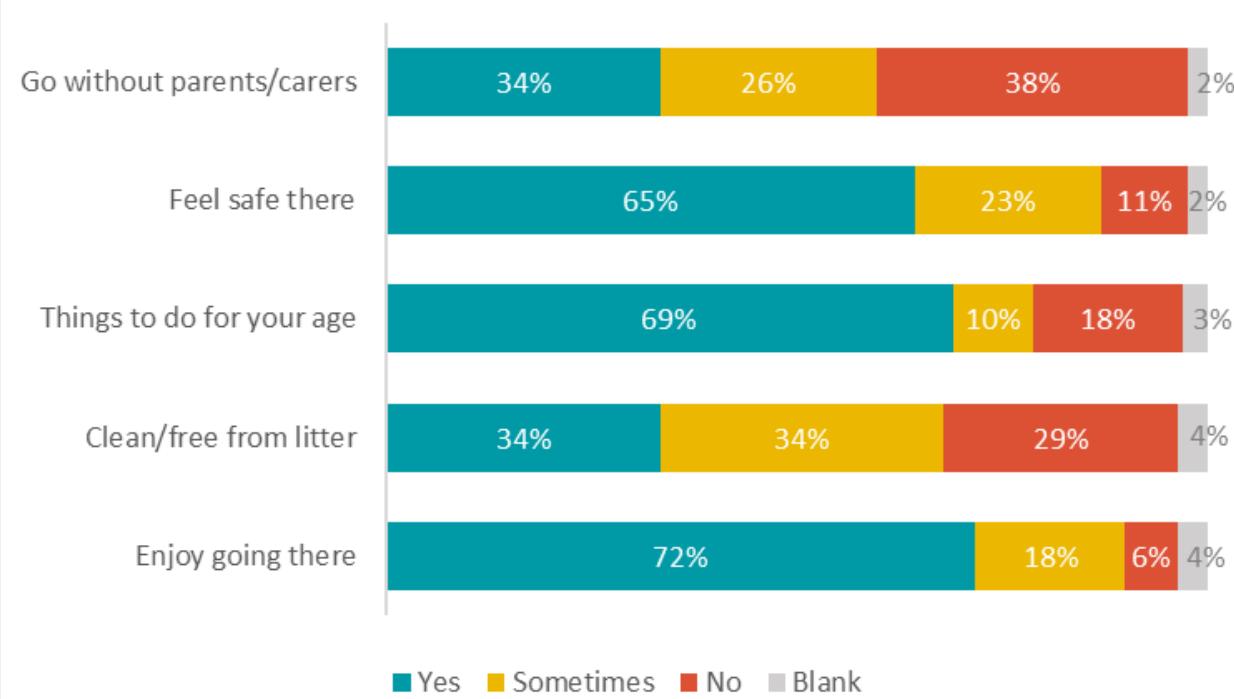
## Being Healthy (3/3)

- 90% of children said they had a local park or green space, over half of these (56%) saying they use it at least weekly.
- 60% of children say they go the park/green space without their parents/carers at least some of the time.

## Dental Health

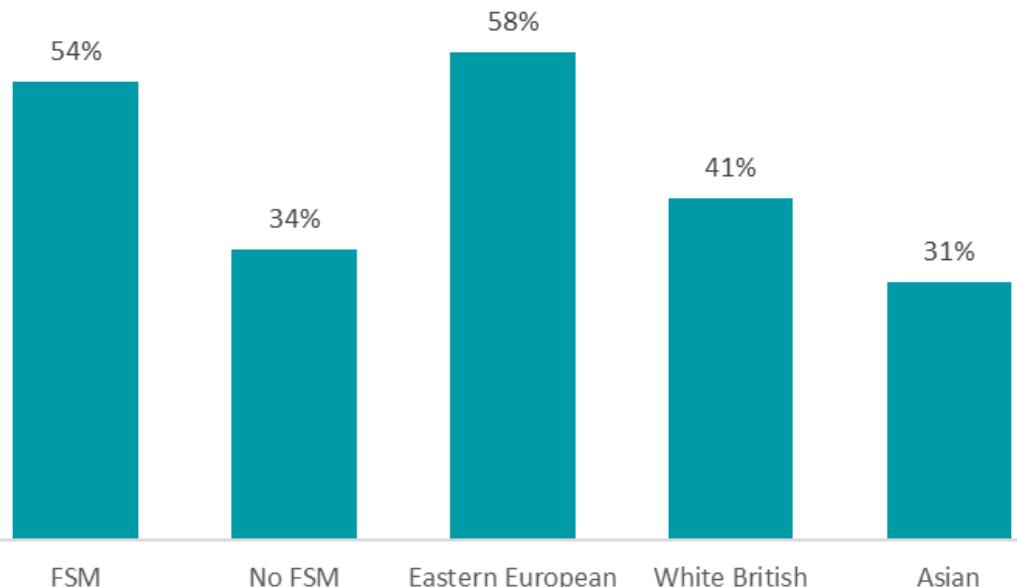
- **90%** of children said they brush their teeth once or more a day.
- **70%** of children go to the dentist for a routine check up, whereas **8%** said they had never been.
- Those on FSM were less likely to brush regularly (**84%**) or have routine check ups (**57%**).

## *About your local park or green space*



## Smoking

### **Percentage who live with someone who smokes at home**



FSM / No FSM does not include the 27% of pupils who responded unsure

- Two-fifths of children said they lived with someone who smokes, (40%), (including e-cigarettes). This is similar to 2019 (38%).
- Of those that live with a smoker, 42% said smoking happens inside the home, this includes visitors.
- 12% of children who don't live with a smoker said smoking happens inside their homes.
- There is a steep social gradient, with 54% of children on FSM living with smokers compared to 34% in children not on FSM.
- There were also ethnic group differences, the highest rates being amongst children with Eastern European backgrounds.
- When asked about smoking within their home (including visitors) 24% said this happened, of this 62% were smoking cigarettes and 42% vapes/e-cigs (if both are mentioned they are counted in both figures).

## Have school lessons about staying healthy been helpful? (1/2)

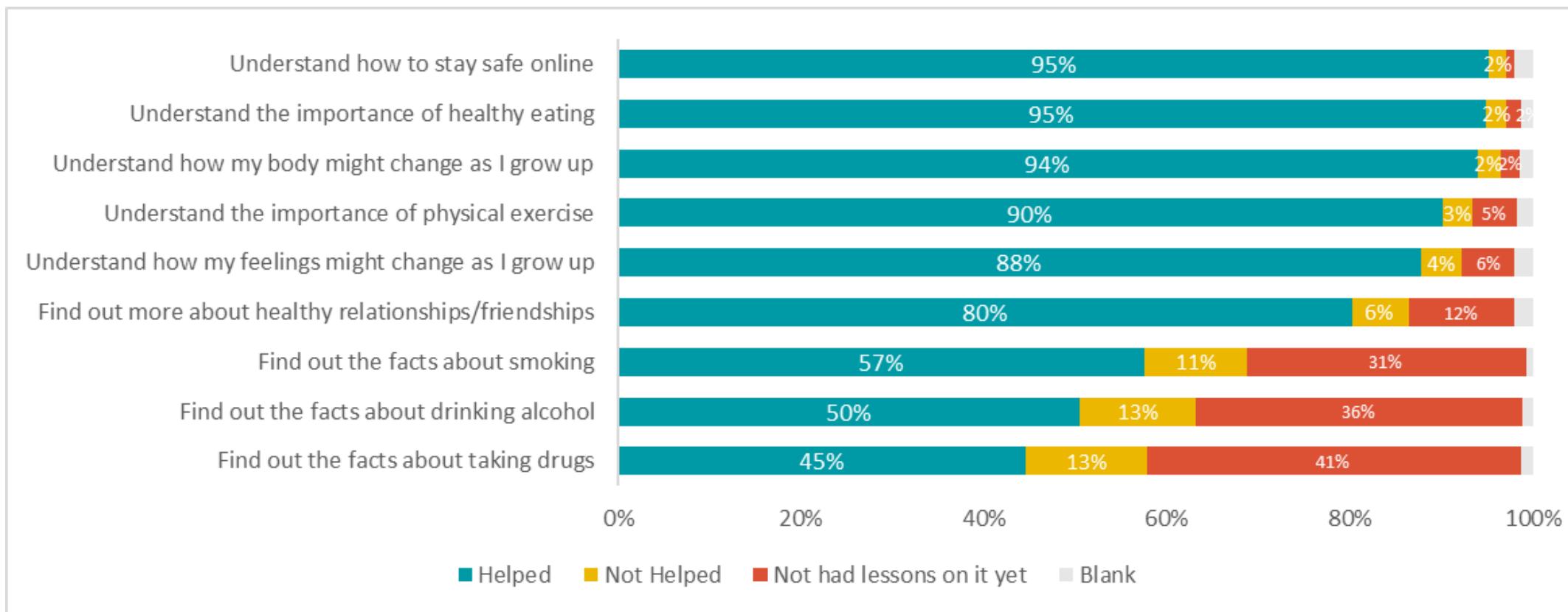
Children were generally very positive about the usefulness of school lessons on healthy living, although some children still had lessons to come. Between 1% and 3% of children did not answer these questions. In rank order of how lessons have helped were:

- 1 Understand how to stay safe online – **95%** ( 1% said they had not had lessons on this yet)
- 2 Understand the importance healthy eating – **93%** (2% had not had lessons on this yet)
- 3 Understand how my body might change as I grow up – **91%** (4% had not had lessons on this yet)
- 4 Understand the importance of physical exercise - **86%** (6% had not had lessons on this yet)
- 5 Understand how my feelings might change as I grow up – **83%** (9% had not had lessons on it yet).
- 6 Find out more about healthy relationships/ friendships – **80%** (11% had not had lessons on it at that time)
- 7 Find out the facts about smoking – **50%** (36% had not had lessons on this yet).
- 8 Find out the facts about drinking alcohol – **44%** (40% had not had lessons on this yet).
- 9 Find out the facts about taking drugs – **39%** (42% had not had lessons on this yet)

## Have school lessons about staying healthy been helpful? (2/2)

Rates varied by year group, particularly for the smoking, alcohol and drugs lessons with Year 6 more likely to have had lessons on these topics. The graph below shows the Year 6 results:

**Year 6 pupils who found school lessons on health related issues helpful**



## Participation in activities outside school

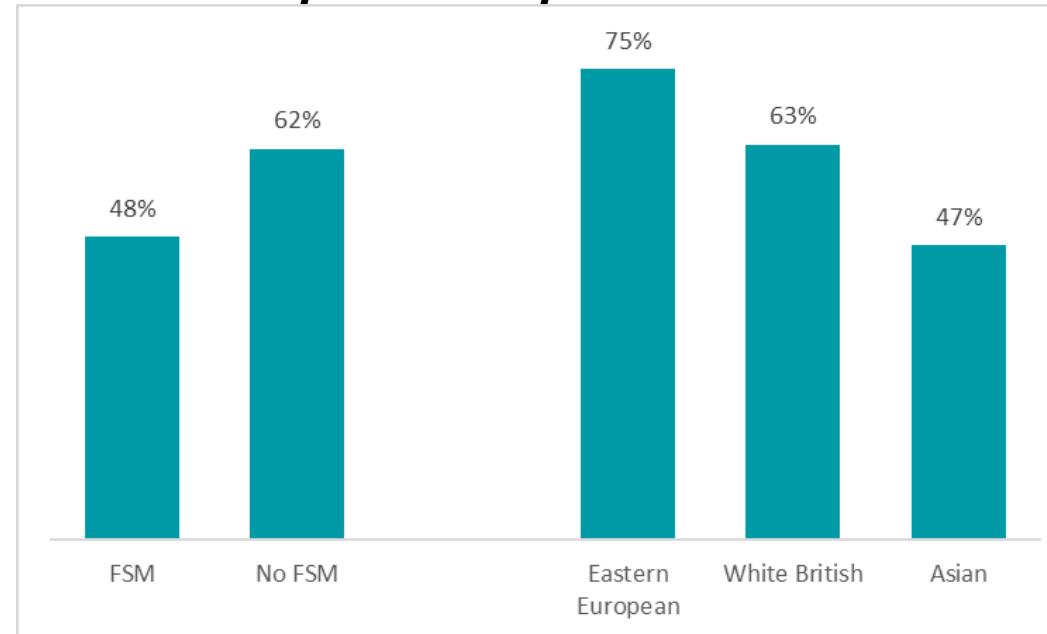
- 32% of children said they did arts activities (27% at least once a week), these include dancing, music lessons/groups, drama, theatre groups etc. Girls were more likely to participate in these activities than boys (42% compared to 21%)
- Less than a quarter of children said they participated in Library/ craft/ art groups (23%) or Youth clubs/ Scouts/ Cadets/ Brownies etc (17%).

When asked what stopped them from taking part in activities, the results in rank order were:

- |  |                               |
|--|-------------------------------|
| 1 No time 39%                          | 6 Can't afford to do more 13% |
| 2 Prefer to hang out with friends 33%  | 7 No transport 10%            |
| 3 Did not know where to go 26%         | 8 Need special equipment 10%  |
| 4 Prefer to play on computer games 25% | 9 Not a nice place to go 7%   |
| 5 Too tired 24%                        |                               |

- Less than two thirds of children, (63%), said they participated in sport/team activities outside school, most at least weekly (56%)
- Children on FSM were least likely to do any regular sport with 41% saying they did none at all, compared with 33% of children not on FSM.

## Participation in sport outside school



*Any participation in sport regardless of frequency  
FSM / No FSM does not include the 27% of pupils who responded unsure*

## Use of the internet (1/3)

The use of the internet has increased significantly since the previous survey with **97%** of children this age saying they use the internet at home. There was no difference in access by social group.

**3%** said they did not use any apps/social media, with the majority using several. The main apps/social media in rank order:

- |               |                  |
|---------------|------------------|
| 1 YouTube     | 5 SnapChat       |
| 2 Gaming Apps | 6 Facetime/Skype |
| 3 WhatsApp    | 7 Discord        |
| 4 TikTok      |                  |

**Less than 1% say they don't have access to the internet at home.**

When asked what they used the internet for in their free time:

- 89%** to play games
- 85%** to watch videos/ films
- 68%** YouTube
- 65%** to stay in touch with relatives
- 60%** Homework/Research
- 50%** to chat/share pictures with friends
- 17%** upload videos/vlogs
- 17%** said to make new friends
- 10%** Live streaming

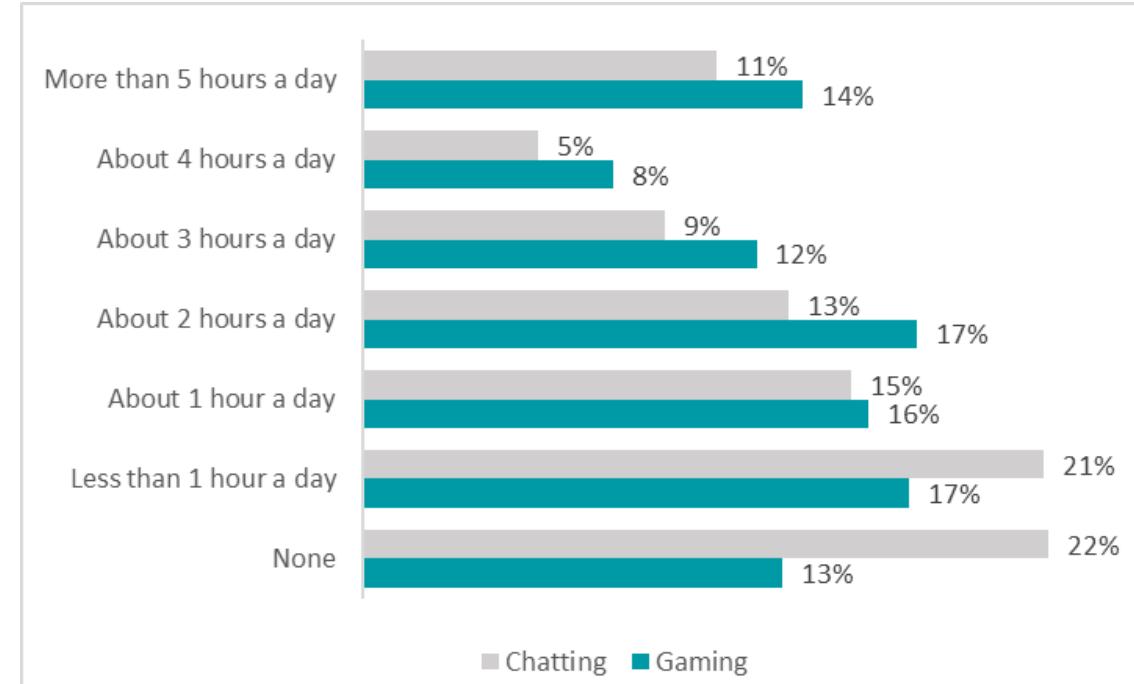
Boys were more likely than girls to use the internet for gaming, making new friends, live streaming, YouTube and uploading videos/vlogs.

## Use of the internet (2/3)

- Overall 39% of 9-11 year olds said they spent 2 or more hours a day outside school time chatting online. This is higher in boys (45%) than girls (34%); this may be linked to boys use of online gaming. This has increased since the previous survey.
- Over a quarter (29%) said they chat online with people they had never met, and of those that had, 43%, said they sometimes worried that the person they were talking to, was not who they said they were. Those on FSM are more likely to talk online to those they have not met (38%).
- Boys are more likely to said they talk to people online that they have not met in person than girls, 35% compared to 23%. Girls are more likely to worry that they are not who they say they are.
- Another common use of the internet is for online gaming, this is more common amongst boys. In our survey, 62% of boys said they spent 2 or more hours a day after school gaming online, compared with 42% of girls. This has increased since the last survey

The majority of children this age say they spend some time each day chatting or gaming online, just 10% saying they spend no time chatting or gaming

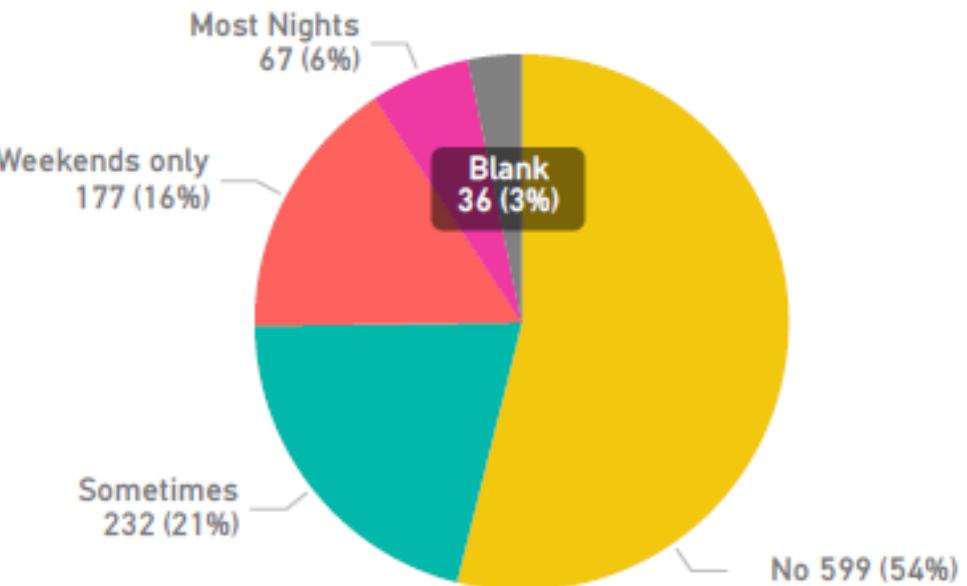
**No. of hours a day children say they spend online chatting or playing games**



## Use of the internet (3/3)

- Overall, **43%** said they had been online after midnight rising to **56%** amongst children on FSM, and to **46%** amongst boys. Only **6%** said this was most nights.
- **56%** said their parents checked what they were doing to keep them safe online
- A quarter of children were not sure whether their parents checked on them or not.
- **25%** said their internet had a filter which stops them getting on some websites, **41%** were unsure if they did or not.
- If they felt unsafe online the majority of children would do something about it, including telling an adult/parent/teacher, reporting, blocking and deleting specific apps.

Are you ever online after midnight?



## Healthy relationships and Domestic Abuse

- Children were asked to identify from a list of behaviours which ones were consistent with a healthy friendship or relationship.
- The vast majority of children recognised the positive and healthy aspects of relationships, such as feeling happy (**95%**), sorting out problems together (**92%**) and choosing own friends (**89%**).

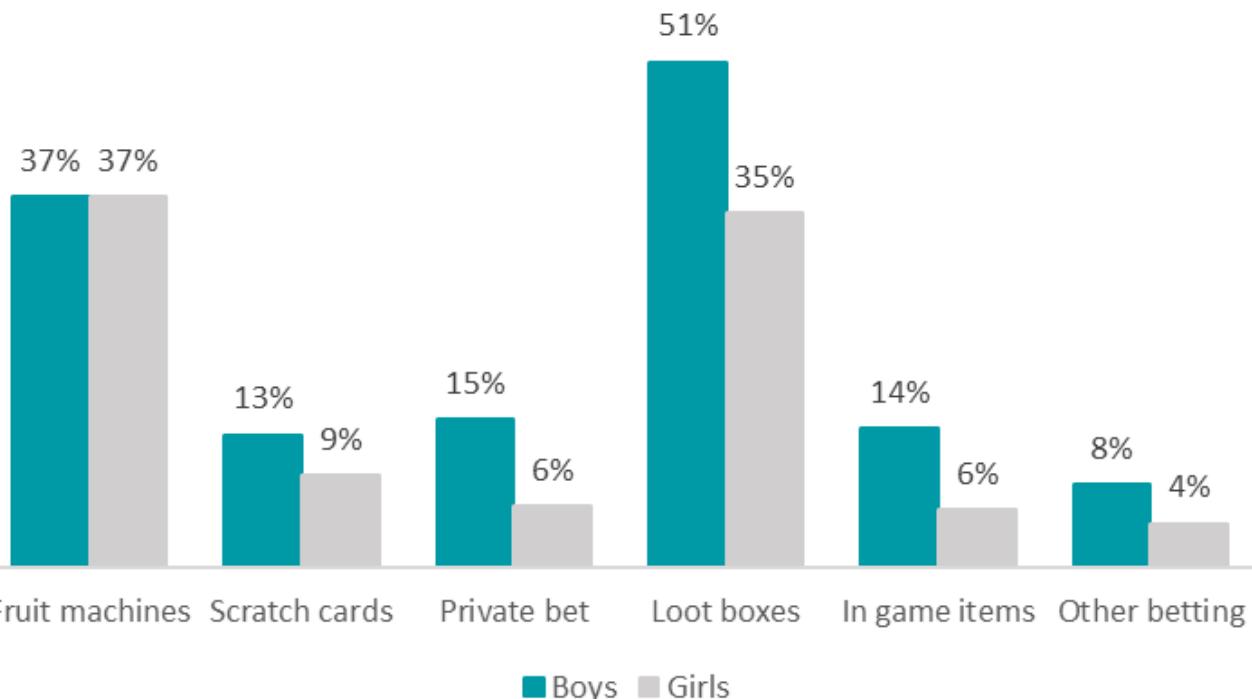
Some children identified the negative behaviours as consistent with a healthy relationship. This includes texting them constantly to find out where they are (**19%**), feeling afraid of the other's temper (**18%**), calling each other unkind names (**5%**) and making the other feel bad about her/himself (**3%**).

Children were given a definition of domestic abuse and then asked to identify which behaviours they felt were signs of domestic abuse.

- Physical aggression/violence (pushes, kicks or hits) was most commonly identified (**70%**)
- Calling each other names and saying things to make them feel bad – was the next most common (**61%**)
- Not giving their partner money, or not letting them go to work, came next (**58%**)
- Controlling what they say and can do, came last (**51%**)
- A social gradient was evident in their perceptions of domestic abuse with those on FSM less likely to identify the signs.
- This reflects the results of the last survey.

## Gambling

### *Ever spent money on the following gambling activities*



Children were asked if they had ever spent any of their money on activities which could be considered gambling.

**62%** said they had spent money on one or more of the activities listed.

Loot boxes (a method of acquiring random items in games for money or in-game currency) were the most common method, with **43%** saying they had spent money on them (**51%** in boys and **35%** in girls).

Fruit machines were the second highest with over a third of pupils (**37%**) spending money on these.

## Sampling

All primary and Junior schools and academies in North Lincolnshire were invited to participate in the survey. 21 schools participated, 7 urban and 14 rural. In total 1111 children completed the survey, this is 27% of the Year 5 and 6 population as at the school census January 2022. Fewer Urban schools participated compared to 2019.

## Acknowledgements

We would like to express our thanks to all of those principals, head-teachers, deputy heads and class teachers who coordinated the completion of this survey. Particular thanks to the members of the working group for their support throughout the planning process.

The fact that schools continue to participate in the survey each year demonstrates their continuing commitment to improving the health and well-being of their pupils, and their engagement with the local and national public health and wellbeing agenda.

Finally we would like to express our thanks to all of those pupils who took part in the survey.

**Author:** Heather Coleman and Rebecca Tonks - Public Health Intelligence Team, North Lincolnshire Council

**Date:** June 2022