

SAFE WELL PROSPEROUS CONNECTED

North Lincolnshire Children and Young People's Lives: Secondary School Survey 2022/23

June 2023

Final 1.0

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national public health and wellbeing agenda. Finally, we would like to express our thanks to all the pupils who took part in the survey.

Summary of Key Issues

Adolescence is a critical time of development as well as being a window of opportunity, a time when there is potential for the development of new skills. It is also a time of transition which can bring additional academic, social, and emotional pressures. Young people may respond to these pressures with stress, anxiety and depression. The more their coping skills are developed, the greater the chance of healthy development and transition to adulthood.

Adolescence is also a time when long term health behaviours are set in place and when many physical and mental health problems emerge for the first time. Half of all lifetime cases of mental health problems (excluding dementia) start by age 14 and three quarters by age 18¹.

Vulnerable groups of young people may have poorer health outcomes than their peers, including looked after children, young carers, those from ethnic minorities, those with learning disabilities, young people who identify as LGBT and those who have experienced four or more adverse childhood experiences. Inequalities in access to help and support can make their health outcomes significantly worse as they move into adulthood, making early identification and prevention key.

Physical and emotional wellbeing

- Overall, the majority of young people surveyed are in good physical health and make decisions to reflect this. For example, the proportions of young people who report smoking, alcohol and drug misuse, and/or engaging in sexual activity remain low and have declined since these surveys began.
- However, levels of healthy weight, (as measured by the National Child Measurement Programme) and physical activity, have not improved, and, for some groups, have worsened.
- Research evidence suggests that physical activity has a positive impact on both physical and emotional wellbeing, leading to overall improvements in educational attainment. Our survey results confirm the association between emotional wellbeing, physical activity, and positive body image, especially amongst older teenage girls, who, overall, are less active than boys.
- The association between physical and mental wellbeing is also evidenced by lower emotional wellbeing amongst pupils with long term conditions. Other vulnerable groups at risk of poor emotional wellbeing and poor mental health include Young Carers, and those in Y10/11 who identified as Lesbian, Gay or Bisexual.
- Heavy use of the internet, especially frequent late-night use, was also associated with poor wellbeing and low energy levels.
- High or 'constant' social media use, was also associated with poorer wellbeing in pupils aged 13-15, particularly in girls. Girls were also more likely to say social media had an impact on their wellbeing than boys, with over half saying this was both positive and negative.

Health literacy

- The analysis of this survey suggests that young people are making positive choices about their health and that the vast majority of young people this age know how to stay

¹ [Future in Mind – 2015](#)

healthy, value the lessons they receive at school about this and do not engage in behaviours that could put their long-term health at risk.

- Despite this evidence, many young people continue to believe that experimentation with smoking, drinking, drugs and sex is much more common amongst their peers than it actually is, suggesting the need for a continued focus on the normative approach to PSHE in our schools.
- The proportion of young people taking up smoking has fallen over the years, particularly in girls, the rate has fallen once again in boys after a slight rise in 2019.
- Our survey also shows that young people from more deprived backgrounds are both more likely to be exposed to smoking in the household and to take up the habit themselves, suggesting the need for a continued focus on those at highest risk, alongside population wide tobacco control measures.
- The proportion of young people who have tried e-cigarettes has increased over the last 3 surveys and continues to exceed those who had tried tobacco, although few of those who had tried vaping were regular users. Experimentation with vapes has risen sharply in the younger age groups.
- Young people's experimentation with cannabis has decreased since the previous survey and remains below the national average for this age group. The proportion of young people who say they have been offered drugs has remained relatively consistent over the last 10 years, suggesting that young people are more resilient to exposure.
- In contrast, consumption of alcohol by young people in North Lincolnshire is slightly higher than the national figures, a similar proportion of older pupils to the previous survey say they have been drunk in the last month.
- The proportion of young people who say they are sexually active has also declined sharply, especially amongst girls. And whilst most young people who are sexually active claim to use some form of contraception to prevent unwanted pregnancy, the use of barrier methods has declined, with over half of those who are sexually active continuing to expose themselves to STIs, suggesting the need for a renewed emphasis in SRE on the importance of condom use.
- The proportion of young people who say they have gambled within the 12 month is higher than national survey results²⁸. Locally, gambling within gaming, for example, using loot boxes or betting with in-game items was the most common and significantly higher in boys than girls. This may be linked to boys being more likely to spend longer playing online games than girls. This is a topic that could benefit from further investigation.

Mental health literacy

- Whilst this survey provides evidence of rising physical health literacy amongst our young people, 11-15 year olds appear to be less aware of how to promote their own mental health.
- Nearly a third of pupils said that they would approach school staff regarding mental health, the most mentioned school point of contact being form tutors, as well as other teachers or school staff.
- When asked how their school dealt with mental health issues young people (and girls in particular) were more critical, compared with how their school deals with other issues, and were less likely to say they would approach adults in school for support with this.
- Girls were much more likely than boys to express lower emotional wellbeing and to ask for more coverage of this issue in PSHE. More targeted work aimed at developing

the mental health literacy of boys and young men, as well as equipping female pupils with the coping mechanisms to enable them to handle anxiety and stress.

- In our survey, children with long term conditions and disabilities, and those caring for others with chronic conditions, were more likely to express poorer emotional wellbeing, highlighting the continuing vulnerabilities of these groups.
- Young people would benefit from more information on this topic, between a third and a half of all year groups said they wanted emotional wellbeing and mental health issues to be given greater coverage in their school's PSHE.

Trends in feeling safe and being safe

- Fear of bullying in North Lincolnshire has declined over the years. In this most recent survey, the proportion of Year 7s who reported worrying a lot about being bullied was much lower than that reported in 2007, at 19% compared with 30%.
- Although proportions are small, children eligible for FSM or with a long-term condition (LTC) worried most about bullying and were more likely to say they had experienced a lot of bullying in their current school in the previous 4 weeks.
- Less than half of those affected by bullying had sought help from someone in school and thought this had helped. Older pupils were less likely to think their school dealt well with bullying. This assessment varied significantly between schools, suggesting opportunities for shared learning between colleges and academies.
- Although reports of cyberbullying were relatively uncommon, pupils were generally far less positive about their school's response to this, with more a fifth of pupils describing this as 'poor', although a significant proportion were not able to comment as they had no experience of this. Again, this varied by school.
- Overall, around one in four pupils said they had felt pressured to do something they felt was wrong, with around two thirds of those saying they regretted giving in to peer pressure. Girls more likely to say they regret it than boys.
- The majority of the young people surveyed have access to the internet at home and spend some time each day, either chatting with friends or gaming online. An increased proportion say they are frequently online after midnight since 2016.
- Awareness of how to deal with unwanted emails and texts, including 'sexts', i.e. 'exchange of sexual messages or images', has also risen, with girls being much more likely than boys to both receive, and be asked to send a 'sext', and to take action to prevent this from happening again. Boys on the other hand were more likely to ignore them or do nothing in response.
- Boys were also more likely than girls to regard the viewing of online pornography as common amongst their peers, although the figures have fallen since the 2019 survey. By Year 11, seven in ten boys in our survey thought that most or all their age group had viewed pornography online.
- Most young people this age say they feel safe online and have had lessons to help them understand how to stay safe online.

Healthy relationships

- In this survey 74% of pupils recalled having lessons on healthy relationships, the lowest proportion being amongst the recent Year 7 intake. Of those that had, seven in ten pupils said they found these lessons useful and around a quarter of all pupils said they would like more information on this topic.

Aspirations for the future

- This year the proportion of young people aspiring to go on to higher education has fallen slightly since 2019 to 23%. As in previous years, girls and BME communities are more likely to aspire to continue their education. The proportion who say they see themselves working in a job at 18 remains at nearly a third.
- Worries about achieving their potential and exams continue to be higher amongst the older pupils, particularly those in their final year of secondary school.
- Around 18% of pupils said they wanted to stay in North Lincolnshire after education, however nearly half (49%) were not yet sure.

1 Methodology

1.1 Method

This was the sixth survey and the fourth to be completed electronically via a web-based survey tool across all North Lincolnshire secondary schools. Schools organised this themselves, although they each used the same anonymous self-completion questionnaire, which was developed in consultation with local agencies. Schools were asked to complete the survey within a specific timeframe, so that the ages of pupils were consistent across schools and could be compared with previous survey cohorts. Schools were also asked to involve a representative sample of young people in their surveys (at least 33% of each year group depending on the size of their schools), and where possible to include a cross section of pupils, with a range of abilities.

Timescales

As in each previous survey, the plan was to gather data in the second half of the first term of the academic year. That is, between early November and mid-December 2022. Most schools were able to complete this in good time. Two schools began their data collection between January and March 2023. This slight delay is unlikely to have any impact on the comparability of results.

Sample Size

Each school was invited to aim for at least half of each year group to participate in the survey from a broad range of abilities. The objective was to achieve a representative sample of pupils in each year group and from a range of abilities. The overall sample achieved was 65%, or almost two thirds of the secondary school population in North Lincolnshire, which is the same as 2019 although more schools were covered.

However, there was variation between schools. Some schools achieving 100% in some year groups, whilst some schools were below the minimum quota in some year groups or had year groups missing. Where possible we have aggregated data across Year groups or focussed on results where representation was high, for example Years 7 and 8.

National and Local Comparisons

Where possible, the results are compared with the most recently available national data and with the results of previous local surveys (the 2019, 2016, 2013, 2010 and 2007 Adolescent Lifestyle Survey).

For reference: Year 7 (age 11), Year 8 (age 12), Year 9 (age 13), Year 10 (age 14), Year 11 (age 15), Y7-8 (age 11-12), Y9-11 (age 13-15)

Missing data

For the most part, the questionnaire was completed well. MS Forms requires students to reach the end of the survey to submit. This has reduced the number of partially completed returns received in this survey, however later questions still show signs of respondent fatigue.

Missing data will affect the proportion of positive or negative responses to a question, so we have highlighted this in charts as appropriate. The results presented in this report include missing data unless otherwise stated.

Limitations of the survey

Surveys are an efficient way to gather attitudes and perceptions of a relatively large population, such as secondary age pupils, however they also have limitations in terms of how results are collected and interpreted. Some of the general advantages and limitations of the survey are given below.

Table 1: Advantages and limitations of surveys

Advantages	Disadvantages / Limitations
Is a suitable method for generalisations.	Accuracy of response: e.g., bravado /social desirability bias /response fatigue
Standardised responses make comparisons and analysis easier.	Sample bias – which schools agree to complete the survey may skew the results
Surveys are anonymous, which helps elicit truthful responses.	The size and representativeness of the sample achieved in each year group by schools may skew the results.
Survey questions and format are well tested.	Questions can be interpreted differently by individuals.
Teachers are able to support during completion of the survey (e.g., understanding questions or technical issues).	The survey responses will only provide a representative view of the pupil population and cannot speak on behalf of all pupils or individual pupils
Surveys are undertaken online, all results are captured electronically, thus reducing possibility of admin errors.	The survey is good at identifying how pupils feel about particular issues but cannot always provide a rationale or explanation why pupils have responded in a particular way.

2 Introduction

- This report presents the summary findings of the latest Children and Young Peoples' Lives Survey, 2022/23 (Previously known as Adolescent Lifestyle Survey).
- This is the 7th survey of secondary school children completed in North Lincolnshire. The previous surveys were carried out in the autumn terms of 2004, 2007, 2010, 2013, 2016 and 2019.
- All seven surveys were commissioned by North Lincolnshire's local secondary schools, colleges and academies, and planned collaboratively with partners in the local authority, NHS and public health staff.
- This latest survey was completed between October 2022 and March 2023, and was again led by individual schools and colleges, with the support of public health intelligence staff from North Lincolnshire Council.
- Each secondary school has access to their own school level survey data. This report summarises the results of the *aggregated* authority wide data for North Lincolnshire.
- The survey generated responses from just over 6,500 pupils aged 11-15 years and overall, represents around two thirds (65%) of this age group in North Lincolnshire.
- All mainstream secondary schools were invited to take part in the survey. Participation of some year groups in 2 schools was low or not possible.
- A small number of pupils attending local alternative education provision also took part this year and are included in the overall results.
- Participation in the survey varied widely between schools and academies, with some schools achieving over 80% coverage.
- All schools reached a participation rate of over 30% overall. However, there was considerable variation in participation rates between year groups within some schools.

Table 2: Survey responses by year group

	Year 7	Year 8	Year 9	Year 10	Year 11
No. of participating schools / academies	12	12	12	12	10
No of other / alternative providers that took part	0	0	1	1	1
Total survey responses	1523	1456	1322	1170	926
% all North Lincolnshire pupils	73%	71%	67%	60%	48%

**An additional 151 pupils answered the Y9 survey but were in Y10 or Y11. These pupils have been excluded from individual year group analyses but included in overall and Y9-11 figures.*

Table 3: Trends in survey responses

Responses	Year 7	Year 8	Year 9	Year 10	Year 11	Total
2010	915	990	1007	907	1011	4830
2013	1165	1193	1070	1004	1257	5689
2016	1144	1118	994	986	795	5037
2019	1370	1586	1024	1287	1042	6309
2022	1523	1456	1322	1170	926	6544

- Overall, 65% of all pupils of mainstream secondary schools in North Lincolnshire took part. Even though more schools took part and there were slightly more surveys completed this time, the participation rate was the same as in 2019/20. We are confident that overall, the sample is representative of 11-15 year olds in North Lincolnshire when compared to the school roll.
- Steps were taken to ensure that the survey was accessible as possible to pupils with lower reading ability.
- Many of the questions employed have been used in national surveys to monitor trends in young people's health and wellbeing. Where possible we have retained the original format and wording of these questions over time to enable local trend analysis.
- The definition of 'long term health problem, disability or condition', was adopted for the previous survey from the 2015 national 'What Youth Survey' (<https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-young-people/>). This is a broader definition than the one previously used, and means we cannot compare robustly, the results about this group of pupils with those in surveys prior to 2016.
- Where possible, we have undertaken detailed analysis by age, sex, ethnic group, disability and free school meal status and compared with national data.
- Looked After Children (LAC) are represented in the sample. However, the numbers are too small to present any specific comparative analysis for this group of young people here.
- Parents were informed by schools ahead of the survey taking place and were given the opportunity to withdraw consent for their son or daughter to take part. To our knowledge, no parents took up this opportunity.
- The sections that follow summarise the key findings from the survey across a range of key health and wellbeing outcomes. As in the previous four surveys, a small number of questions related to sexual health were only asked of pupils aged 14+, i.e. pupils in Years 10-11.
- The report also identifies some opportunities for improvement and priorities to be taken forward by the LA, schools and partners.
- Individual school reports are also being used by local schools to help them gauge how well they are meeting their own health and wellbeing objectives and to develop local plans for improvement.

2.1 Sample characteristics

- The sample broadly matches the North Lincolnshire secondary school aged population in terms of sex, age, ethnicity, disability and free school meal status.
- 21% of pupils who took part in the survey said they claimed free school meals, (FSM). This compares with 26% across the secondary school population as a whole in North Lincolnshire. This is higher than in 2019 where it was 15% and 19% respectively.

Table 4: Sample characteristics 2022

	Year 7	Year 8	Year 9	Year 10	Year 11
English as additional language (EAL)	8%	8%	10%	7%	8%
Ethnicity not 'White British'	19%	20%	21%	18%	20%
Live in lone or reconstituted families	38%	40%	43%	40%	42%
Grandparents live with them	6%	5%	6%	5%	4%
Long term chronic illness, condition or disability (self-assessed)	17%	15%	14%	18%	17%
Learning Disability (self-assessed)	11%	12%	12%	12%	11%
Claim Free School Meals	22%	22%	21%	18%	18%
Looked After (Foster care or children's home)	1%	1%	1%	>1%	1%
Provide care for a parent or sibling with a serious illness/disability	15%	15%	14%	13%	9%

- Most pupils said they lived with at least one birth parent, with just over 2% said they did not live with at least one birth parent, and more than half said they lived with both parents (60%).
- The proportion living in separated or reconstituted families remains similar to the last survey, just over 40% of older teenagers living apart from one natural parent.
- Of those living with just one birth parent, 9 out of 10 lived with their Mum, although many continue to have regular contact with both, with some spending time living in each parents' home.
- Around 1% said they were living with foster carers or in children's homes.
- 5% of young people said that a grandparent lived with them, a figure similar to previous surveys.
- 80% of the sample identified as White British. More than 19% of the survey population in Years 7 and 8 identifying themselves as being from Black and Minority Ethnic groups. The largest BME group being young people of Bangladeshi or Polish heritage. This is consistent with previous surveys and the percentage has continued to rise over the years.
- For 8% of pupils, English was not their first language. 38 different languages were record for those who stated they didn't speak English at home. Around 40% of those not speaking English at home stated they spoke Polish.
- Between 9-15% said they spent time caring for a sick or disabled relative at home.
- Nearly 40% of those who identified themselves as 'carers' were eligible for free school meals, confirming the strong association between family disability, ill health and low income seen in previous surveys.

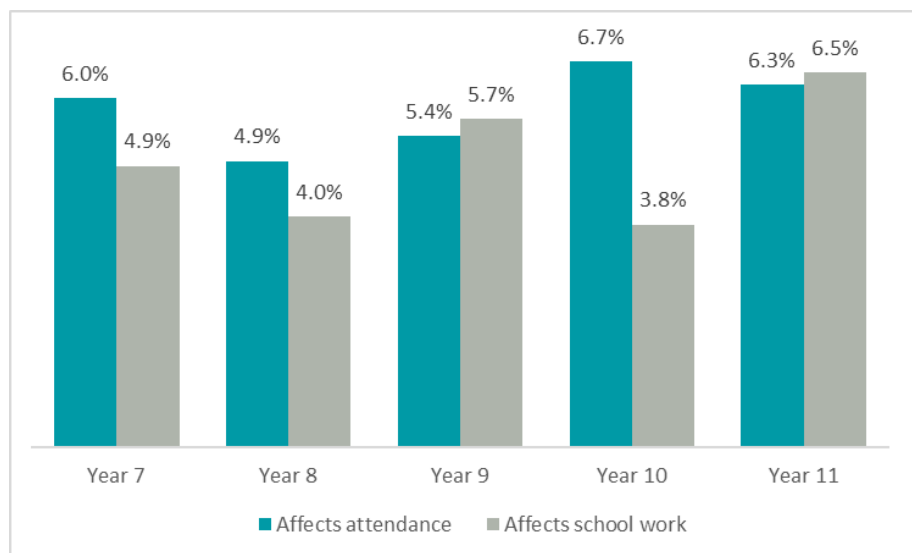
3 Summary of data

3.1 Health and wellbeing

Physical wellbeing

- The vast majority of young people, 92%, report being in good physical health. This declines with age, with 10% of 13-15 year olds reporting being in poorer health, compared with 7% of 11-12 year olds.
- 16% of pupils self-reported with a long-term health problem or disability, based on the definition employed in the national 'What About Youth' survey, an increase from 2016 in most age groups. No gender difference.
- Children in receipt of free school meals, were more likely than others to report a disability or long-term health problem, at 22%.
- No details were sought on the nature of their illness or disability, although the definition encompasses children with long term medical conditions such as asthma and diabetes, as well as children with significant and long-term disabilities and/or special educational needs.
- When asked, over a third (34%) of these young people said their condition affected their schoolwork or attendance. This result varies randomly across year groups between 22% and 39%. Girls are more likely to say it affects attendance and boys, schoolwork.
- Applied across the survey sample, this suggests an average of 5% of 11-15 year olds self-assess as having a diagnosed condition which, in their view, impacts on their education.

Figure 1: Pupils with self-reported LLI/disability which impacts on their school attendance/work

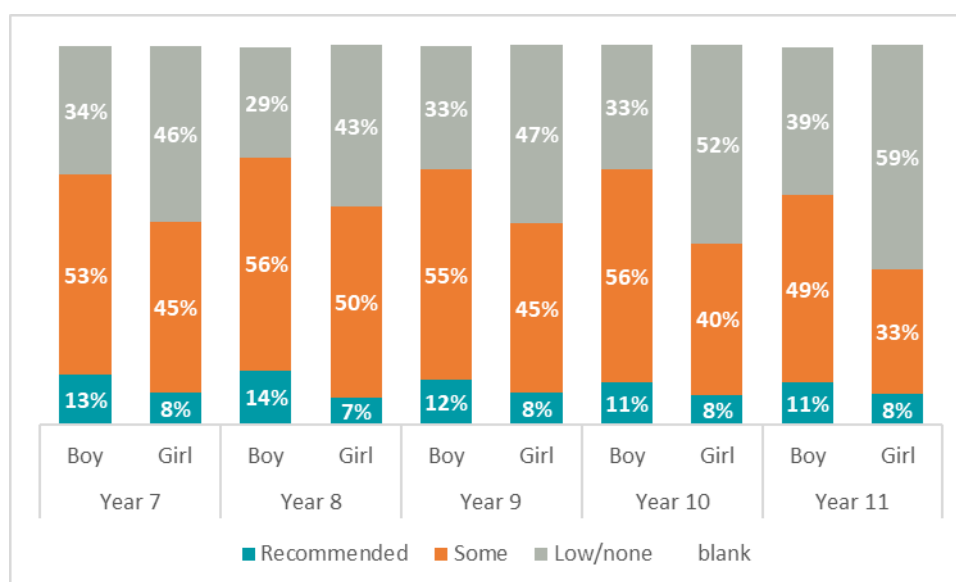


- Pupils were also asked if they had a learning disability or impairment which affects the way they learn new things. Overall, 11% of pupils said they had a learning disability, boys were more likely than girls to say they did (13% vs 10%). Pupils with a long-term health condition were more likely to also say they have a learning disability.

Physical activity

- The recommended amount of physical activity for children for securing healthy development and to maintain a healthy weight is 60 minutes a day of aerobic, (moderate² to vigorous³ intensity) activity. The Public Health England report 'Everybody Active, Every Day', emphasises the importance of the school setting in expanding children's opportunities to be active.
- Less than half of children ages 5-16 years meet this guideline and levels of activity decrease with age⁴. Even less children achieve the recommended levels when excluding activity in school lessons.
- In our survey, the proportion achieving 60 minutes physical activity each day outside school, ranged from 11% of Year 7s to 10% of Year 11s. Between 8% and 15% said they did no activity at all outside school, this is lower than in 2019/20.
- Girls continue to be less physically active than boys, with this gap widening as they get older. By the age of 15, 59% girls reported doing little or no physical activity outside school, compared with 39% boys. This gender gap is in line with national trends.

Figure 2: Self-reported physical activity (outside school) by year group, 2022/23



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

Perceptions of body weight

- Younger students are more likely to have a school meal with more than half of 11-12 year olds (56%) saying they eat school dinners. Take up declines with age and 15% of 13-15 year olds said they did not eat anything for lunch. 77% of all students who are eligible for free school meals said they had a school meal for lunch, with 11% of this group saying they don't usually eat anything for lunch.
- Over half of students (56%) said they never drink energy drinks like 'Red Bull' or 'Monster' with 8% saying they drink them every or most days, rising to 13% in those who are in receipt of free school meals. Girls are more likely to say they never consume these than boys (57% v 55%). The gender gap has closed since the previous survey.

² Moderate activity would include walking to school, skateboarding, cycling or playground activities

³ Vigorous activity would include running, football, netball, martial arts, gymnastics, etc.

⁴ Active Lives Children and Young People Survey, Academic Year 2020-21, Sport England 2021

- Across all age groups, half of children and young people thought they were an ideal weight. About 1 in 4 (26%) thought they were overweight, including 3% who considered themselves to be very overweight. 16% thought they were underweight.
- There were few gender differences in these self-assessments, with boys being slightly more likely to self-assess as underweight. This is a similar result to 2016 and 2019.

Table 5: Do you consider yourself to be....

	Very thin/ underweight	A bit underweight	Ideal weight/ just right	A bit overweight	Very overweight	Don't know
Boys 2007	3%	13%	56%	22%	1%	4%
Boys 2016	4%	12%	54%	20%	2%	9%
Boys 2019	4%	13%	51%	21%	3%	6%
Boys 2022	5%	14%	49%	22%	3%	8%
Girls 2007	2%	11%	52%	24%	3%	8%
Girls 2016	1%	9%	54%	22%	3%	9%
Girls 2019	3%	10%	50%	23%	4%	10%
Girls 2022	2%	11%	47%	23%	4%	3%

Body image

- Although half of young people thought their weight was just right, a significant proportion of young people admit to worrying about their appearance/body image, especially as they get older. By the age of 14, 51% of girls and 20% boys say they worry a lot about this.
- The 3% of young people who self-assessed as very overweight were much more likely to worry a lot about this (69%) or report that they rarely or never felt good about themselves (62%), with most of these responses coming from girls.

3.2 Emotional wellbeing

- The majority of children and young people have a positive outlook on life. Most 11-12 year olds are happy and confident and feel they have a lot to be proud of. These scores are lower than in 2016 and 2019.

Table 6: Which of the following statements do you agree with? (Years 7-8)

Do you agree...	Year 7	Year 8
I am happy with my life	79%	77%
I like trying new things	71%	70%
I often feel sad or tearful	34%	36%
I seem to worry a lot of the time	51%	54%
I often get angry or bad tempered	40%	46%
I have a lot to be proud of	72%	64%

- Boys were slightly more likely to say they had a lot to be proud of (72%), compared with 63% girls aged 11-12 years. Girls this age were also more likely to report feelings of sadness, 46% compared with 24% boys.
- Children who reported they had a health condition or disability that affected their schoolwork were less likely to express positive wellbeing.

Table 7: % pupils (Years 7-8) who say they often feel one of the following:

	Happy with life	Often sad	I seem to worry a lot of the time	Angry/ Bad tempered	A lot to be proud of
Boys	84%	24%	40%	40%	72%
Girls	72%	46%	65%	46%	63%
Disability/LLI	74%	40%	57%	48%	67%
<i>Disability that affects schoolwork</i>	59%	52%	68%	64%	52%
No disability	79%	34%	51%	42%	68%

Emotional Wellbeing Scale

- The Warwick Edinburgh Emotional Wellbeing Scale, (WEMWBS⁵) is a scale of positively worded items that has been validated for use with 13-15 year olds. It asks respondents to describe their feelings over the previous two weeks and is designed to measure positive mental wellbeing in a population, as opposed to mental illness and disorder.
- Its main use is to compare wellbeing scores between populations, or within populations over time. It is not designed for use as a screening tool to detect mental illness, although very low scores may indicate the need for clinical support. The minimum score possible is 14 and the maximum is 70. The higher the score, the better the emotional wellbeing.
- All participating pupils in year groups 9-11, (i.e., 13-15 year olds), were asked to complete this scale. Only pupils who completed all 14 elements of the scale were

⁵ Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.

included in the following analysis which covers 90% of the 13-15 year old sample. On average, their wellbeing scores were below the national average, with a mean score across all 13-15 year olds of 43.4 lower than in both the 2019 (45.0) and 2016 surveys (46.9).

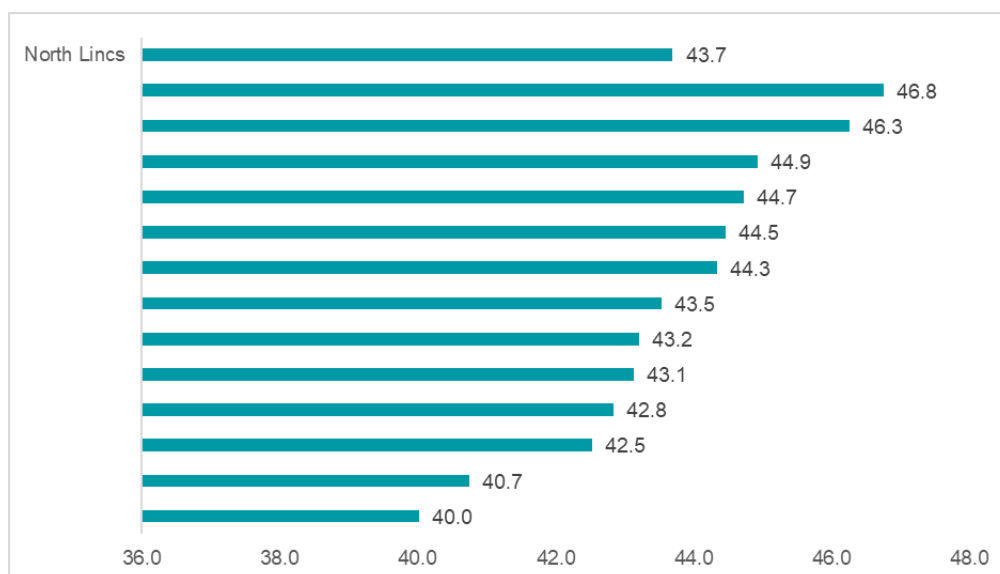
- Overall, girls scored lower than boys, and accounted for over two thirds (67%) of young people with a low wellbeing score, (i.e., scored <32). Conversely, boys accounted for over three quarters (77%) of all those with above average scores, (i.e., >56).
- Those pupils claiming FSM had a slightly lower mean score of 40.5.
- The same applied to pupils with a disability/long term condition (41.1) with a higher proportion scoring below the mean than for all 13-15 year olds.
- Of all pupils, those with caring responsibilities reported the lowest wellbeing, with an average score of 39.9 amongst 13-15 year olds, compared with an overall score 43.4 for this age group.
- Lesbian, gay and bisexual pupils also had some of the lowest overall wellbeing scores, lower than the averages for years 10/11 as a whole, with a mean score of 36.7 against the overall mean of 42.8 for all pupils in those year groups.
- Table 7 summarises the range of scores, with relatively low or relatively high scores referring to those scores which were more than one standard deviation above or below the overall mean for all 13-15 year olds. 'Very low' and 'very high' scores refer to the range of scores which are at least 2 standard deviations from the average, (mean).

Table 8: Distribution of wellbeing scores by group (% 13-15 year olds)

	Very low wellbeing score (14-20)	Relatively low wellbeing score (21-32)	Average wellbeing score (33-55)	Relatively 'high' wellbeing score (56- 66)	Very high wellbeing score (67-70)
All 13-15 year olds	3%	16%	65%	14%	2%
Boys	3%	9%	64%	21%	3%
Girls	4%	22%	67%	6%	1%
FSM	6%	22%	61%	9%	2%
Disability/LTC	5%	21%	63%	9%	2%
Young Carers	4%	28%	58%	8%	3%
LGB (10/11 Only)	9%	27%	59%	4%	1%

- There were differences between schools, with mean overall scores for Year 9 and 10 pupils ranging from 40.0 to 46.8.
- These differences were due largely to the way pupils responded to one or two statements/ questions within the overall measure.

Figure 3: School mean wellbeing scores - WEMWBS (Year 9 & 10)



Note: there are some schools with low response (<1/3 in an individual year group)

- There are 14 items on the WEMWBS scale. Overall, the item where pupils scored highest was on 'feeling loved', and the lowest, was on 'had energy to spare'.

Table 9: How often in the last two weeks have you felt (Years 9-11)

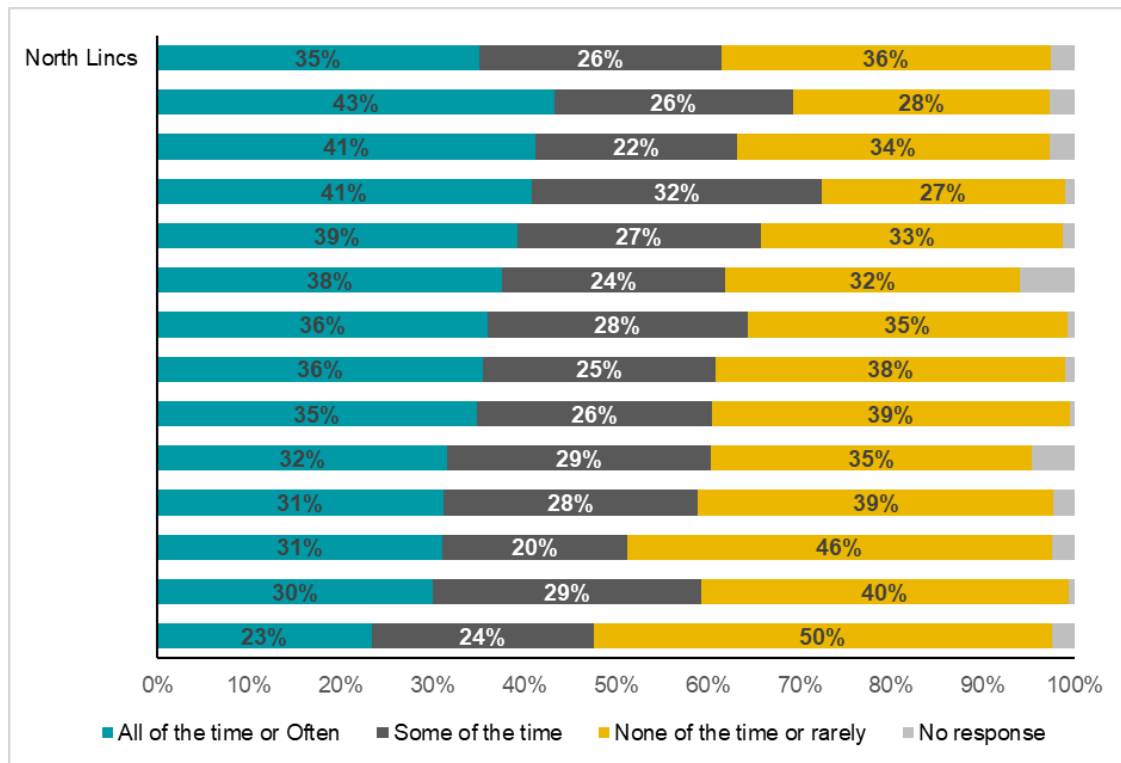
	All of the time/Often	Some of the time	Rarely/Never
I've been feeling optimistic about the future	33%	36%	31%
I've been feeling useful	32%	34%	34%
I've been feeling relaxed	34%	31%	35%
I've been feeling interested in other people	34%	32%	34%
I've had energy to spare	32%	29%	39%
I've been dealing with problems well	38%	29%	33%
I've been thinking clearly	38%	28%	34%
I've been feeling good about myself	35%	27%	38%
I've been feeling close to other people	58%	29%	24%
I've been feeling confident	35%	28%	37%
I've been able to make up my own mind about things	52%	27%	21%
I've been feeling loved	59%	23%	18%
I've been interested in new things	41%	29%	30%
I've been feeling cheerful	36%	32%	32%

Source: Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved

Feeling good about themselves

- On average, 35% of Year 9 and 10 pupils said they always or often felt good about themselves, with rates ranging between 43% and 23% in local schools although there was a much lower sample in the school with the lowest percentage.

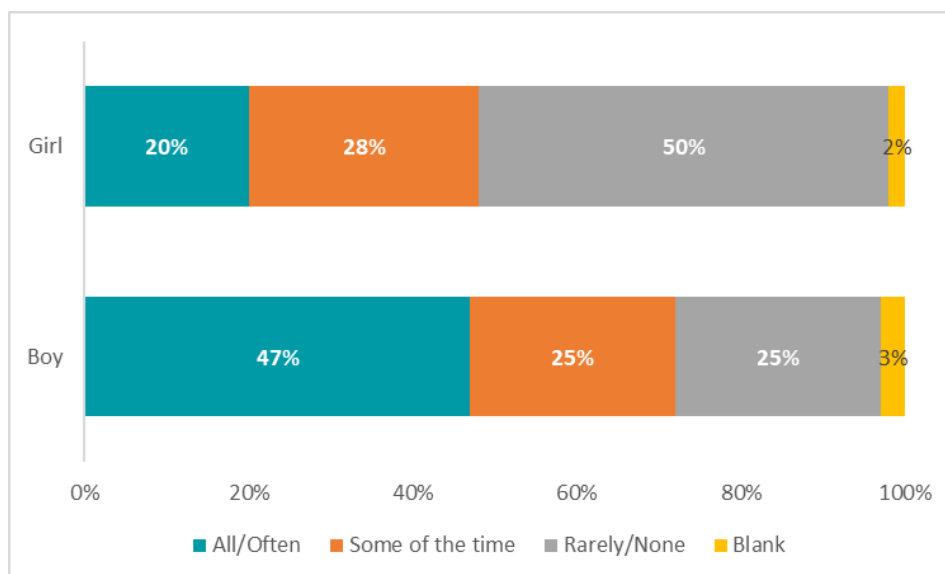
Figure 4: % Year 9 & 10 pupils who report feeling good about themselves by school/ academy



Note: there are some schools with low response (<1/3 in an individual year group)

- Teenage boys consistently scored higher on this measure of self-esteem; a finding reflected in national surveys of wellbeing amongst teenagers. By Year 10, 49% girls and 23% boys said they rarely or never feel good about themselves, a rise from 2016 where it was 35% and 18% respectively. This gender difference was evident in all schools and across all broad ethnic groups.

Figure 5: % Year 9-11 pupils who say they feel good about themselves – boys / girls



- Research shows that the strongest links to wellbeing in children and young people are peer and family relationships, alongside wider school and neighbourhood environment⁶.
- The recent national Good Childhood Survey (2022)⁷, showed a continuing decline in happiness in UK children and that girls expressed lower happiness than boys in most aspects of life.
- Other groups of children reported to be more likely to have low wellbeing include older pupils and children with special educational needs⁸
- In our survey, teenage pupils who self-assessed as having a disability or long-term illness, were more likely than others to report low self-esteem⁹, 46%, compared with 36% other pupils this age.
- Worrying a lot about exams and achieving their potential was also associated with lower wellbeing scores, especially amongst girls.
- Young people who perceived they had been bullied in the last 4 weeks were also more likely to report never or rarely feeling good about themselves at 59%.
- This association between bullying and low self-esteem was stronger for girls than boys in this age group. (Young people's perceptions of bullying are considered in more detail below).

Physical activity and emotional wellbeing

- The link between subjective wellbeing and physical activity is well known, and all the research evidence suggests that the 'five ways to wellbeing' are as relevant to children and young people as they are to adults¹⁰.

⁶ 'The State of the Nation 2022: Children and Young People's Wellbeing

⁷ 'Good Childhood Report' Children's Society, (2022)

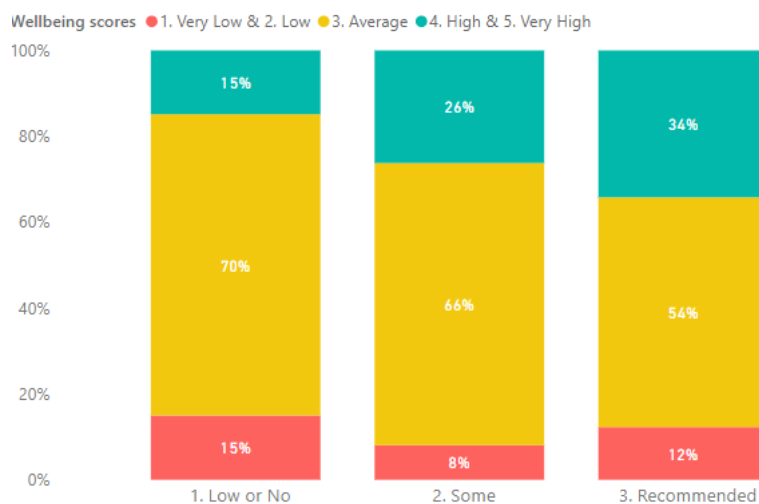
⁸ 'The State of the Nation 2022: Children and Young People's Wellbeing

⁹ Defined in this survey as reporting 'never or rarely feeling good about themselves'.

¹⁰ 'Longitudinal Study of Young People in England, Health and Wellbeing at Wave2. Research report', July 2016. Department for Education

- A recent survey by Sport England¹¹ found a positive association between activity levels and mental wellbeing, and that the more active a child is the happier they say they are.
- In our local secondary school survey engaging in physical activity outside school was positively associated with self-esteem.

Figure 6: Wellbeing and physical activity (13-15 year olds)



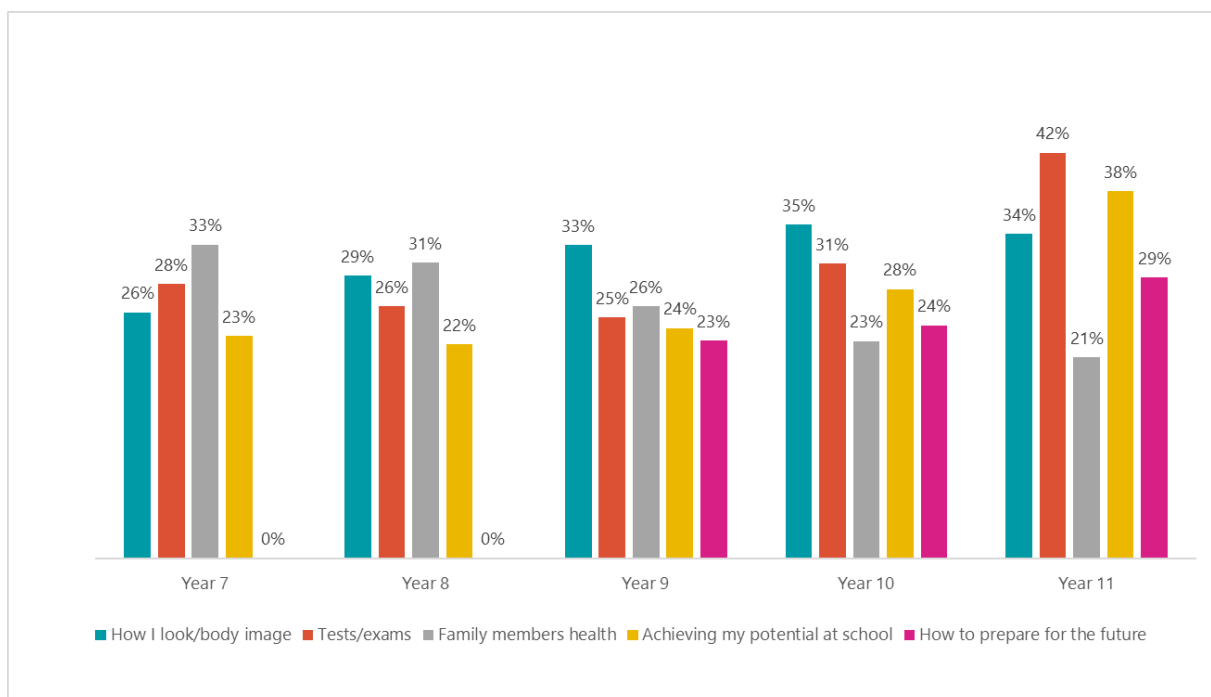
Activity - Low/none (0-2 days a week), Some (3-6 days a week), Recommended (7 days a week)

- Young people who said they engaged in exercise at least 4 times a week were also more likely to report having energy to spare.

Young people's worries

- Young people were asked how much they had worried about a range of issues in the last month. Most teenagers admitted to worrying a little about things from time to time, and on most issues. However, on most issues only a minority said they worried a lot.
- Across all age groups, chief amongst their concerns were achieving their potential at school, exams and tests and their appearance/body image, these worries increased with age and were more commonly reported amongst girls. Amongst younger students, the health of family members was the highest concern, decreasing with increasing age. This was higher in children with long term medical conditions, and in receipt of free school meals, and was much higher for children with caring responsibilities.
- By Year 11, 4 in 10 young people, (42%), said they had worried a lot about exams in the previous 4 weeks, including 58% of girls. This compares with 60% in 2019, 51% in 2016 and 49% in 2013/14.

¹¹ Active Lives Children and Young People Survey 2022

Figure 7: What young people say they have worried about a lot in the last 4 weeks

N.B How to prepare for the future asked to Year 9-11

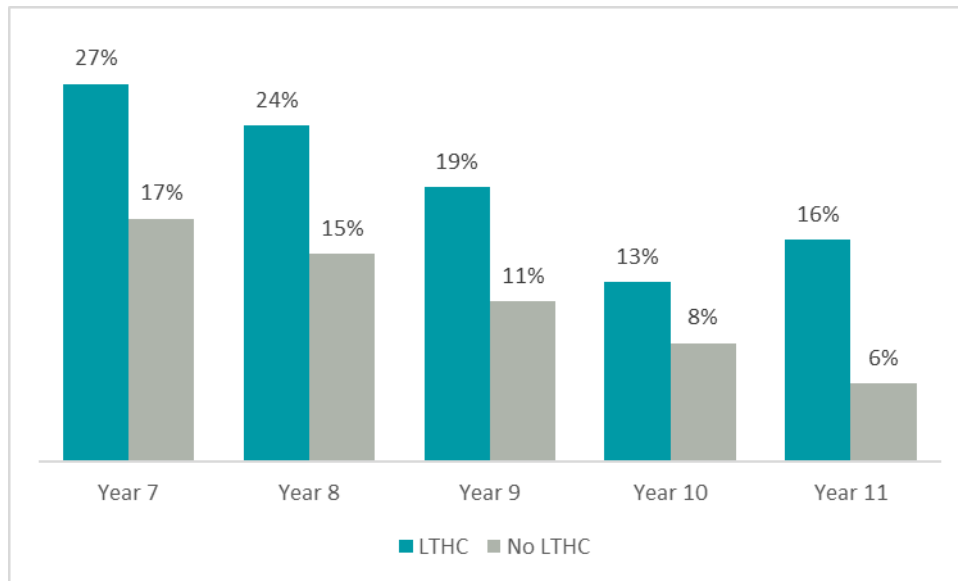
Worries about being bullied

- In comparison with concerns about educational attainment, worries about bullying are relatively low especially in the older age groups.
- Overall, 13% 11-15 year olds reported worrying a lot about bullying in the last month. This compares with 11% in 2019, 8% in 2016, 13%, in 2010, 15% in 2007 and 18% in 2004.
- Worries about bullying have fallen in all age groups since 2007 but since 2016 there have been rises in all age groups. Girls were more likely to say they worry a lot about bullying than boys.

Table 10: % Year groups who say they worry a lot about being bullied

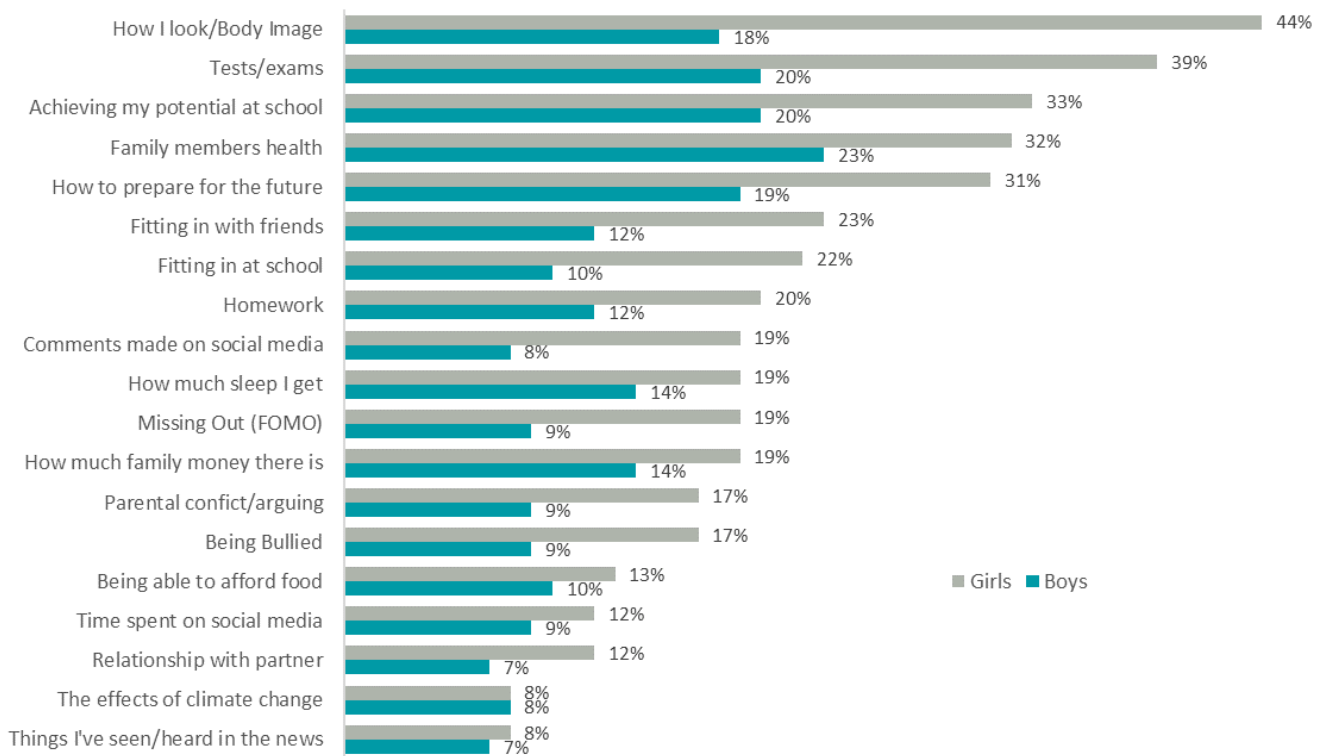
	Year 7	Year 8	Year 9	Year 10	Year 11
2007	30%	24%	18%	11%	9%
2010	21%	16%	14%	9%	8%
2013	11%	12%	10%	7%	7%
2016	13%	10%	7%	6%	6%
2019	15%	15%	12%	7%	7%
2022	19%	16%	12%	9%	7%

- Children eligible for free school meals and those with a disability/ long term illness are most likely to worry about bullying, although this varied considerably by year group. Those who identified as LGB (only asked in Y10-11) we also more likely to worry about being bullied.

Figure 8: Worried a lot in the last month about being bullied by disability/LTHC

Gender differences

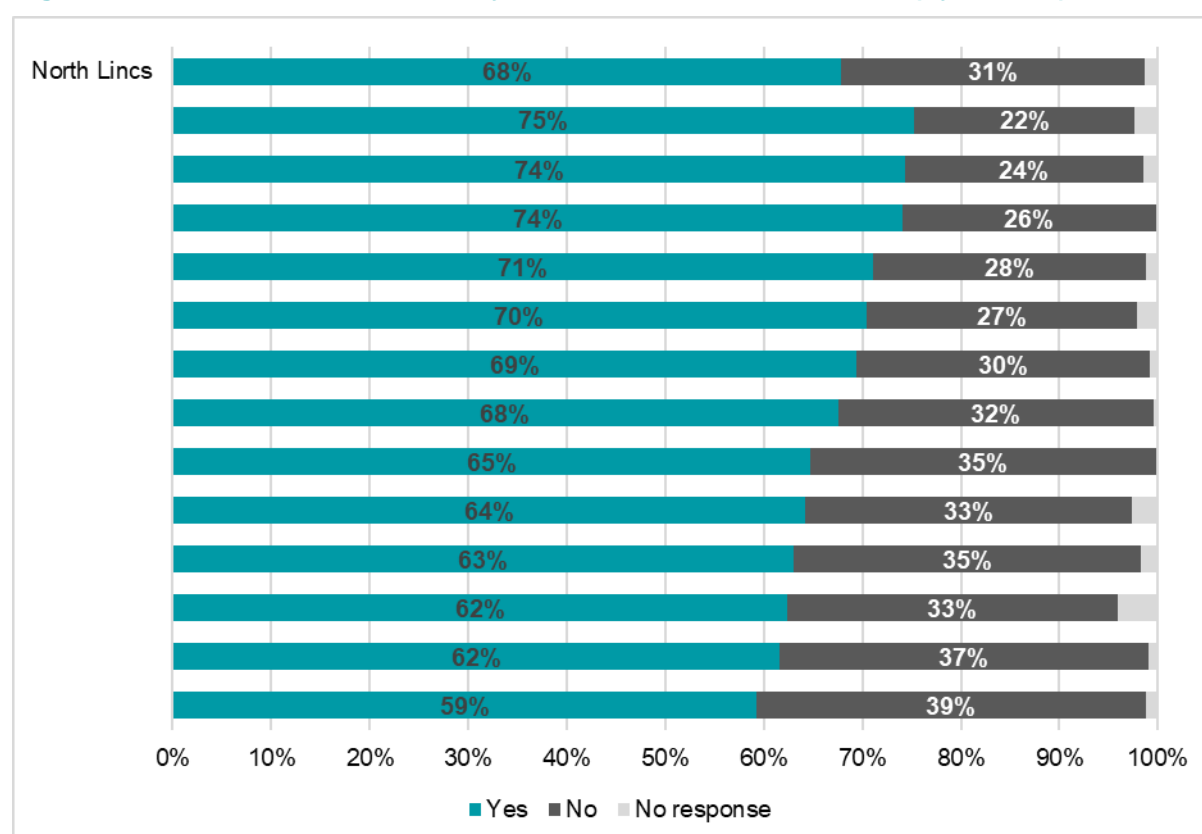
- Girls were more likely than boys to say they worried a lot about most things, with the focus of their anxieties being largely on schoolwork, body image, family members health and fitting in. This applied across all age groups.
- Nearly 2 in 10 teenage girls said they worried a lot about what people were saying about them on social media.

Figure 9: What pupils say they worry about most by gender, Y7-11 %

Who young people talk to

- When asked what helped to relieve their worries, the most common response was talking to family and friends. 4% of 11-12 year olds said they would look online for help with a problem that was really worrying them.
- Reassuringly over three quarters (77%) could share worries with a parent/carer at home, slightly lower in older pupils, 81% of 11-12 year olds compared to 74% of 13-15 year olds. Similar for both boys and girls.
- Just over two thirds (68%) said there was a trusted adult in school they could share their worries with, slightly lower in older pupils, 72% of 11-12 year olds compared to 64% of 13-15 year olds. Similar for both boys and girls.
- The majority of young people (84%) have a close friend they can share worries with. Slightly higher in girls (86%) compared to boys 82%.
- 4% of young people felt they had no one to turn to, either a friend, or adult in school or at home.

Figure 10: Adult in school who they can share their worries with (by school), % Y7-11



3.3 Seeking help on mental health issues

- Mental health is an important issue for children and young people which can affect many areas of their life including relationships, attainment in school and overall wellbeing. A review of Childline counselling sessions showed that in 2018/19, 45% were related to mental or emotional wellbeing¹²
- Children and young people may find it difficult to open up about how they are feeling or even try to hide their challenges. Research¹³ suggests this might be because they:
 - worry they won't be taken seriously
 - believe others won't understand
 - have had a negative experience talking about their thoughts and feelings in the past
 - feel that no one can help them
 - fear being dismissed or labelled an attention seeker or 'crazy'
- A recent national NHS survey¹⁴ examined mental health in children and young people and found 20.4% of young people aged 11 to 16 years had a probable mental disorder, 18.8% of boys and 22.0% of girls, a rise from the previous 2017 study.

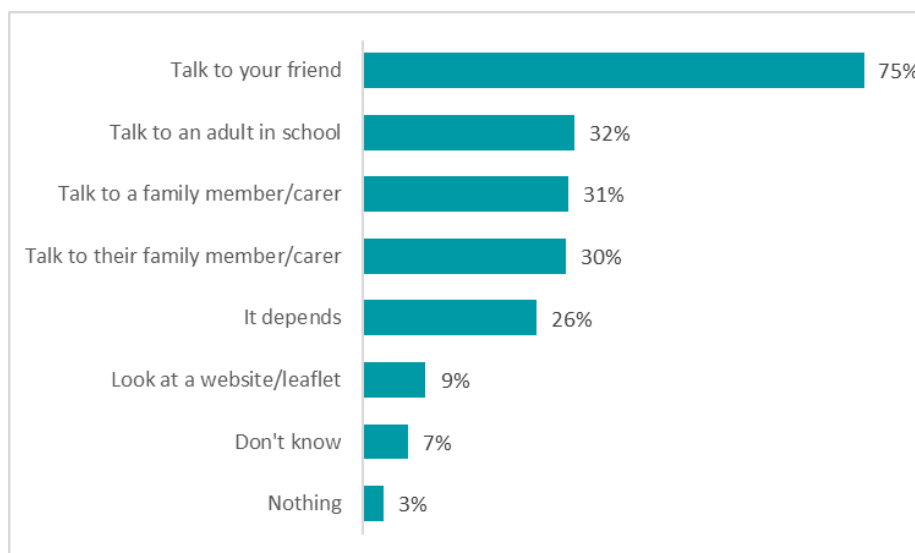
¹² 'Childline annual review 2018/19'. London: NSPCC

¹³ 'Theodosiou L. et al (2020) Children and young people's mental health: early intervention, ongoing support and flexible evidence-based care. Pavilion: West Sussex. Cited on NSPCC

¹⁴ 'Mental Health of Children and Young People in England 2022 – wave 3 follow up to the 2017 survey, NHS Digital 2022

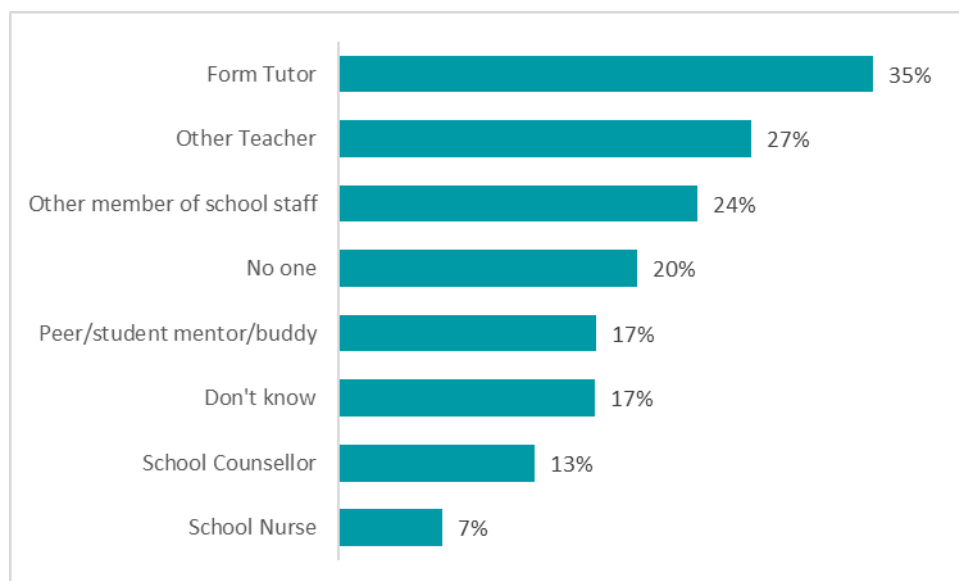
- Adolescence is also a time when most early symptoms of adult mental illness (including psychosis) emerge, and there is strong evidence that getting help early on could limit the length and recurrence of episodes of mental illness, and reduce the risk of problems extending into adult years. Yet, national reports show that only a minority of children and young people with early signs of a diagnosable mental illness get the timely help they need¹⁵.
- National research evidence also suggests that young people this age are not always aware that their mental health is deteriorating, and tend to favour informal sources of support for mental health difficulties, such as friends or family. Yet as we have seen, a significant minority of young people do not find it easy to talk to any adults about their anxieties and emotions.
- In order to inform further development work locally, we asked pupils for their views on how mental illness was dealt with in their school.
- Specifically, young people were asked what they would do, and who they would seek help from if they had concerns 'that a friend had a serious mental health issue'.

Figure 11: If you were concerned a friend had a serious mental health problem what would you do? Y7-11 %

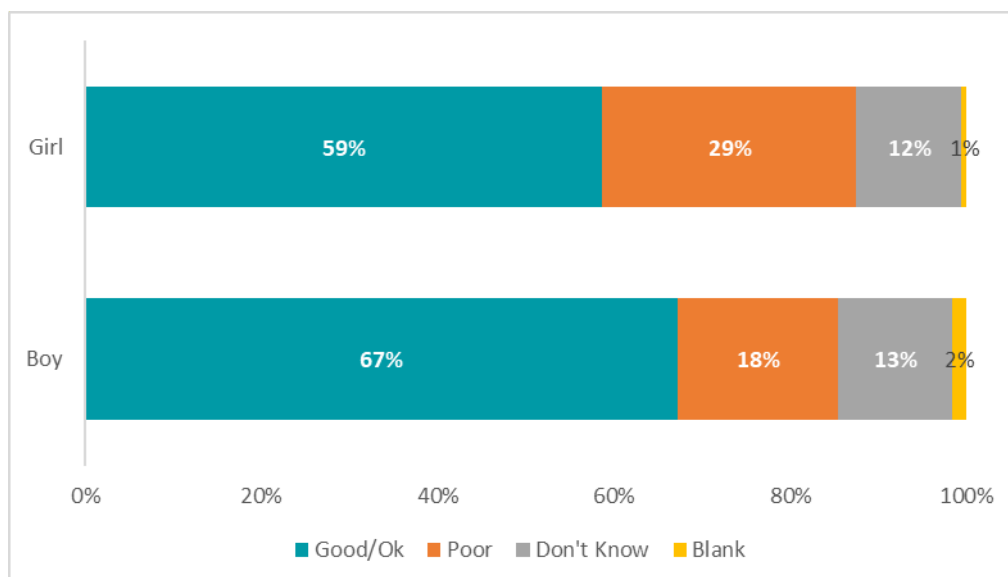


- The majority said they would approach their friend directly, and try and get them to seek help, with 30% saying they'd talk to their family or their friend's family.
- Nearly a third would approach an adult in school about this. Form tutors were the most frequently mentioned first point of contact within school, followed by other teachers.
- 17% mentioned peer mentors as a source of advice on mental health issues. School counsellors and school nurses were the least mentioned.
- 20% said no one, whilst 17% did not know.

¹⁵ 'Missed Opportunities' Centre for Mental Health 2016

Figure 12: Who would you talk to in school about this? Y7-11 %

- Students were also asked how they thought mental health issues were dealt with by their school. Overall, 63% thought this was good or OK, younger pupils were more satisfied than the older pupils. A significant minority did not feel able to comment as they had no experience of this (13%).
- Girls were more likely than boys to say their school response to this issue was poor.

Figure 13: How do you think your school deals with mental health issues? Y7-11 %

- This gender difference was reflected in almost all schools, although pupils' ratings varied.
- When asked later in the survey what PSHE topics they would like more information on, pupils were most likely to identify emotional wellbeing, suggested by 41% of all students who answered this question, ranging from 39% of Year 7s, to 46% of Year 11s. This was the most popular response amongst teenagers in North Lincolnshire. Almost two thirds of these responses were from girls (64%).

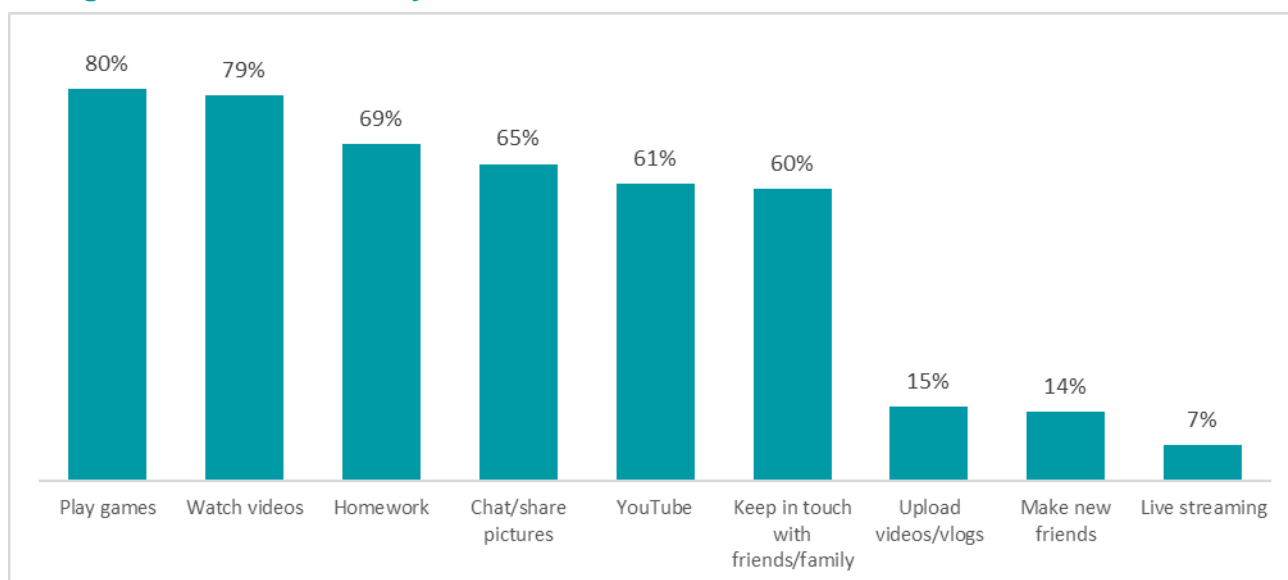
Figure 14: Pupils who said they would like more coverage of emotional wellbeing in PSHE by year group as a percentage of those who wanted more information on any topic



3.4 Internet use

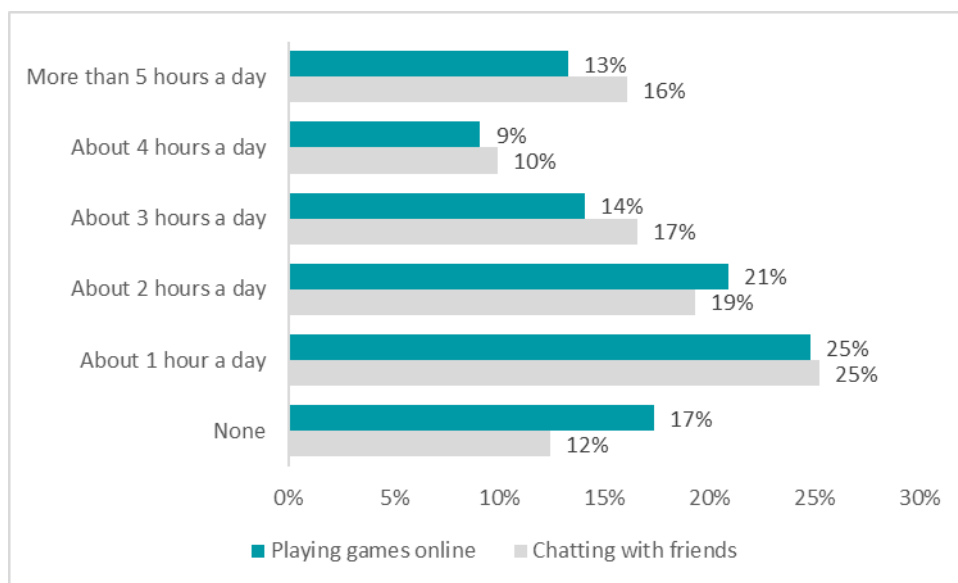
- Home access to the internet via a smartphone or other device is almost universal amongst 11-15 year olds at 94%.
- Most 11-12 year olds say they use the internet at home for playing games and for watching videos and nearly 7 in 10 used it for homework. Over half say they use it to stay in touch with friends/family (60%), whilst 14% said to make new friends.

Figure 15: What do 11-12 year olds use the internet for at home?



- Over half of 11-12 year olds said they spent at least 2 hours a day chatting with friends (62%) or playing online games (57%) with over 1 in 3 saying they spent more than 3 hours a day. This rises to nearly three quarters of those in the older age groups (13-15 year olds) with 74% saying they spend at least 2 hours chatting to friends online.

Figure 16: No of hours a day 11-12 year olds say they spend online chatting or playing games/videos



- 44% of 11-15 year olds said they chat online with people they have not met in person, rising from 34% in Year 7 to 53% in Year 11. Of those who say they do, nearly a quarter, 24%, said they worried that the person they were talking to was not who they said they were. Younger pupils worried more about this than the older pupils.
- For the first time pupils were asked about their social media use. Almost all pupils said they used social media (94%). Older pupils were more likely to be frequent users of social media, 61% of Y9-11 said they check almost constantly or several times a day compared to 41% in Y7 and 8. Girls were higher users than boys.
- Being online impacts the lives of children and young people, shaping their behaviours and experiences and allowing them to connect and learn. What children do online can shape whether their wellbeing is positively or negatively impacted.
- Research on children's internet use suggests that children experience more positive and negative impacts on wellbeing as they get older and spend more time online. vulnerable children experience more negative impacts than their peers¹⁶.
- Findings showed that greater use of social media was associated with increased negative impacts on social wellbeing in girls and greater time spent gaming was associated with an increased negative impact on developmental and physical wellbeing in boys¹⁷.
- Although there is still a lack of good quality evidence on the causal impact of heavy internet use, some researchers have suggested a range of associated negative outcomes, including a heightened risk of sleeping disorders, obesity, stunted academic attainment, low self-esteem, anxiety and depression, an increased risk of 'cyberbullying' and an inability to develop real-life relationships¹⁸.
- We were not able to investigate these issues in any depth, and so cannot comment on the direction of causality, there was a relationship between heavier internet use, (ie

¹⁶ Children's Wellbeing in a Digital World: Index Report 2022, Internet Matters.org 2022

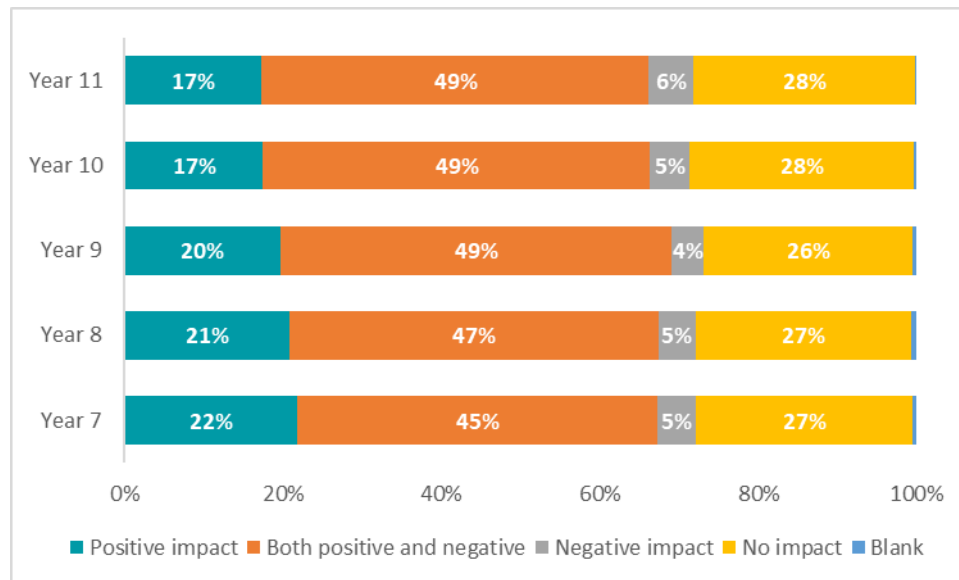
¹⁷ Children's Wellbeing in a Digital World: Index Report 2022, Internet Matters.org 2022

¹⁸ 'Impact of social media and screen use on young people's health RCPCH 2019

more than 3 hours a day) and expressions of low self-esteem and sadness amongst 11-12 year olds, especially amongst girls.

- Not surprisingly frequent late night use of the internet was associated with 'low energy levels' and higher levels of worrying about how much sleep they get (24% v 16%).
- Overall, over half of 11-12 year olds (62%) and three quarters (75%) of 13-15 year olds said they had been online after midnight, with the frequency of late night use increasing with age. In 2022, 17% 11-12 year olds say they are online after midnight most nights of the week, this continues to rise, 12% in 2019 and just 6% in 2016.
- Pupils were asked about the impact social media has on their overall wellbeing. Just over a quarter (27%) said there was no impact on wellbeing and relatively few pupils thought the impact was solely negative (5%). Girls were more likely to say there was an impact than boys, over half saying this was both positive and negative.

Figure 17: Impact social media has on wellbeing, % by year group



- Children and young people who chat online for 5 or more hours a day were also associated with high social media use, with a higher percentage saying they check social media 'almost constantly' (46% vs 21% of all young people).
- Those who used social media 'almost constantly' were more likely to worry about how they looked 'a lot' (45% vs 31% all pupils), worry a lot about missing out, (21% vs 14%) and people making comments about them or their family on social media. (26% vs 13%) and for pupils in years 9-11 they also had lower average wellbeing scores.

3.5 Feeling Safe

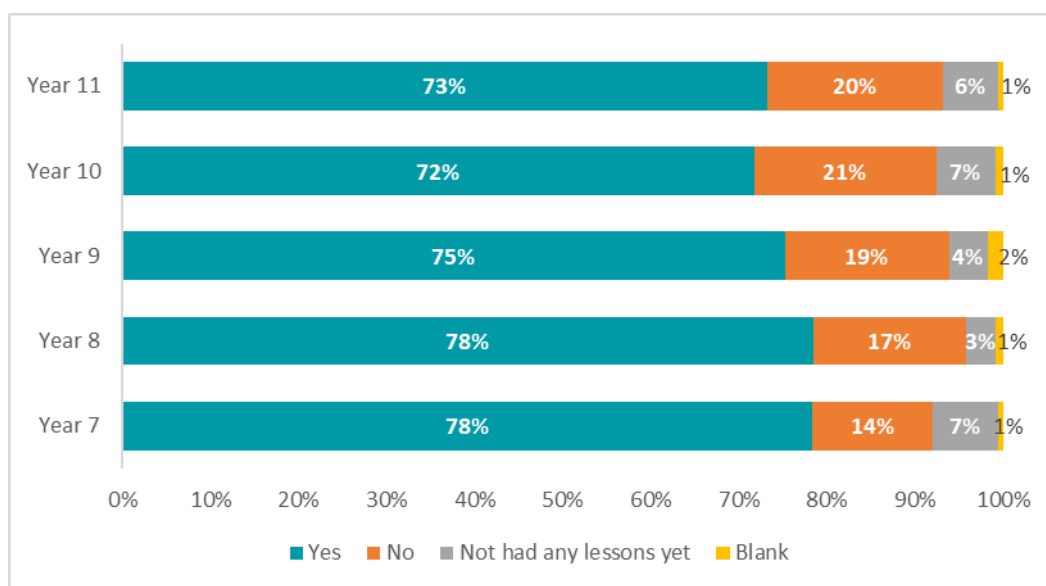
- The vast majority of pupils said they felt safe in school. Although young people were not asked why they did not feel safe, of the small minority who said they did not, (11% of 11-12 year olds and 14% of 13-15 year olds), 39% said they had been bullied in the last 4 weeks. There were slightly more boys than girls in this cohort. A similar result was reported in the last two surveys although there has been an increase in those saying they don't feel safe in the survey results since 2015/16.

- Almost 8 out of 10 pupils said they felt safe out and about in their local area during the day, with girls slightly more likely to feel unsafe than boys.

Online safety

- Just over 90% 11-15 year olds say they feel safe online, the same as in 2016 and 2019. There were no differences between year groups in this respect. Girls were marginally more likely to say they felt unsafe than boys.
- 94% of 11-12 year olds and 93% 13-15 year olds said they had had lessons on online safety. And of those that did recall having lessons, 84% and 79% in each age cohort respectively, said they found these lessons useful. Satisfaction has dropped since 2016.

Figure 18: Have lessons helped you understand how to stay safe online?



- 16% of all pupils said they had participated in a challenge which they thought might be risky to their health. This is an increase from previous surveys, although the question has changed to include other sources of challenges e.g.: TikTok. Older pupils were more likely to say they had participated, although there was no gender difference.
- Overall, more than 80% young people said they were confident about where to get help if they felt unsafe online.
- 19% said they would like more information on staying safe online.

3.6 Being Safe

'Sexting'

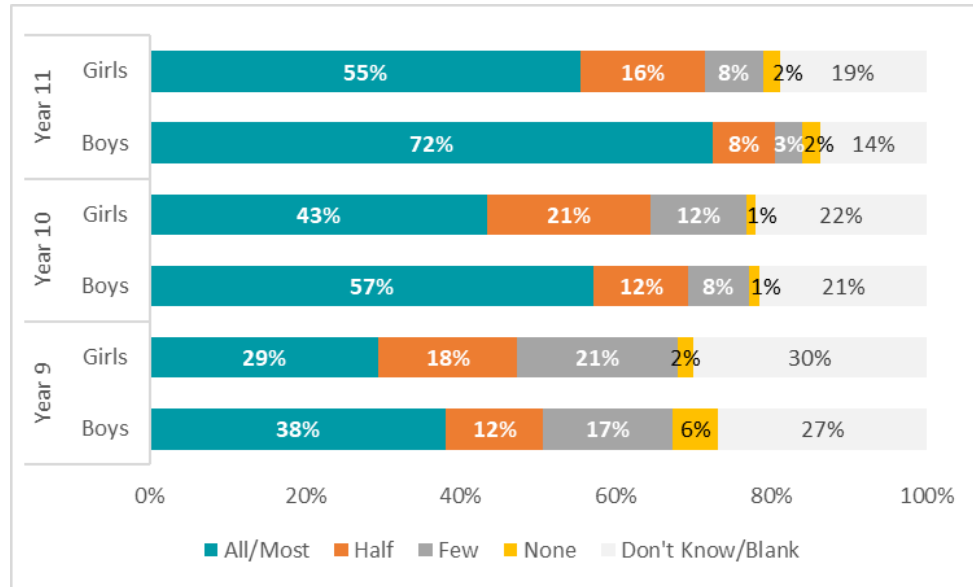
- The NSPCC defines sexting as the 'exchange of sexual messages or self-generated sexual images or videos through a mobile phone network or the internet.'
- A recent review of studies on sexting behaviour amongst youths aged 10-17 put rates of participation in 'sexting' by young people at 14.8% for sending a 'sext' and 27.4%

for receiving a 'sext', this behaviour was shown to increase with age.¹⁹ 1 in 8 youths also said they have forwarded sexts on to others.

- In our survey, 13-15 year olds were asked '*Would you say that 'sexting' (that is sending or receiving of a sexual message/image/nude) happens amongst your age group?*'. (This has changed slightly from the question asked in prior to 2019 (*the sending or receiving of a sexual message or image*) to keep the language 'current'.
- Just over half, 55%, said yes, whilst over a quarter did not know (29%). This has continued to fall since 2013.
- Perception varied by age, rising to 68% of Year 11s, with perceptions being higher amongst girls than boys. This is consistent with the previous surveys.
- When asked if they had *received* a sexual message or image on their phone/computer in the last 12 months, around a third said yes, 37% girls and 30% boys in Year 9-11. A slight increase since 2019/20.
- When asked what they did in response, just over half said they had taken further action, most commonly by blocking further contact from that person, (46%), changing their privacy settings, (7%) and/or deleting the messages from that person, (23%). Six per cent said they had reported this to an adult or to CEOP.
- There were significant gender differences, with girls being much more likely than boys to say they had responded by blocking further messages and/or changing their privacy settings, and boys more likely to say they did nothing.
- The number of young people who said they had been asked *to send* a sexual image of themselves in the last year was lower, at 20%, with higher rates amongst girls, 29%, compared with 12% boys. This is similar to 2019.
- Similarly, when asked what they did in response, just over half said they had taken action to either block that person (52%), delete messages (20%) or change their privacy settings (10%). 7% said they had reported this to an adult or to CEOP, whilst just under half said they had done nothing in response.
- 47% of 13-15 year olds thought that most, if not all their peer group had viewed pornography online, with this perception being higher amongst teenage boys, 53%, compared with 41% girls. These figures have fallen since 2019/20. 3% thought none had viewed any.

¹⁹ 'Prevalence of Multiple Forms of Sexting Behavior Among Youth' A Systematic Review and Meta-analysis 2018

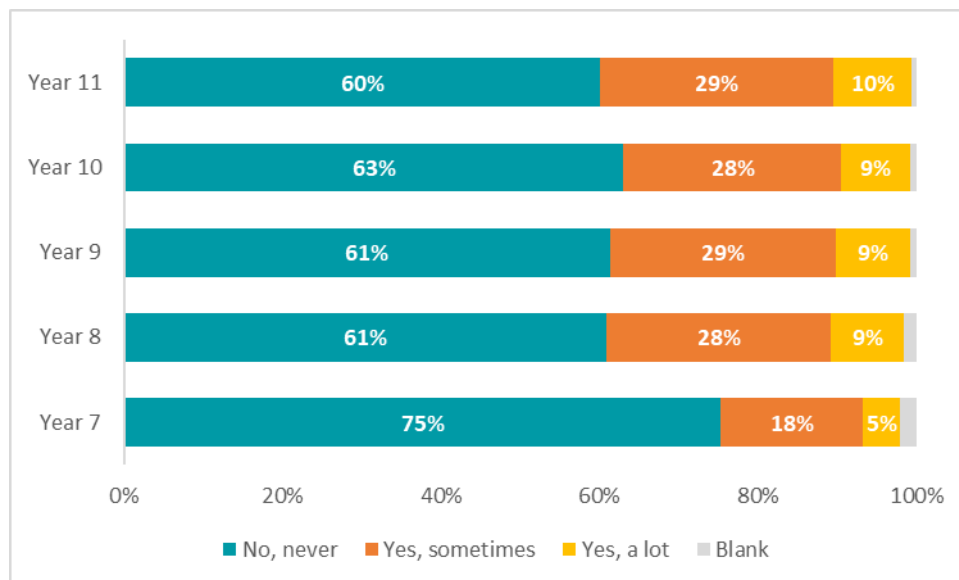
Figure 19: How many people your age do you think have viewed pornography online?



Experience of Bullying

- Pupils were given the Ofsted definition of bullying²⁰ to read and then asked a number of questions about their own experience, whether they felt this had *ever happened to them* in *this school*, *never, sometimes, or a lot*, as well as whether this had happened in the *last 4 weeks*.
- Overall, just under a third, (30%), of pupils in Year 7 or 8 felt they had been bullied at some time in their current school, this rose as pupils got older from 23% in Year 7 to 39% of Year 11s. Overall, 8% of pupils felt they had been bullied a lot.

Figure 20: Ever bullied at this school by Year group



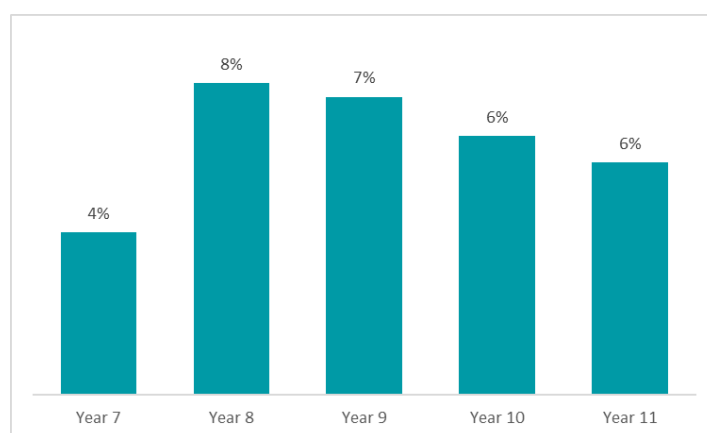
- Children with long term conditions, in receipt of free school meals, with a learning disability and caring for someone at home, were all more likely to say they had been

²⁰ 'When we talk about bullying we mean when one or more people have intentionally caused you harm or picked on you regularly over a number of days, weeks, months or even a year or more. This could be physically hurting you, calling you names, being rude or using phone/social media against you.' Ofsted

bullied. Children not White British were slightly less likely to say they had been bullied at their current school.

- Young people identifying as LGB (years 10/11 only) were much more likely to say they had been bullied (64%) and much more likely to say they had been bullied a lot (23%)
- When asked if this had happened in the last 4 weeks, about half of this number, 16% of 11-12 year olds (Year 7 and 8s), said yes, as did 11% of 15 year olds, (Year 11s).
- Perceptions of more recent bullying were highest amongst Year 7s claiming free school meals, (19%), and amongst those with a long term illness or disability, (22%), although these numbers were relatively small. These two pupil groups were also more likely to say they had been bullied a lot and in the last month, 8% and 9% respectively, compared with 5% of all 11-12 year olds (Y7).

Figure 21: % 11-15 year olds who perceive they have been 'bullied a lot' in this school and in the last 4 weeks



- 44% of those Year 7s who said they had ever been bullied at their current school had sought help from someone in school, and of those that had, two thirds said it had helped. This was lower in children with disabilities or children claiming free school meals and other children. Of those who had sought help as a result of being bullied in the last 4 weeks, 57% said it helped.
- The most common source of support was members of school staff, other teachers, or form tutors. Of those Year 7s who had sought help, 11% had sought help from a peer mentor, although young people often reported that they had approached more than one person.
- Less than half, 38%, of those in Years 9-11, said they had sought help from someone in school as a result of being bullied, with most of them approaching an adult member of staff.
- 6 in 10 pupils thought their school dealt with bullying well (good or ok), although this declined with age, from 70% of Year 7s to 53% of Year 11s. Those who had been bullied in the last 4 weeks were less likely to describe their school as dealing with bullying well. (47%). However, there were significant differences between schools, with positive responses ranging from 71% in one school to 46% in another.

Cyberbullying

- There is a strong link between 'face to face' bullying and cyberbullying, with most having experienced both forms and cyberbullying being a continuation of the original bullying. Whilst there is no evidence available to suggest that online bullying has

greater impacts than offline bullying there is considerable concern about the impact of cyberbullying on young people.

- In our survey, 6% of 11-12 year olds and 9% 13-15 year olds said they had been bullied online by someone in their school, with girls being twice as likely to say they had been a victim of this. In a national survey²¹ almost 1 in 5 (19%) of 10-15 year olds, had experienced some form of online bullying in the past 12 months.
- Compared with other forms of bullying, pupils were less positive about their school's response to cyberbullying, although a significant proportion were not able to comment as they had no experience of this.
- 56% of Year 7-8 pupils thought their school dealt with this well, or OK, whilst 15% thought this was poor. However, a large proportion of this age group, said they did not know 26%
- Amongst older pupils in Years 9-11, the figures were 49%, 27% and 23% respectively.

Peer Pressure

- Pupils were asked about peer pressure, that is, feeling you have to do something just because your friends are. This was asked for the first time in 2019.
- Overall, one in four pupils said they had felt pressured to do something they felt was wrong. This was similar across year groups. Girls were slightly more likely to say they had felt pressured to do something they felt was wrong than boys.
- Younger pupils are more likely to say they do things to fit in or keep their friends happy than the older pupils, 52% of Year 7-8 pupils compared to 49% of Y9-11 pupils, an increase from 2019 where it was 43% and 34% respectively.
- Of those who said they'd given in to peer pressure, around two thirds said they regretted it, with girls more likely to say they regret it than boys.

Healthy relationships

- Around eight in ten of pupils in Year 7 & 8 could correctly identify most of the characteristics of healthy and unhealthy relationships presented in this section of the survey. Where some young people were less sure, was on the use of Facebook to 'check up' on someone, or 'constant texts to find out what they are doing', although there was no 'it depends' option, so their responses could have been context dependent.
- 78% of pupils in Years 9-11 and 69% in Years 7-8 recalled having lessons on healthy relationships at school, the lowest proportion being amongst Year 7s. Of those that had, 71% said they had found them useful.
- 82% of pupils in Years 9-11 and 62 % in Years 7-8 recalled having lessons on sexual harassment at school, the lowest proportion being amongst Year 7s. Of those that had, 73 % said they had found them useful.
- Overall, around a quarter of pupils said they would like more information about healthy relationships in the classroom.

²¹ Crime Survey for England and Wales - Online bullying in England and Wales: year ending March 2020, ONS 2020

Domestic Abuse

This section has new questions and some reintroduced questions last used in 2013. Prior to being asked this question, Pupils were given a brief definition of domestic abuse, approved by the consultation panel (including schools safeguarding lead).

- 17% of girls, and 12% of boys said they had seen or heard domestic abuse. This is marginally higher than in 2013 (when last asked), where 16% of girls and 10% of boys said they had witnessed domestic abuse in some way.
- As in 2013, children in receipt of free school meals were more likely to say they had seen or heard domestic abuse in their home, at 24% (compared to 23% in 2013).
- Pupils were also given a list of actions conducted by adults to identify as being potential signs of domestic abuse. Pupils were more able to correctly identify physical abuse signs (84%) than coercive or controlling behaviour signs (67%), with girls slightly better at identifying these signs.
- Nearly two thirds of pupils said they were at least moderately confident they could report domestic abuse. Boys were more confident than girls, with 21% of boys saying they were very confident, compared to 12% of girls.
- 60% said they were aware of numbers they could call to get advice if they needed help with this. Half said they were aware of adults in school they could approach for advice on domestic abuse and 30% said they did not know if there were.

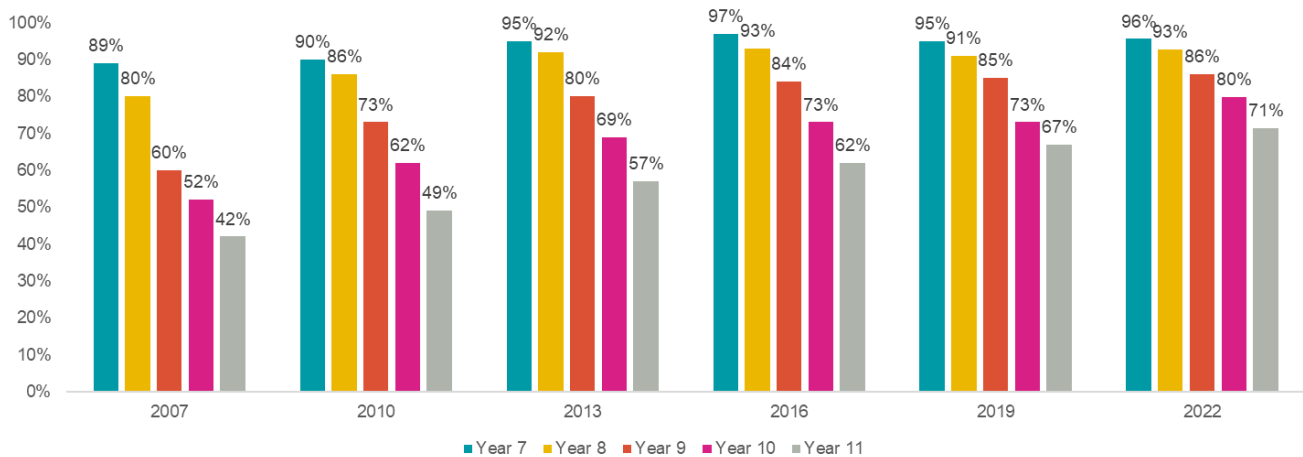
3.7 Staying healthy

- Self-reported levels of smoking, alcohol and drug use amongst 11-15 year olds in North Lincolnshire are similar to the last survey. Rates remain at lower levels than when these surveys began.
- The percentage of 14-15 year olds who say they are sexually active has also fallen significantly since 2004, particularly in girls.
- However, behaviours that could be regarded as 'risky' amongst young people tend to 'cluster' amongst the most vulnerable, with multiple risks leading to negative outcomes for some groups of young people²².
- In this survey, only a very small minority of 14-15 year olds, (6%), claimed to have had sex, been drunk in the last 4 weeks and tried cannabis. Nearly two thirds of these young people were in Year 11.
- Slightly more boys say they participate in multiple behaviours than girls, but there was only a small difference.

Smoke free

- In 2022, the majority of pupils reported being 'smoke free', i.e., they had never tried smoking tobacco (86%). Of those that had, few (4%) were current smokers, i.e., they had tried it once or had since given up.
- Even amongst 15 year olds, 71% said they had never tried smoking, compared with 42% in 2007.

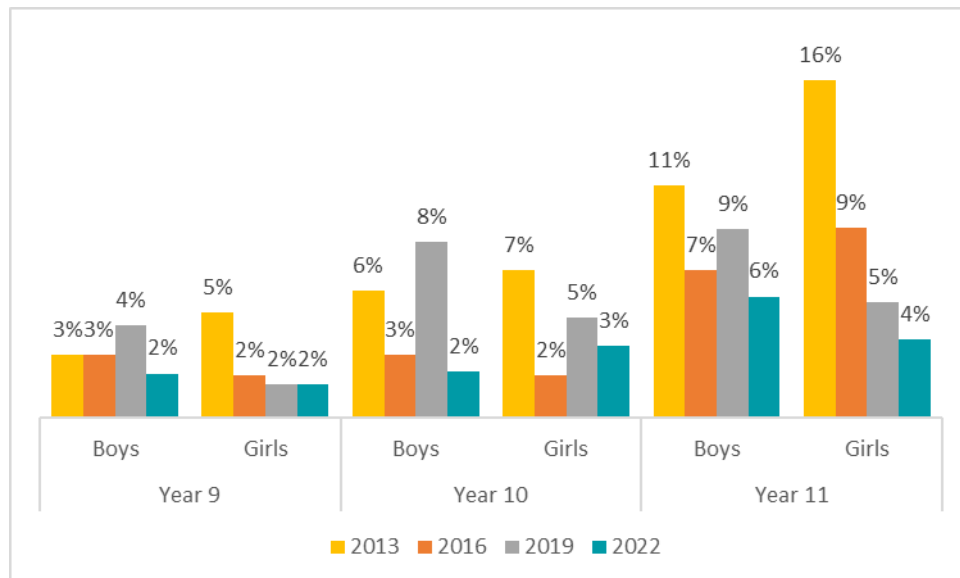
²² 'Current trends in health, wellbeing, and risky behaviours amongst children and young people: a synthesis of recent evidence'. PSHE Association, 2015

Figure 22: % pupils who report never having tried smoking (tobacco)

NB: Blanks (no response) are excluded from this calculation

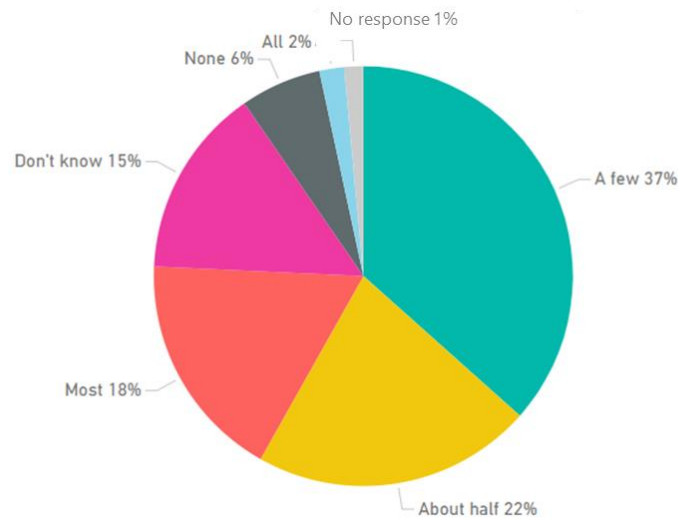
- As in previous years, experimentation tends to peak in the mid teen years, more than trebling between Year 7 and Year 9.
- Very few young people meet the national definition of 'regular smoking' i.e., 1 or more cigarettes a week, with rates ranging from less than 1% of Year 7s, 2% of Year 9s, to 5% of Year 11s. This is slightly higher than national figures (3% of 15 year olds, NHS, 2021) although represents a decline on previous years. The percentage of 13-15 year old saying they smoke regularly has decreased, particularly in boys. The largest local falls in teen smoking since 2010 were amongst teenage girls.

Figure 23: % pupils who are regular smokers, 2013-2022 (% Years 9-11)



- Young people still perceive smoking to be more common amongst their peers than it actually is. Pupils who had tried smoking or were current smokers themselves were more likely to believe most children and young people had tried smoking.

Figure 24: How many young people your age do you think have tried cigarettes?
(%, All Years 7-11)



Living with smokers

- The proportion exposed to smoking of others in the home has increased. In 2022, nearly half of young people aged 13-15 years, (46-48%) said they lived with someone who smokes or vapes. This was around a third in the previous 3 surveys.
- Just over a quarter of pupils (28%) said people (including visitors) smoke inside their homes, with 70% of these saying cigarettes were smoked (26% cigarettes, 44% cigarettes and vapes).
- As in previous years, the association between teen and parental smoking is very strong. About a third (31%) of those pupils aged 13-15 who said they lived with smokers had tried smoking or currently smoked themselves, compared with 10% of those who lived with non-smokers. They were also more likely to be regular smokers, 5%, compared with 1% of young people who lived with non-smokers.
- There was also a strong association between smoking and low income, with 5% of 13-15 year olds on free school meals reporting regular smoking, 3% saying they smoked every day, compared with an average of 3% for this age group and 1% every day.
- Eight in ten pupils said they had had lessons on smoking, and of those that did, 84% found them useful. One in five (21%) of regular smokers say they want to quit.

E-cigarettes

The current national advice is that e-cigarettes are significantly less harmful to health than tobacco and are the best available and less harmful alternative for those heavy smokers who find it hard to quit, however vaping is not risk-free, particularly for people who have never smoked²³. In addition, it is an offence to sell e-cigarettes to children in this country or to purchase them on behalf of under-18s.

- As in our previous surveys, the proportion of young people who had tried e-cigarettes exceeded those who had tried tobacco, although few of those who had tried vaping were regular users, 7% saying they use electronic cigarettes regularly (once a week or more). In year 7, 1% of young people are regularly vaping rising to 16% in year 11.

²³ [Nicotine vaping in England: 2022 evidence update main findings - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/nicotine-vaping-in-england-2022-evidence-update-main-findings)

Girls are more likely to say they use vapes than boys. Rates of use were similar to national trends.

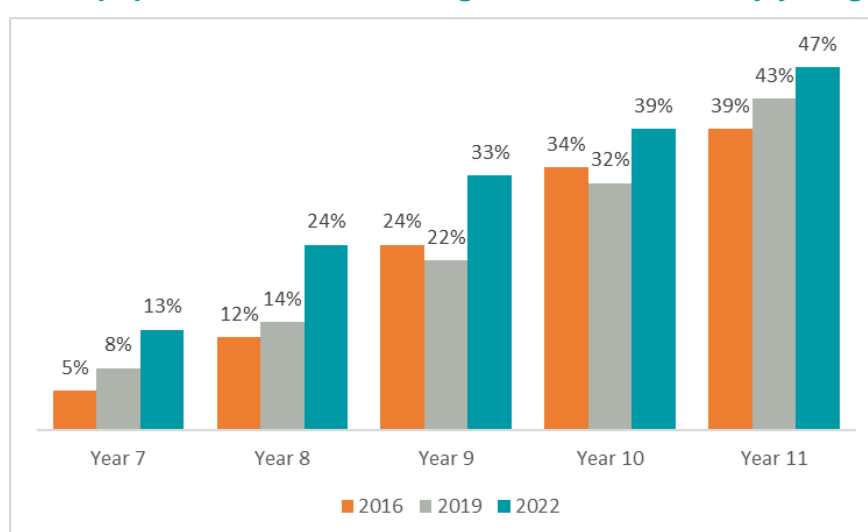
- Children with a learning disability, in receipt of free school meals, caring for others at home, or for older pupils, identifying as LGB, were more likely to say they were regular vapers.

Table 11: % pupils who have tried e-cigarettes or tobacco, 2022

	Year 7	Year 8	Year 9	Year 10	Year 11
E-cigs	13%	24%	33%	39%	47%
Cigarettes	4%	7%	14%	20%	29%

- The biggest increases in trying e-cigarettes/vapes are within the younger age groups.

Figure 25: % pupils who have tried e-cigarettes, 2016-2022 by year group



- Current national evidence suggests that regular e-cigarette use by young people remains low and is almost exclusively confined to those who smoke²⁴.
- In our local survey, 72% of current vapers had tried tobacco, and 20% were also regular cigarette smokers. This is lower than in 2019. Overall, just 2% of young people who have never tried tobacco were current users of e-cigarettes although 21% had tried vaping. This pattern is in line with national research evidence²⁵.

Cannabis use

- In 2022, 18% of 15 year olds in North Lincolnshire said they tried cannabis, 7% in the last month. These rates are comparable with the previous surveys which reported 21% and 9% in 2019, 17% and 7% in 2016 and 2013, and 21% and 10% in 2010, respectively. The local rate remains below the national average for 2021 of 19.2%.
- Rates were similar amongst those young people claiming free school meals, at 22% and 12%.

²⁴ 2019 ASH Smokefree GB Youth Survey.

²⁵ Smoking Drinking, Drug Use amongst young people in England, 2021', NHS Digital 2022

- This question was asked for the first time to younger age groups, less than 1% of year 7 pupils had tried cannabis, and 4% had been offered it, suggestion exposure and take up to pre-teenagers is relatively low level.
- The proportion trying cannabis is well below perceptions. More 15 year olds in North Lincolnshire thought that their peers had tried drugs in 2022 (81%) than in 2019 (76%), even though the percentage saying they had tried had fallen.
- Overall, 15% thought none of their peers had tried cannabis, ranging from 28% in year 7 to just 3% in year 11, those who didn't know was high ranging from 43% to 16% respectively.
- The proportion of young people who say they have been offered drugs has remained relatively consistent over the last 10 years, suggesting that young people are more resilient to exposure. Older teenage boys were most likely to say they had been offered drugs, 37% in Year 11 boys, compared with 33% Year 11 girls although a smaller gap than previous survey.
- Exposure to drugs was consistent across all areas of North Lincolnshire and included pupils attending both urban and rural schools.

Nitrous Oxide

A question on nitrous oxide (N₂O) cannisters (Nos / Balloons / laughing gas) was added for 2022/23, this question was asked to all years.

- The majority said they had not tried nitrous oxide cannisters. Very similar rates said they had tried it in all years (between 10% and 13%). Feedback from some schools suggested some younger pupils may have not understood what nitrous oxide was or were confusing nitrous oxide with helium.
- There was a correlation with cannabis use in older pupils, with 35% of 13-15 year old pupils who said they had tried cannabis also having tried Nitrous oxide.

Other drugs

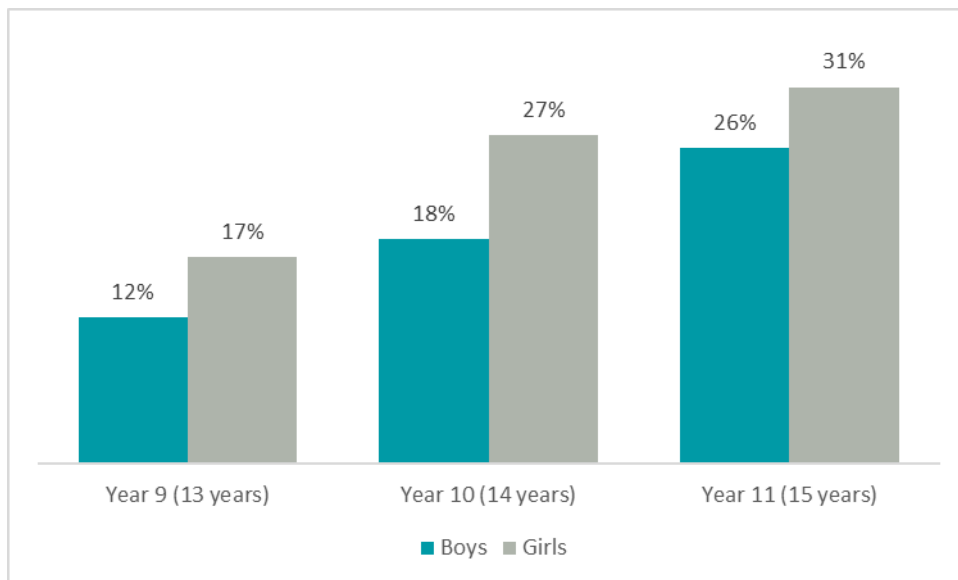
- Year 10 and 11 were asked about their use of drugs other than cannabis. The majority said they had never tried other drugs (94%), boys were slightly more likely to say they had tried than girls.
- 91% of 14- 15 year olds, said they had had lessons on the risks associated with taking drugs, and of those that had, 84% said they had found these lessons useful.
- 71% of pupils in all years felt they knew where to get help with drugs, this was slightly lower for year 7 than other year groups.

Alcohol

- About half of young people this age say they have tried alcohol, and for many this tends to be on special occasions, and usually under parental supervision. Over six in ten of 13-15 year olds in our survey, 64%, said they had had a whole alcoholic drink to themselves. Slightly higher than national figures.
- Far fewer report drinking as much as weekly. By the age of 14, (Year 10) just 9% of young people report drinking alcohol every week, compared with 7% of this age group nationally.
- In 2022, 6% 11-12 year olds and 21% of 13-15 year olds said they had been drunk at least once in the previous 4 weeks. This rose to 28% in 15 year olds, girls outnumbered

boys (31% v 26%). For older pupils this is similar to previous years, but is above the national rate, which was reported as 21% amongst Year 11s.

Figure 26: % who say they have been drunk at least once in the last 4 weeks by age, 2022



- Almost three quarters of pupils, 73% of 11-12 year olds and 77% of 13-15 year olds said they had already had PSHE lessons on the risks associated with drinking alcohol. Of those that had, 81% had found these lessons useful.

3.8 Sexual identity and sexual health

- The sexual health and behaviour of young people is a priority topic in adolescent public health, with implications for mental and physical wellbeing, as well as education and service provision.
- According to ONS statistics from the census 2021 around 3.2% of the population aged 16 and over identify themselves as LGB+ (Gay or lesbian, bisexual or other sexual orientation), 2.2% in North Lincolnshire. 16-24 year olds are the most likely to identify as lesbian, gay or bisexual (LGB), in 2020 data showed 8% for 16 to 24 year olds compared to 3.1% for the over 16 population²⁶
- In our survey, 12% of 14-15 year olds who were asked, identified as lesbian, gay or bisexual (LGB), 3% chose 'other', with a further 5% preferring not to disclose their identity. Of those choosing either lesbian, gay or bisexual, the largest group, 9%, identified as bisexual, with this being far more common amongst girls (14%) compared with boys (4%) and 3% identified as either gay or lesbian. 11% of the sample were either not asked or didn't respond to this question.

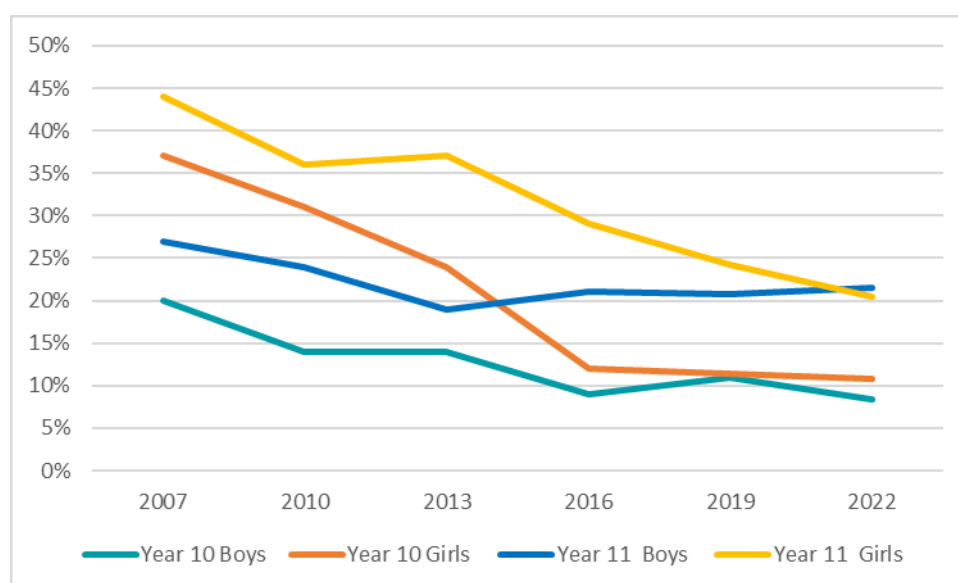
²⁶ www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/sexuality/bulletins/sexualidentityuk/2020

Table 12: Which of the following best describes you (% 14-15 year olds)

	Female	Male	Total
Heterosexual or Straight	63%	76%	69%
Lesbian /Gay /Bisexual	17%	7%	12%
Prefer not to say	6%	4%	5%
Other	4%	2%	3%
Not Asked/Missing Data	10%	11%	11%
Grand Total	100%	100%	100%

Sexually active

- Most young people are not sexually active before the age of 16, with the average age of being between 16-19 years. According to the National Survey of Sexual Attitudes and Lifestyle (Natsal)²⁷ this trend has not changed significantly in a decade, although teen conception rates have fallen during this time, with rates currently at their lowest rate and half what they were in 1995/7.
- In line with national trends, the majority of under 16s in North Lincolnshire are not sexually active, and the percentage of 14-15 year olds who say they are, has fallen significantly since 2007, the largest declines being amongst 14-15 year old girls.
- In our survey, the highest rates of sexual activity was reported amongst Year 11s, 21%, and for the first time the older boys have the highest rate, at 21% compared to girls 20%.
- Of those 14-15 year olds who said they were sexually active, nearly two thirds (65%) said they were 14 years old the first time they had sex.

Figure 27: % pupils in Years 10-11 who claim to have had sex, 2007- 22

²⁷ The National Survey of Sexual Attitudes and Lifestyles is a population based sample of 15,000 men and women resident in Britain and is the largest survey of its kind in the world. The surveys began in 1992 and take place every 10 years. The next survey will take place September 2022 to December 2023.

- Research shows that young people receiving good quality sex and relationships education at school are more likely to delay having sex and are more likely to use condoms and other forms of contraception when they have their first experience.
- In our survey, 49% of Year 7s, and 89% of Year 8s said they had received lessons on sexual health.
- Of those that had lessons, more than 78% said they had found these lessons useful, and 64% said that these lessons had answered most of their questions.
- Sexual health was in the top 3 topics for more information across all year groups.

Contraception

- Nationally, we know that the majority of young people use contraception during heterosexual sexual intercourse. However, use of contraception amongst sexually active teens is still not as high as it is amongst 16-24 year olds.
- In our survey, 71% of those 14-15 year olds who claimed to be sexually active said they or their partner had used some form of contraception the last time they had sex; the most common method being a condom, whilst 28% said they had not used anything. These responses are similar to that reported in 2019.

Table 13: When you last had sex, what forms of contraception did you/your partner use?

(baseline – the 16% of all Years 10-11 who claimed to be sexually active)

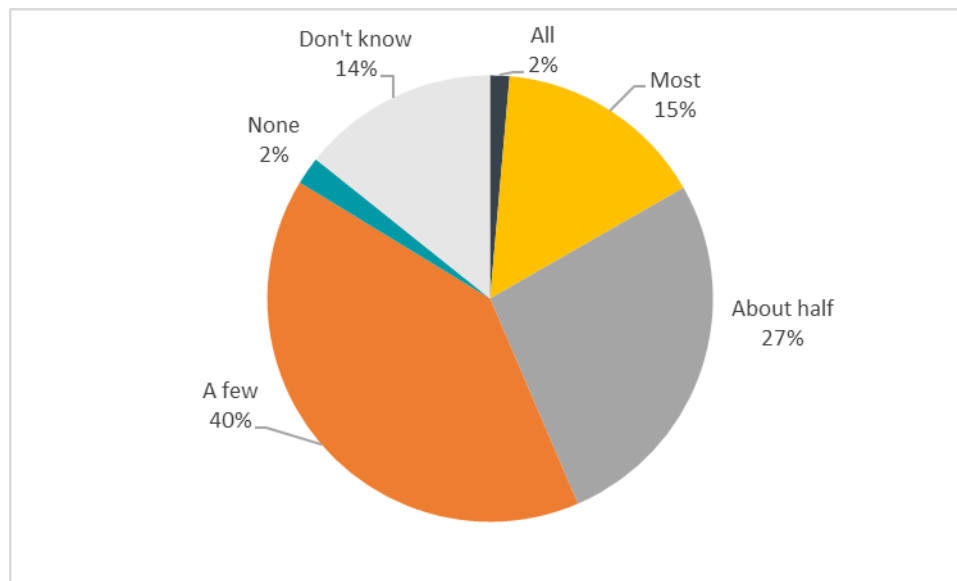
Condom	Condom & other contraception	Implant/ LARC	Injection	Pill	Nothing
35%	13%	4%	<1%	15%	28%

- Overall, 48% of these young people said they had used some form of barrier method either in combination with other contraceptives, or alone, the last time they had sex, which means that a considerable amount are exposing themselves to STIs. This has declined since the 2016 survey (58%).

Perceptions of others' sexual activity

- Whilst young people are less likely to perceive sexual activity to be the norm amongst their age group than previously, almost half, (43%) of Year 10-11 pupils thought that at least half of their peers had already had sex, compared with an actual figure in this age group of 16%. Only 2% 14-15 year olds thought that no-one their age had had sex, compared with an actual figure of 84% (excluding missing data).

Figure 28: Year 10-11 pupils' perceptions of how many young people their age are sexually active, 2022



N.B Excludes missing data

Sexual health services

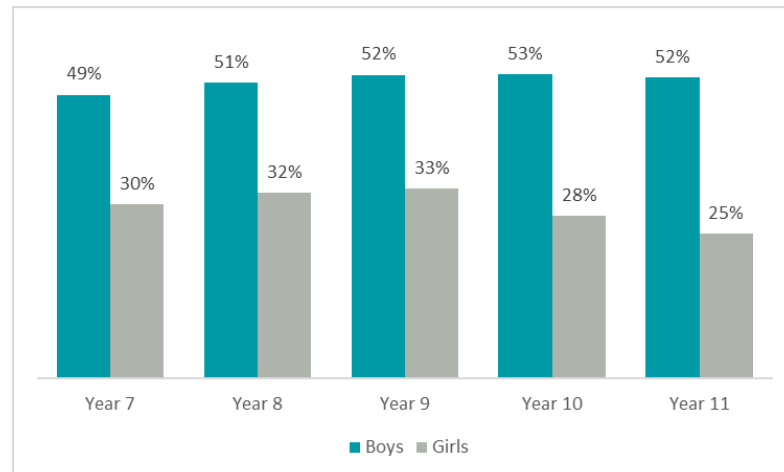
- Although most young people this age are not sexually active, it is important that young people know in advance where they can go should they need advice and help, so that they can access this in a timely way.
- When asked where they would go if they needed sexual health advice or treatment.
 - 27% of year10-11 pupils said they would access a sexual health clinic
 - 26% would consult their GP
 - 10% the school nurse
 - 12% Pharmacy/Chemist
 - 4% a school-based clinic
- Asked whether they would access a clinic in school if one were available (of those who responded) 20% said yes, 31% said maybe and 49% said no.
- There was no difference between responses from boy or girls.

3.9 Gambling

- This topic was new addition in the 2019 survey so no prior local comparisons can be made. Pupils were asked about whether they spent money on various gambling activities in the last 12 months and in 2019 also asked about the last 7 days.

- In the 2022 Young People and Gambling survey²⁸ of gambling in young people, 31% of 11-16 year olds had spent their own money on a gambling activity in the twelve months prior to taking part in the study.
- An additional option was added in our survey to include gambling within gaming (loot boxes/in game items etc) as this was considered an area of interest locally.
- Overall, 41% of the 11-15 year olds said they had spent some money on gambling within the last 12 months. Boys are more likely to say they spent money on gambling activities than girls across all age groups.

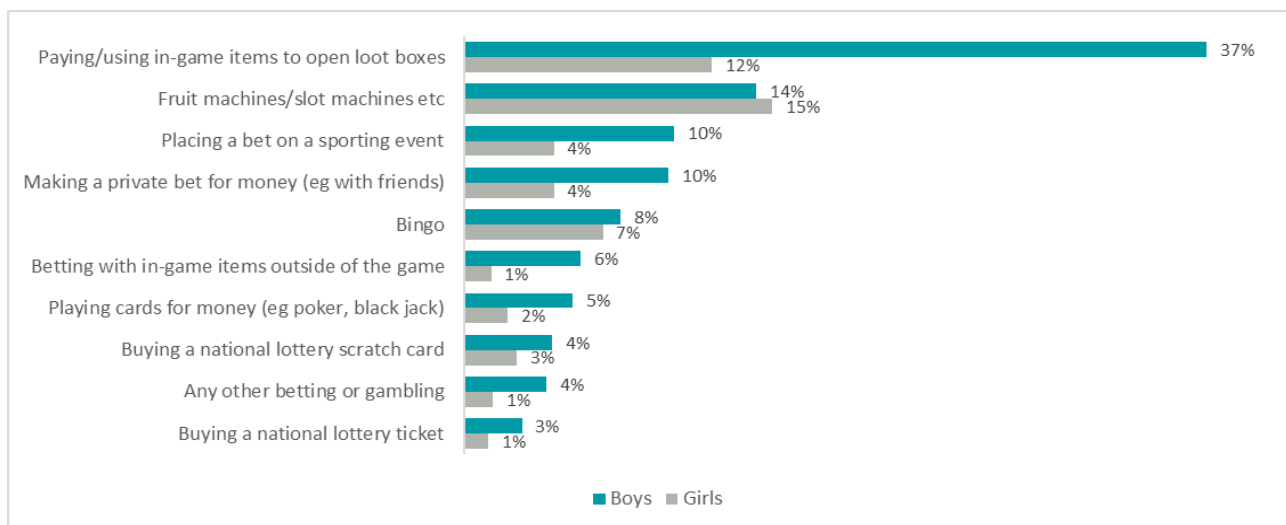
Figure 29: Percentage of 11-15 year old who have spent money on gambling activities in the last 12 months by year group and gender



- National research showed the main forms of gambling by 11-16 year olds in the past twelve months were playing arcade gaming machines (22%), placing a bet for money with friends or family (15%), and playing cards for money with friends (5%)²⁸.
- Gambling within gaming was the most common form in our sample. 'Paying money or using in-game items to open loot boxes/crates/packs to get other in game items within the game you are playing' was the most common form of gambling within the last 12 months among pupils in our survey at 25%, with a significant difference between boys and girls, 37% compared to 12%. 4% also say they bet with in-game items on websites outside of the game or privately (e.g., with friends), again this is higher in boys than girls (6% v 1%). This may be linked to boys being more likely to spend longer playing online games than girls.

²⁸ Young People and Gambling Survey 2022

Figure 30: Percentage of 11-15 year old who have spent money on gambling activities in the last 12 months



- Loot boxes remained the most frequent method of gambling for boys across all age groups compared to fruit machines in girls.

3.10 Views on PSHE

- By the start of Year 11, the vast majority of young people have had several years' worth of PSHE, although the detail in which some of the subjects are covered may vary by Year group.
- Most topics are covered from the end of Year 6 onwards, and whilst schools may vary in the timing, frequency and quality of PSHE, most young people value the information they receive and find it useful.
- As the table below shows, virtually all young people in each year group had had lessons on online safety, whereas coverage of other topics is more variable. Even so, the majority of 15 year olds recalled having some lessons on all topics, and of those that did, more than three quarters found them useful.

Table 14: PSHE topics covered and found them useful (% useful is out of those who said they'd had lessons)

	Year 7	Year 8	Year 9	Year 10	Year 11
Had lessons on drugs	61%	92%	91%	92%	90%
Found them useful	88%	89%	88%	84%	83%
Had lessons on smoking	64%	91%	87%	87%	87%
Found them useful	87%	88%	85%	79%	80%
Had lessons on alcohol	57%	90%	70%	83%	80%
Found them useful	82%	86%	79%	78%	77%
Had lessons on sexual health	49%	79%	85%	87%	89%
Found them useful	78%	82%	77%	77%	76%
Had lessons on healthy relationships	59%	78%	77%	76%	83%
Found them useful	73%	74%	68%	71%	72%
Had lessons on sexual harassment	50%	74%	82%	81%	84%
Found them useful	68%	74%	74%	76%	76%
Had lessons on online safety	92%	96%	94%	92%	93%
Found them useful	85%	82%	80%	78%	79%

- There is considerable variation between schools in terms of when they begin PSHE and which topics are covered and when.
- When asked what areas of PSHE they would like more information on, healthy relationships, sexual health and emotional wellbeing ranked within the top three for most year groups. Gambling and drugs were topics featured in the top three for boys across most year groups.

Table 15: Which PSHE topics would you like more information on:

Year 7	Drugs	Sexual health	Emotional Wellbeing
Year 8	Emotional wellbeing	Sexual health	Gambling
Year 9	Emotional wellbeing	Healthy relationships	Sexual health
Year 10	Healthy relationships	Sexual health	Emotional wellbeing
Year 11	Emotional wellbeing	Healthy relationships	Sexual health

3.11 School work and aspirations for the future

- Almost all students recognised the importance of getting good exam results, either to secure a good job or to pursue higher education and equated hard work with success (84%).
- When asked what support was available at home, the majority said they enjoyed the emotional support of their parents, although practical support, for example with homework, was slightly lower and decreases with age.
- Finding somewhere quiet at home to do homework also presented difficulties for some. Children on low incomes were more disadvantaged in this respect, with 19% of those claiming FSM saying they never have a quiet place at home to do school work, compared with 8% of the rest.
- Pupils were asked what they thought they hoped to when they left school (at 16), just over half of all age groups, 56%, thought they would be studying at college or University, highest in year 11 at 71%.
- When asked what they thought they hoped to be doing at 18 years of age (ie when they had finished school and further education), just under a quarter of all age groups, 23%, thought they would be studying at University or college. This is similar to 2019 but a significant fall from 2016 when the figure was 46%.
- As in previous years, girls were more likely to aspire to higher education than boys. Both boys and girls in BME communities being more aspirational than their white British peers.
- The percentage who hope to be in employment at 18, at just under a third (30%). This rose significantly in 2019 to 32% compared to 17% in 2016. This was consistent across all age groups.

Table 16: What do you hope to be doing at 18?

	University/college	Apprenticeship	Employment
Year 7	20%	4%	33%
Year 8	21%	5%	30%
Year 9	23%	8%	29%
Year 10	25%	9%	27%
Year 11	29%	9%	31%
Boys Years 9-11	20%	10%	29%
Girls Years 9-11	31%	8%	29%
FSM status Years 9-11	21%	7%	36%
Non FSM Years 9-11	26%	9%	27%
Not White British Y9-11	28%	8%	26%
White British Years 9-11	25%	9%	30%

3.12 Advice and guidance

- Most pupils in Years 10 and 11 said they had received some information on careers and advice in school, and more than half (57%) felt this was really good or good enough. This is a similar rating to previous years.

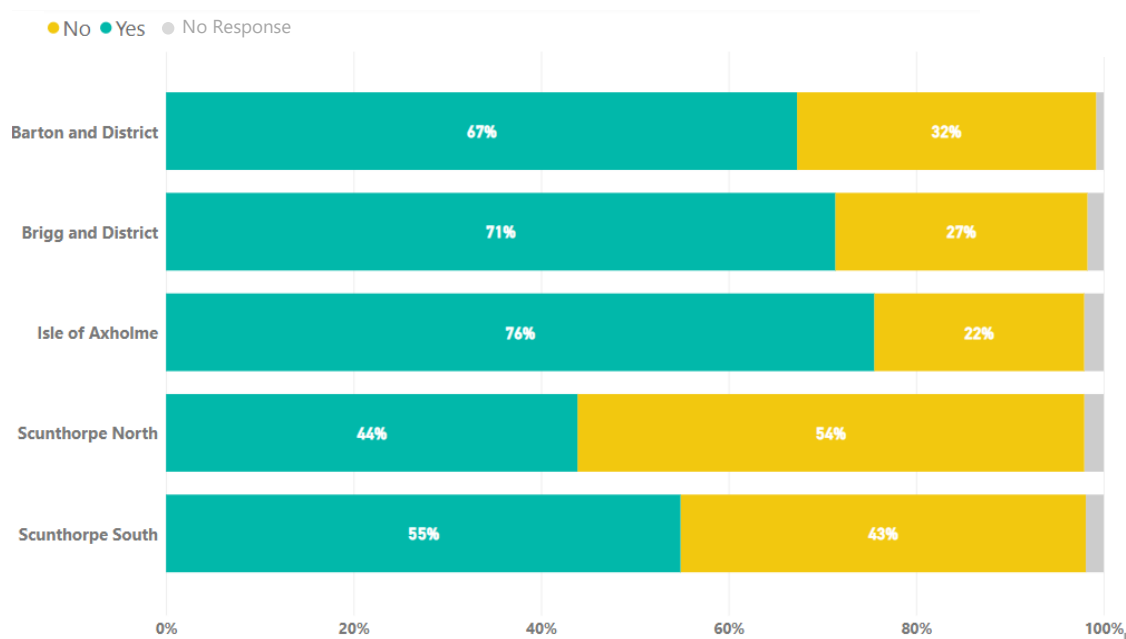
- 23% felt they needed more advice, whilst just 8% said there was too much information.
- There was little difference between the year groups in this respect, although significant variation between schools.
- A similar proportion, 58%, were confident that they would get the right guidance and advice about careers at school, although again this varied by school.
- Students were more confident they would get the right advice from parents, at 81%.

3.13 Living in North Lincolnshire

This was a new question for 2022/3. Pupils were asked if they think North Lincolnshire is a good place to live and grow up in, and if they were likely to stay after they leave education.

- Younger pupils were more likely to consider North Lincs a good place to grow up, 75% of years 7 and 8. This declined to 59% of years 9-11.
- Children in receipt of free school meals, caring for someone at home, with a background that is not White British, and identifying as LGB (years 10-11) were all less likely to say North Lincs was a good place to grow up.

Figure 31: Think North Lincs is a good place to live and grow up in, all years by school locality



- Around 18% of pupils said they wanted to stay in North Lincolnshire after education, however nearly half (49%) were not yet sure.

4 Appendix

- The attached appendix to this report is a full data summary of the questions asked as a proportion of the children who took part in the survey. The percentages contained within are rounded to the nearest whole value.

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Date: June 2023