

Rotherham

Voice of the Child

Lifestyle Survey

2019

Borough Wide Report



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**Acknowledgements**

We would like to express our thanks to all of the Head teachers and staff at schools who co-ordinated the completion of the Lifestyle Survey for 2019.

In 2019, 12 out of 16 secondary schools in Rotherham participated in the survey along with 3 pupil referral units. In 2019 the survey was also offered to students at all Special Schools using their new survey which has been designed with support from the pupils and staff. Schools participating in the survey gave their commitment to enabling pupils to have their voice heard to share their views on health, well-being, safety and their views about Rotherham and their local areas.

Also thank you to the 4,260 young people who participated and shared their views by taking part in this years’ survey. Out of the 4,260 young people, there are 4,091 young people in years 7 and 10. (It is these results that are the basis of this report). The additional 169 pupils are either in Y9 at Maltby who requested that a dedicated Y9 survey or pupils from special schools. Each of these will receive a report detailing these results.

**1.** **Background Information**

This report presents the summary of findings from the 2019 Lifestyle Survey from the year 7 and 10 results. It will be highlighted in the body of the report, the services or partners that the results relate to. This will enable services to see the views of young people around the subjects that relate to their services.

The survey is open to all pupils in Y7 and Y10 at secondary schools and pupil referral units, those who are elective home educated and special schools. Pupils are 11/12 years and 14/15 years of age.

The survey was open from Tuesday 7th May 2019 and closed on Wednesday 17th July 2019. Overall in this age range in 2019 there were 6696young people attending a secondary school, a pupil referral unit or electively home educated.

This survey is open annually for young people in Rotherham and is the only opportunity regularly given for so many young people to have their say about their health, well-being and their future. The sample of 4091young people, who chose to participate in the 2019 survey from Y7 and Y10, is 61**%** of the relevant population. A further 142 pupils from Maltby Y9 participated in the survey, following a request from the Personal, Social & Health Education (PSHE) Lead staff member at Maltby. These results will not be included in the borough wide summary; but will be shared confidentially with Maltby. There were a further 27 pupils from special schools who participated in their newly designed survey, again these results will be shared confidentially with the schools, but will not be included in the borough wide summary.

The lifestyle survey provides an opportunity for young people to have their views and voices heard; this gives the council and their partners an insight into the experiences of children and young people living in the borough. This contributes to measures that partners have in place to monitor progress against their aims and objectives.

The questions in the survey are not mandatory, following a request from young people; they wanted to choose to opt out of questions if they felt it was not relevant to them. The analysis will show the % of young people that did answer each question. The results reported will be based around the % of those who answered each question. This report will highlight which of the partners will receive detailed results on specific subjects and in return partners are asked to share feedback on how they have used the results.

Schools are able to use their own individual school reports to assist them in gauging how well they are meeting their own health and wellbeing objectives and help shape their PSHE curriculum. This is highlighted as outstanding practice and gives evidence in relation to Ofsted grade descriptors.

“*Grade descriptors: the quality of the curriculum in PSHE education Note: The imaginative and stimulating PSHE education curriculum is skilfully designed, taking into account local health and social data and the full range of pupils’ needs, interests and aspirations. The programme ensures highly effective continuity and progression in pupils’ learning across all key stages. “*

Information about the lifestyle survey and the content of the survey are shared with parents/carers and they are given the opportunity to ask school any questions about the survey. Schools are encouraged to share their results with pupils, parents and carers.

**2.** **Executive Summary**

In total 4091 pupils from Y7 and Y10 participated in the 2019 lifestyle survey out of a potential 6696 young people who attend either secondary school, elective home educated or pupil referral unit in this age range. This is an overall 61% participation rate.

In total 2324 pupils in Y7 participated and 1767 pupils in Y10 participated in the 2019 survey.

It was almost a 50/50 split between the number of girls and boys who completed the survey - 2041 girls and 2050 boys. This is a change to trends from previous years, when girls have been in the majority for those completing the survey.

Four schools did not offer the survey to pupils in 2019, two of which have historically not participated. One school made us aware they would not be in a position to offer the survey and one school did not communicate their reason for not participating.

**2.1 Results**

The results of the 2019 Lifestyle survey show there have been a number of improvements in specific areas, whilst also shining a light on a number of issues to be addressed. Each of these will be highlighted to the service or partner organisation the data is relevant to, so that they can take any necessary action. All areas that show what is working well and what we may be worried about will be highlighted to schools to enable them to benchmark against their own individual school results.

The comprehensive list of the results which shows if there has been a % change, since 2018, can be found in Appendix 1 and 2. These highlight what is working well and what are we worried about.

**2.2 What is Working Well?**

* Safeguarding information and data from the responses to the questions relating to Rotherham and local communities have been shared with Neighbourhoods and Safer Rotherham Partnership by ward data. This has enabled them to look at geographical areas where things appear to be working well and areas where there is cause for concern. This ward data was produced for the first time from the results of the 2018 lifestyle survey and will be replicated in 2019. This helps identify specific geographical areas that require action.
* The Oral Health Improvement Group has shared information that NHS England have increased the number of available appointments at some dental practices in Rotherham. They are also going to review the results from the lifestyle survey and work in partnership to promote access to dental care, especially for children. The results in the lifestyle survey show that 91.7% of young people said they visit their dentist at least yearly, compared to 89.2% in 2018.
* There has been an overall increase in the number of children eating the recommended 5 items of fruit or vegetables per day. Change for Life campaign resources have been used to provide free fruit and vegetables to year 7 pupils, which has had a positive impact.
* Schools have been raising awareness of sugar content in drinks, which has had a positive impact, with the number of pupils saying they do not have high sugar drinks increasing to 40.9% from 38.8% in the last year.
* The decision made by schools to ban the sale of high energy drinks, has had a positive impact there has been an improvement in the % of pupils, saying they do not consume these types of drinks.
* Young people appear to be aspiring to move into the world of work, when they have left school or college. The results show there has been an increase in the overall % of young people who are aspiring to get a job, apprenticeship or start their own business.
* Young people’s perception of Rotherham has improved, overall more young people are saying they would definitely recommend Rotherham as a place to live (up by 4.6% on last year) and more young people have said they would still like to be living in Rotherham in 10 years’ time (up by 2.3% on last year).
* Young people want to celebrate the positive aspects of Rotherham and be proud of the good things. They would like to see an end to Rotherham being shown in a negative way. Young people in year 10 have made this one of their top priorities that would encourage them to continue to live, learn and work in Rotherham when they leave school or college. This has moved up to 4th highest priority, from being one of their lowest priorities (11th) in 2018. This indicates that more young people are proud of Rotherham.
* More young people are accessing what is on offer in Rotherham. There has been an increase in the % of young people visiting Youth Centres, Libraries, Clifton Park Museum, Civic Theatre and Rotherham Parks.
* The new bus station that opened at the end March 2019 appears to be having a positive impact on young people and on them feeling safe. More young people said they feel safe when they have used the new bus station (up by 2.5% on last year) and less said they never feel safe (down 0.5% on last year).
* Young people have said they feel much safer when they are out. There has been an increase in the % of young people who have said they always feel safe when they are: at school (up 8.7%); on the way to and from school (up 5%); on local buses and trains (up 1.4%) and in their local community (up 1.4%). There has been a decrease in the % of young people who said they have been bullied, which is consistent with the data around young people feeling safer.
* Young people are more aware about keeping themselves safe when they are using the internet. Less than 2% of young people said they have not learned about internet safety.
* Young carers in Rotherham have had an opportunity to go on a free Young Carers Residential to the University of Hull to experience university life. The results in 2019 show that more young carers believe they will be able to go to university or college when they leave school.
* The results show that the education being offered to schools from Barnardos Reachout and Barnardos Real Love Rocks Programme is having a positive impact for young people. More young people have said they have received education around sexual health and healthy relationships.

**2.3 What are we worried about?**

* Information from the Child & Adolescent Mental Health Service (CAMHS) is consistent with the results in the lifestyle survey. CAMHS has confirmed that they are seeing an increase in referrals to support young people with their mental health. The lifestyle survey results show that there has been a 4.8% increase in the % of pupils who said they have a diagnosed mental health medical condition.
* Information will be highlighted to schools that there has been an increasing trend over the past 3 years that the % of pupils saying they go without any lunch.
* Young people rating their mental health as poor has increased, this is consistent with the % of young people saying they have a diagnosed medical condition relating to mental health and CAMHS have said they have seen an increase in the referrals for mental health support.
* Young people saying they do not have anyone to talk to if they had a problem has increased to 4% (145) from 3.4% in 2018. This information will be highlighted to the Health & Wellbeing Board.
* Young carers have said that their caring role is having an increased impact on their lives. There has been a % increase in young carers saying they feel they cannot cope and young carers saying they lose sleep worrying about the person they care for.
* Young people have said they have found it easier to obtain both cigarettes and alcohol from local shops. This data will be referred to the Council’s enforcement teams.
* Young people in Rotherham are more likely to try an electronic cigarette. National data shows that around 77% of young people age 11 to 18 years have not tried one. The Rotherham Lifestyle survey shows that overall 74.2% have never tried one, although this has improved from 72.6% in 2018. This data analysed shows that it as high as 87.6% of year 7 who said they have never tried one but as low as 56.9% of year 10.
* The overall results show there were 209 young people who said they have tried some form of drug. The worrying factor is that the 3 most popular drugs are cannabis, ecstasy and cocaine. Also 42.5% of these young people said they have tried drugs in the last week. This is a 10% increase from 2018 when young people said they have tried drugs recently. The frequency of using drugs also appears to be on the increase, 42.2% said they have tried a form of drug more than 10 times, this has increased from 36.7% in 2018. This information will be highlighted to schools and the Health & Wellbeing Board.

**3. A little bit about me**

Of the pupils that completed the 2019 survey, 2041 (49.8%) were female and 2050 (50.2%) were male. 2324 (56.8%) were in year 7 and 1767 (43.2%) were in year 10.

Pupils are asked to say where in the borough they live, this information has enabled some of the results from 2018 (and this will be replicated in 2019) to be localised and shared with the Neighbourhoods and Safer Rotherham Partnership. Neighbourhoods have used this information to help identify their priorities and priority geographical areas. Safer Rotherham Partnership (in particular around the safeguarding questions), have used this information to identify areas where things appear to be working well and areas where there is cause for concern. Information is shared by ward data and not by each school. School data is confidential to each individual school and has not been shared wider as part of this ward breakdown.

**3.1 Ethnic Origin**

The two charts below, show the breakdown of ethnicity of Y7 and Y10 pupils.

The overall 2019 results show that when asked about their ethnicity, 77.2% (3159) of pupils described themselves as White British (compared to 81.6% in 2018).

17.6% (720) described themselves as from Black or Minority Ethnic group (BME) (this compared to 14.6% in 2018). 2.2% (91) pupils preferred not to disclose information about their ethnicity and 2.9% (121) described themselves from ‘other’ ethnicity group. This is in line with the school census.

**3.2 Looked After Children**

Pupils were asked to say if they are a looked after child, with an option not to say if they so wished. CYPS data shows that during the period of time that the lifestyle survey was open, there were 95 young people in age range for Y7 and Y10 who were looked after. 72 pupils in this age range completed the survey and identified themselves as a looked after child. This indicates that 75% of looked after children in this age range completed the 2019 lifestyle survey.

Out of these 72 pupils, 32 were in Y7 and 40 in Y10.

* 45.8% (33) pupils indicated they were in a foster care placement
* 43.1% (31) pupils indicated they were in other residential placement
* 11.1% (8) pupils indicated they were in a children’s residential placement

The information from the looked after children results will be shared with Looked after Children’s teams. This will enable the teams to compare the results about health and wellbeing of looked after children with borough wide results, helping identify best practice and where action needs to be taken.

**3.3 Health – Disabilities**

Public Health and Health & Wellbeing Board will receive a report detailing specific results and trend data around the health and wellbeing of pupils and the responses they have given. This is intended to support measures around the aims and objectives of the Health & Wellbeing Strategy, so that the views of young people are taken into consideration.

Pupils were asked if they had a diagnosed long term illness, health problem, disability or medical condition. 22% (902) of pupils said they had a diagnosed condition, which is an increase from both 2018 and 2017. This trend will be highlighted with appropriate health partners.

The 2019 results show that a higher % of Y7 pupils said they had a diagnosed medical condition, which is a change to the 2018 result when Y10 was a higher %.

In Y7, 526 pupils said they had a diagnosed condition. 245 of these are girls and 281 boys.

In Y10, 376 pupils said they had a diagnosed condition. 188 of these are girls and 188 boys.

Out of the 902 pupils (22%) who said they have who said they have a diagnosed medical condition, 793 (88%) answered the follow-up question about what their condition is. The % breakdown is detailed for Y7 and Y10 in the charts below.

Analysis of the responses to ‘Other’ option showed that the majority of pupils in both years reported conditions such as Diabetes, Skin Conditions, Allergies, Hay Fever or multiple choices. There was no one other condition described in ‘other’ that had a significant % response.

The data highlights that there has been an increase from 2018 results in the % of pupils who said their diagnosed condition was related to mental health. This has increased to 10.6% in 2019 from 5.8% in 2018. This figure is made up of 25 year 7 pupils and 59 year 10 pupils. This result will be included in the reports to Health & Wellbeing Board, CAMHS and schools. CAMHS confirmed this is consistent with their data, they have seen an increase in referrals to support young people with their mental health.

There has been a decrease in the % of pupils who said they had a diagnosis of asthma, to 24.7% from 25.9% in 2018. There has also been a small decrease in the % of pupils who said they have a diagnosis of autism, falling from 13% in 2018 to 12.1% in 2019.

**3.4 Oral Health**

The data around oral health will be shared with the Public Health Specialist lead for tobacco control and Oral Health Improvement Group.

Out of 4091 pupils, 3896 (95.2%) answered the questions around oral health, based on the responses from 3896 the data shows:

* 76.5% (2989) said they visit the dentist 6 monthly
* 15.2% (595) said they visit the dentist yearly
* 4.6% (179) said they do not visit the dentist at all
* 3.7% (143) said they visit the dentist less than once per year

The results in the Rotherham lifestyle survey for 2019 show that 3,584 (91.7%) of pupils said they visit the dentist at least once per year. This has increased in % from 89.2% in 2018. There has been a slight increase in the % of pupils who said they do not visit the dentist, this has increased to 4.6% from 4% in 2018.

**What’s working well?**

In 2019 NHS England has increased the number of available appointments at some dental practices in Rotherham.

It has been identified that the potential barriers for families not attending dentists are:

Adults cannot afford treatment and may not take children to the dentist (even though NHS treatment is free for children); another common barrier is dental anxiety

**What is happening?**

The data from the Rotherham Lifestyle survey will be shared to be discussed at Oral Health Improvement Group and members will work in partnership to promote access to dental care, especially for children

**4. Healthy Eating & Exercise**

The data around healthy eating & exercise will be shared with the Public Health Specialist lead for weight management and will be highlighted to all schools.

Out of 4091 pupils, 3777 (92.8%) answered the questions around healthy eating and drinking. The results show the % based on the responses from 3777 pupils.

**4.1 Fruit & Vegetables**

It is recommended that young people should aim to have 5 or more portions of fruit and vegetables each day.

The 2019 Lifestyle survey results show:

* 16.6% (627) are eating the recommended 5 or more pieces of fruit or vegetables
* 38% (1438) are eating between 3 to 4 pieces of fruit or vegetables
* 39% (1472) are eating between 1 or 2 pieces of fruit or vegetables
* 6.4% (240) are not eating any fruit or vegetables

The % of pupils eating the recommended 5 pieces of fruit or vegetables each day has increased to 16.6% from 15.5% in 2018; also the % of pupils who said they do not eat any fruit or vegetables has decreased from 6.9% in 2018 to 6.4% in 2019.

**What’s working well?**

‘Change for Life’ resources have been promoted in Primary Schools and are delivering free fruit and vegetables to encourage and promote healthy eating. This could contribute to Y7 pupils being more likely to eat fruit and vegetables.

Over 20% of Y7 eat the recommended 5 portions compared to 12% of Y10.

**4.2 Water**

It is recommended that young people should aim to have 6 or more glasses of water each day.

The 2019 Lifestyle survey results show:

* 45% (1696) are drinking between 1 to 3 glasses of water per day
* 29.8% (1127) are drinking between 4 to 5 glasses of water per day
* 17.6% (668) are drinking the recommended 6 glasses or more per day
* 7.6% (286) do not drink any water

The % of pupils drinking the recommended 6 glasses or more has declined from 18.5% in 2018 to 17.6% in 2019 and the % of pupils saying they do not drink any water has increased from 6.7% in 2018 to 7.6% in 2019.

**What are we worried about?**

There has been a decline in the % of pupils who are consuming the recommended water per day and also an increase in the % of pupils who said they do not drink water at all.

**What is happening?**

This result will be highlighted to Public Health and all schools.

**4.3 High Sugar Drinks**

It is recommended that high sugar drinks should be avoided.

The 2019 Lifestyle survey results show

* 40.9% (1547) do not drink any high sugar drinks
* 25.90% (978) drink 1 per day
* 17.6% (661) drink 2 per day
* 10.3% (390) drink 3 or more per day
* 5.3% (201) drink 3 per day

The % of pupils who said they do not drink any high sugar drink has improved to 40.9% in 2019 from 38.8% in 2018. Although the % of pupils who said they drink more than 3 per day high sugar drinks has increased to 10.3% in 2019 from 9.3% in 2018

**What’s working well?**

The promotion of the content of sugar in drinks that schools have adopted, appears to be having impact, with the increase of the % of pupils not drinking any high sugar drinks.

**4.4 High Energy Drinks**

**4.4 High Energy Drinks**

Schools have made the decision to ban the sale of high energy drinks and highlight the negative impact excessive consumption can have.

The 2019 Lifestyle survey results show:

* 65.7% (2478) do not drink any high energy drinks
* 24.2% (917) drink between 1 to 3 high energy drinks each week
* 5.3% (202) drink between 4 to 7 high energy drinks each week
* 3.5% (135) drink more than 10 high energy drinks each week
* 1.3% (45) drink between 8 to 10 high energy drinks each week

The % of pupils who said they do not drink any high energy drink has improved to 65.7% in 2019 from 64.3% in 2018, although there has been a slight % increase in the % of pupils who said they drink 10 or more high energy drinks each week, this has increased to 3.5% in 2019 from 3.3% in 2018.

**What’s working well?**

The decision made by schools to ban the sale of high energy drinks, could have contributed to the improvement in the % of pupils saying they do not consume these types of drinks.

**4.5 Breakfast**

There has been a slight decrease in the % of pupils who said they have breakfast.

Overall 79% of pupils said they have some breakfast in 2019, compared to 81% in 2018.

Year 7 pupils are twice more likely to have breakfast, compared to year 10 pupils.

The Lifestyle survey results show:

* 69% (2609) said they have breakfast at home
* 21% (790) said they do not have any breakfast
* 4.5% (173) said they have breakfast on the way to school
* 4% (153) said they have breakfast at school (not a breakfast club)
* 1.5% (52) said they have breakfast at school (breakfast club)

The % of pupils who said they have breakfast at home has decreased to 69% in 2019 from 71.8% in 2019. There has been an increase in the % of pupils who said they do not have breakfast, this has increased to 21% in 2019 from 19% in 2018. There has been a slight % increase in the % of pupils who have breakfast at a school breakfast club, this has increased to 1.5% in 2019 from 1.3% in 2018.

58% (7) of the schools who participated in the survey, said they offer a breakfast club for pupils.

The national picture from studies carried out show that girls are more likely to skip breakfast with the main reason given, it will help them lose weight. Boys gave the main reason, they didn’t have enough time.

**What’s working well?**

**Benchmarking**

A number of national studies have shown that between 25% to 32% of children of school age, go to school without breakfast

Rotherham 2019 Lifestyle Survey results show that 21% of pupils said they skip breakfast.

**4.6 Snacks**

Pupils are asked in the survey if they choose to have a snack during break time at school.

The Lifestyle survey results show:

* 31.1% (1177) said they have a warm snack
* 16.9% (638) said they do not eat snacks at break time
* 15.4% (582) said they have crisps
* 11% (419) said they have a chocolate bar
* 10.9% (409) said they have fruit
* 10% (374) said they have a cereal bar
* 4.7% (178) said they have biscuit

There has been an increase in the % of young people who said they have a snack at break time, this has increased to 83.1% in 2019 from 82.1% in 2018. The trend has continued from previous years with a hot snack being the most popular choice. Fruit has moved up to being the 5th most popular choice in 2019, from 7th in 2018.

**4.7 Lunch**

Pupils are asked in the survey to say where they have their lunch during school time.

The Lifestyle survey results show:

* 55.5% (2093) choose to have school meals
* 31.2% (1178) bring a pack lunch from home
* 6% (230) said they do not have any lunch
* 4.9% (187) buy their lunch from a local shop
* 2.4% (89) go home for their lunch

There has been a % increase of pupils who said they have a school meal as their lunch, this has increased in 2019 to 55.5% from 52.5% in 2018. There has been an increase in the % of pupils who said they go without any lunch, this has increased to 6% in 2019 from 5.3% in 2018.

Year 10 pupils are 3 times more likely to skip lunch, compared to year 7 pupils.

**What are we worried about?**

A trend has continued with a % increase with pupils saying they do not have any lunch.

In 2017 – 5.2% of pupils said they missed lunch

In 2018 – 5.3% of pupils said they missed lunch

In 2019 6% of pupils said they missed lunch

**What is happening?**

This data will be highlighted to all schools

**4.8. Exercise, Health & Weight**.

Out of 4091 pupils, 3746 (91.5%) answered the questions around exercise, health & weight. The results show the % based on the responses from 3746 pupils.

It is recommended that young people should aim to get at least one hour moderate physical activity most days of the week. The minimum recommended is 30 minutes, 3 times per week.

The lifestyle survey results show

* 82.6% (3097) said they regularly take part in sport or exercise
* 17.4% (649) said they do not regularly take part in sport or exercise

The results show that there has been a small decrease in the % of pupils who said they regularly take part in sport or exercise. This has reduced to 82.6% in 2019 from 82.8% in 2018. Year 7 pupils are more likely to exercise regularly, compared to year 10 pupils.

Out of the 3746 pupils who responded to the questions about exercise and health, the frequency they said they do physical activity was:

* 20.5% (769) exercise 6 to 7 times per week, increase from 2018 (19.2%)
* 29.9% (1119) exercise 4 to 5 times per week, decrease from 2018 (30.1%)
* 38.3% (1250) exercise 1 to 3 times per week, decrease from 2018 (38.4%)
* 7% (261) exercise less than once per week, decrease from 2018 (7.4%)
* 4.3% (155) said they never did any exercise decrease from 2018 (4.7%)

There has been an increase in the % of pupils who are exercising 6 to 7 times per week and there has also been a decrease in the % of pupils who said they do not do any exercise.

**5. Feelings**

**5.1 Feelings Physical & Mental Health**

Out of 4091 pupils, 3662 (90%) answered the questions around their feelings about physical and mental health. The results show the % based on the responses from 3662 pupils.

At a request from young people, the question around health was split into two to encourage young people to express how they feel about their mental health as well as their physical health.

The responses are detailed in the charts below for Y7 and Y10 with a 2017, 2018 and 2019 trend information for physical health and mental health.

The Year 7 results show that there has been a trend of a decrease in % of pupils who expressed they felt excellent about their mental health and a trend of an increase in % of pupils who expressed they felt poor about their mental health.

The Year 10 results show that there has been a decrease in 2019 in the % of pupils who felt their mental health was excellent, it has decreased to the same % result in 2017. There has been an increase in the % of pupils who felt their mental health was poor.

**What are we worried about?**

The trend information shows that less young people feel good about their mental health and more young people feel their mental health is poor.

This information in conjunction with the data from 3.3 (Disabilities) that told us more young people informed us they have a diagnosed medical condition, relating to mental health, highlighting mental health is a priority for young people.

**What is happening?**

This information will be highlighted to

Health & Wellbeing Board; CAMHS; Public Health Specialist for Mental Health & all schools.

The Health & Wellbeing Board have objectives to reduce the occurrence of common mental health problems among young people

This data is consistent with the experience of CAMHS, who have seen an increase in the volume of referrals for young people to support with their mental health.

**5.2 Feelings about Weight**

Out of 4091 pupils, 3653 (89.3%) answered the questions around their feelings their weight. The results show the % based on the responses from 3653 pupils

Pupils are asked to share their feelings about their weight.

The Lifestyle survey result show:

* 31.4% (1148) of pupils said they were worried about their weight, this has increased from 30.6% in 2018. Year 10 pupils are more likely to say they are worried about their weight.

Pupils are asked to describe how they feel about their weight, the results show:

* 3% (113) said they felt they were much too thin, an increase from 2.1% in 2018
* 11.8% (431) said they felt they were a bit too thin, a small decrease from 11.9% in 2018
* 54.9% (2002) said they felt they were about the right size, a decrease from 56.7% in 2018
* 24.7% (901) said they felt they were a bit too fat, almost identical 24.8% in 2018
* 5.6% (206) said they felt they were much too fat, an increase from 4.5% in 2018

Year 10 pupils are less likely to say they feel they are about the right size and are more likely to say they are overweight.

**Benchmarking**

Public Health England

Child & Maternal Health Data

Obesity Data for 10-11 Years

Rotherham 22.2%

Regional Yorkshire & Humberside 20.4%

National 20%

**What Are We Worried About?**

From National Benchmarking Data

Rotherham has a higher % of children in age group 10-11 years that are defined as obese compared to regional and national data.

The 2019 Lifestyle survey results highlight that there has been an increase overall of pupils who feel they are overweight/very overweight

**What is happening?**

The newly commissioned child weight management service WHAM – (Weight, Health and Attitude Management) is now part of the 0-19 service (delivered by The Rotherham Foundation Trust (TRFT)) which has been in place since 2019. This provides support for children, young people (age 4-19 years) and families who have been identified with a BMI that suggests a child is overweight (from National Child Measurement Programme (NCMP), or other health professionals). One to one sessions give advice and guidance and a 6 week healthy lifestyle programme.

WHAM service is developing a training package to be rolled out to NHS and CYPS staff in October 2019 to support this programme.

For the first wave of families who have completed the 6 week programme the early indications show positive results

**5.3 How Pupils Feel**

Out of 4091 pupils, 3655 (89.4%) answered the questions around their feelings and what they feel good about. The results show the % based on the responses from 3655 pupils

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| **How Pupils Feel Y7** | | | |
| Rating | 2019 | 2018 | 2017 |
| 1st | Home Life | Home Life | Home Life |
| 2nd | Friendships | Friendships | Friendships |
| 3rd | Future | Future | Future |
| 4th | Myself | Myself | Myself |
| 5th | Schoolwork | Schoolwork | Schoolwork |
| 6th | Relationships | Relationships | Relationships |
| 7th | How I look | How I look | How I look |

The data shows that for Year 7 in 2019, 2048 pupils responded to this question, the results show:

* 89.7% of pupils felt good about their home life
* 86.8% of pupils felt good about their friendships
* 85.2% of pupils felt good about their future
* 78.1% of pupils felt good about themselves
* 77.1% of pupils felt good about their schoolwork
* 73.6% of pupils felt good about their relationships
* 62.2% of pupils felt good about the way they look

37.8% of year 7 pupils said they did not feel good about the way they look, this has increased from 35% in 2018.

|  |  |  |  |
| --- | --- | --- | --- |
| **How pupils Feel Y10** | | | |
| Rating | 2019 | 2018 | 2017 |
| 1st | Home Life | Friendships | Home Life |
| 2nd | Friendships | Home Life | Friendships |
| 3rd | Future | Future | Myself |
| 4th | Relationships | Myself | Future |
| 5th | Myself | Relationships | Relationships |
| 6th | Schoolwork | Schoolwork | Schoolwork |
| 7th | How I look | How I look | How I look |

The data shows that for Year 10 in 2019, 1607 pupils responded to this question, the results show:

* 86.6% of pupils felt good about their home life
* 86.4% of pupils felt good about their friendships
* 72.8.2% of pupils felt good about their future
* 70.7% of pupils felt good about their relationships
* 69.6% of pupils felt good about themselves
* 63.1% of pupils felt good about their schoolwork
* 55.7% of pupils felt good about the way they look

44.3% of year 10 pupils said they did not feel good about the way they look, this has increased from 41.7% in 2018.

**5.4 Feelings and Talking About Problems**

Out of 4091 pupils, 3663 (89.5%) answered the follow up question about who they would most likely talk to about their problems.

The Lifestyle survey results show:

* 29.3% (1071) would want to talk to a family member
* 28.8% (1055) would want to talk to an adult at home
* 25.6% (937) would want to talk to a friend
* 8.4% (310) chose ‘other’ option
* 4% (145) said they did not have anyone they could talk to
* 2% (76) said they would talk to a member of staff at school
* 0.7% (25) said they would talk to a social worker
* 0.6 (20) said they would talk to a youth worker
* 0.4 (16) said they would talk to a health professional
* 0.2 (8) said they would talk to a school nurse

Analysis of comments input into the ‘other’ option showed in the majority, pupils would talk to multiple choices of the options, boyfriend/girlfriend or they specifically named someone.

The results are similar % to the 2018 results. The one increase that should be noted is that there has been an increase in the % of young people who said they did not have anyone they could talk to, this has increased to 4% (145) in 2019 from 3.4% in 2018. This could be an indicator of loneliness. 80 young people in Y10 and 65 young people in Y7, gave this response.

**6. My Future**

**6.1** **Leaving School**

Out of 4091 pupils, 3569 (87.2%) answered the questions around what they would like to do when they leave school. The results show the % based on the responses from 3569 pupils

The chart below shows the responses from pupils when they were asked what they hope to do when they leave school.

The results show that there has been a decrease in the % of both year 7 and year 10 who aspire to go to university. This should not be seen as something negative, because there has been an increase in % for both year 7 and year 10 with all the other options, this indicates more young people are thinking about employment.

Overall the results show the difference from 2018 results are:

* 2.5% decrease in the % of those who aim to go to university
* 1.5% increase in the % of those who aim to go to college and then get a job
* 0.5% increase in the % of those who aim to get a job straight from school
* 1.5% increase in the % of those who aim to get an apprenticeship
* 1% increase in the % of those who aim to start their own business
* 1% decrease in the % of Y7 who do not know what they would like to do and the % for Y10 remains the same as 2018.

**What is New to Rotherham?**

**University Centre of Rotherham opened September 2018. Brand new campus dedicated to degree and professional training qualifications.**

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**6.2 Rotherham and Your Local Area**

The survey aims to capture the views of young people of Rotherham, how they feel about their future, living, learning and working in Rotherham.

Out of 4091 pupils, 3569 (87.2%) answered the questions around Rotherham and their local area. The results show the % based on the responses from 3569 pupils

**6.3 Recommending Rotherham as a place to live**

Young people where asked if they would recommend Rotherham or their local area to their family and friends as a good place to live. The chart below highlights the responses.

It is positive to see that overall 27% (982) of pupils said yes they would definitely recommend Rotherham as a place to live, this has increased from 22.4% in 2018. Both Y7 and Y10 data shows that there has been an increase in those recommending Rotherham as a place to live. There was a 6% increase from year 7 pupils and a 2% increase from year 10 pupils.

**6.4 Living in Rotherham in the future**

They were asked if they would like to be living in Rotherham in 10 years’ time.. The chart below highlights the responses.

It is positive to see that overall 19.3% (688) of pupils said yes they would definitely like to be living in Rotherham in 10 years’ time. This has increased from 17% in 2018. There has been an increase of 2% with both year 7 and year 10.

**What is working well?**

**Children & Young people’s perception of Rotherham appears to be improving, following the analysis of 2019 survey results.**

**Children & young people need to know they have the opportunity to have their voice heard about future plans for Rotherham and they can contribute to improvements through initiatives such as:**

**Different but Equal Board; Youth Cabinet; Young Inspectors and**

**Looked After Children Councils**

**6.4.1 Living in Rotherham in the future**

Pupils are asked to tell us what would encourage them to remain living in Rotherham to live, learn and/or work past their 16th Birthday. Pupils were encouraged to give responses to choices they felt were a priority for them, they could choose more than one option.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Choices** | **Ranking** | | | | | |
| Overall | | Y7 & Y10 Rating | | | |
| 2019 | 2018 | Y7 2019 | Y7 2018 | Y10 2019 | Y10 2018 |
| Make Rotherham Safer (This could be for example - improve walkways, cycle paths, road safety, police/security patrols). | 1882  52.7%  1st | 1698  (55%)  1st | 2nd | 3rd | 1st | 1st |
| Make Rotherham Cleaner (This could be for example - improve the cleanliness of streets, town-centre and parks). | 1862  52.1%  2nd | 1675  (54%)  2nd | 1st | 1st | 2nd | 2nd |
| More entertainment places (This could be for example - cinema, bowling alley, skating rink, amusements, theatre). | 1649  46.2%  3rd | 1579  (51%)  3rd | 3rd | 2nd | 3rd | 3rd |
| Make Rotherham a place where you would want to work or continue with further education (This could be for example - good job opportunities, apprenticeship opportunities, and excellent further education opportunities). | 1497  42%  4th | 1245  (40%)  7th | 5th | 9th | 5th | 5th |
| Stop Rotherham being seen as a negative place to be.  Celebrate more and be proud of Rotherham and the good things in Rotherham. | 1476  41.3%  5th | 1228  (39%)  8th | 6th | 8th | 4th | 9th |
| Make sure there is affordable Housing in Rotherham for when we need it  . | 142  39.8%  6th | 3123  (42%)  5th | 7th | 5th | 6th | 6th |
| More activities to do (This could be for example - more parks, better play areas, age appropriate activities). | 1411  39.5%  7th | 1333  (43%)  4th | 4th | 4th | 11th | 8th |
| Make Rotherham more young person friendly (This could be for example - have celebrations for young people recognising their achievements, have children champions/ambassadors, make sure information is in language children and young people will understand). | 1380  38.6%  8th | 1216  (39%)  10th | 9th | 7th | 7th | 10th |
| Make Rotherham Healthier (This could be for example - make opportunities to participate in sport and gym activities and/or competitions. Have places you can go to find out about healthy eating). | 1338  37.4%  9th | 1173  (38%)  11th | 8th | 10th | 9th | 11th |
| Make Rotherham transport young person friendly, safe and have reasonable prices. | 1334  37.3%  10th | 1318  (42%)  6th | 10th | 6th | 8th | 4th |
| Make Rotherham a place where there is a good range of shops. | 1244  34.8%  11th | 1218  (39%)  9th | 11th | 11th | 10th | 7th |

Overall the top 3 priorities have remained the same as in 2018.

They would like to see Rotherham safer, cleaner and have more entertainment places.

It is interesting to see that the least priority in 2019 for young people is to see a good range of shops, this was a slightly higher priority for year 10, but overall this was rated the least in priorities.

The priorities that have had the most significant move up in priority order are:

* Make Rotherham a place where you would want to work or continue with further education
* Stop Rotherham being seen as a negative place to be.  Celebrate more and be proud of Rotherham and the good things in Rotherham.

The priorities that have moved down in priority order

* Make Rotherham transport more young person friendly
* More activities to do

**7. Rotherham and Your Local Area**

Young people are asked to give us their views on the leisure services in their local area, asking them whether they use the services and if they do how do they rate them.

**7.1 Youth Centres**

The survey aims to capture the views of young people of Rotherham, and whether they use the Youth Centres that are available for them to access and if they have used any of the Youth Centres how do they feel about them. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025 and with Early Help.

Out of 4091 pupils, 3545 (86.6%) answered the questions around Youth Centres. The results show the % based on the responses from 3545 pupils

Overall 25.7% (911) of pupils said they use a Rotherham Youth Centre, this is a slight increase from 25% in 2018.

Y7 (33%) pupils are more likely to use a youth centre compared to Y10 (16%).

**7.1.1 Rating Youth Centres**

Out of the 911 young people who said they have used a youth centre, 883 (97%) answered the follow on question to give a rating to how they found the youth centre.

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Overall 90% of those who have used a youth centre rated their experience good or better. This is a decrease from 2018 when 92% gave the same ratings.

**7.2 Libraries**

The survey aims to capture the views of young people of Rotherham and whether they use the libraries that are available for them to access and if they have used any of the libraries how do they feel about them. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025 and with Regeneration and Environment.

Out of 4091 pupils 3520 (86%) answered the questions around libraries. The results show the % based on the responses from 3520 pupils.

Overall 44.6% (1570) of pupils said they have used a library, this is an increase from 42% in 2018.

**7.2.1 Rating Libraries**

Out of the 1570 young people who said they have used a library, 1409 (90%) answered the follow on question to give a rating to how they found the library.

Overall 1409 pupils shared their views on rating libraries in Rotherham.

Pupils were asked to rate a library if they had ever visited one, they could rate more than one library if they had visited more than one.

Overall using the data from the volumes of pupils who rated a library, the most popular choice of libraries are:

1. School Library
2. Wickersley
3. Riverside House
4. Dinnington
5. Maltby
6. Swinton
7. Wath
8. Kiveton Park
9. Aston
10. Brinsworth
11. Thurcroft
12. Rawmarsh
13. Greasbrough
14. Kimberworth
15. Mowbray Gardens
16. Thorpe Hesley

Wickersley and Riverside House are more popular than they were in 2018.

The top 3 libraries receiving the most excellent ratings are:

**Year 7 Year 10**

Wickersley Riverside House

Riverside House Wickersley

Swinton Brinsworth

This has changed since 2018, when school library was rated the highest by both year 7 and year 10.

The libraries receiving the most poor ratings are:

**Year 7 Year 10**

Thurcroft Thorpe Hesley

Mowbray Gardens Thurcroft

Thorpe Hesley Kimberworth

The overall ratings for the all libraries show that pupils rate them:

Overall 71.8% rated libraries good or better, this has decreased from 82.1% in 2018.

**7.2.2 Encouragement to use Rotherham Libraries**

Out of 4091 pupils 2843 (69.5%) answered the question, what would encourage you to use a library more often? The results show the % based on the responses from 2843 pupils.

The results show that more young people said they would like a separate space to relax or work than in 2018 and less young people have said they would like more computer equipment. The other choices are similar % as in 2018.

**7.3 Leisure Centres**

Out of 4091 pupils, 3444 (84.2%) answered the questions around Leisure Centres. The results show the % based on the responses from 3444 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025 and with Regeneration and Environment.

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The results show that 72.6% (2511) of pupils said they have used a Rotherham Leisure Centre, this has decreased slightly from 73.4% in 2018.

**7.3.1 Rating Leisure Centres**

Out of the 2511 young people who said they have used a leisure centre, 2319 (92.3%) answered the follow on question to give a rating to how they found the leisure centre.

Overall 2319 pupils shared their views on rating leisure centres in Rotherham.

Pupils were asked to rate a leisure centre if they had ever visited one, they could rate more than one leisure centre if they had visited more than one.

Overall 83.5% of those who said they have used a leisure centre, rated the experience good or better, this has decreased slightly from 85% in 2018.

Overall using the data from the volumes of pupils who rated a leisure centre, the most popular choice of leisure centres are:

1. Rotherham Leisure Complex
2. Maltby Leisure Centre
3. Aston
4. Wath

The leisure centre receiving the most excellent ratings was

* Rotherham Leisure Centre

The leisure centre receiving the most poor rating was

* Aston Leisure Centre

**7.4 Clifton Park Museum**

Out of 4091 pupils, 3484 (85.2%) answered the questions around Clifton Park Museum. The results show the % based on the responses from 3484 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025 and with Regeneration and Environment.

Overall 58.3% (2031) of pupils said they have visited Clifton Park Museum, this has increased from 53.5% in 2018.

**7.4.1 Rating Clifton Park Museum**

Out of the 2031 young people who said they have visited Clifton Park Museum, 1969 (97%) answered the follow on question to give a rating to how they found the museum.

Overall from the pupils who rated the museum 94.2% rated this good or better, this has increased from 92.6% in 2018.

**7.5 Rotherham Civic Theatre**

Out of 4091 pupils, 3471 (84.9%) answered the questions around Civic Theatre. The results show the % based on the responses from 3471 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025 and with Regeneration and Environment.

Overall 40.4% (1403) of pupils said they have visited Civic Theatre, this has increased from 36% in 2018.

**7.5.1 Rating Civic Theatre**

Out of the 1403 young people who said they have visited Civic Theatre, 1353 (96.4%) answered the follow on question to give a rating to how they found the theatre.

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Overall from the pupils who rated the theatre 95.1% rated this good or better, this has decreased slightly from 95.7% in 2018.

**7.6 Rotherham Parks**

The questions around Rotherham parks was slightly amended in 2019, to include local parks as well as the bigger parks in Rotherham.

Out of 4091 pupils, 3463 (84.7%) answered the questions around Rotherham Parks. The results show the % based on the responses from 3463 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Regeneration and Environment and Safer Rotherham Partnership.

Overall 88.1% (3053) of pupils said they have visited one of the Rotherham Parks. This has improved from 86.5% in 2018.

**7.6.1 Rating Rotherham Parks**

Out of the 3053 young people who said they have visited one of Rotherham Parks, 2987 (97.8%) answered the follow on question to give a rating to how they found the parks.

Pupils were asked to rate a park if they had ever visited one, they could rate more than one park if they had visited more than one.

Overall using the data from the volumes of pupils who rated a park, the order of popularity of the parks is:

1. Clifton Park
2. Local Neighbourhood Park
3. Rother Valley Country Park
4. Thrybergh Park

Overall 90.2% rated Clifton Park as good or better, similar to 90.3% in 2018

Overall 92.4% rated Rother Valley as good or better, this has decreased from 94.1% in 2018

Overall 82.6% rated Thrybergh as good or better, this has increased from 82.1% in 2018

Overall 65% rated their local park as good or better, this is the first time local parks question has been included in the survey.

**7.7 Rotherham Town Centre**

Out of 4091 pupils, 3394 (83%) answered the questions around Rotherham Town Centre. The results show the % based on the responses from 3394 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Regeneration and Environment and Safer Rotherham Partnership.

Overall 31.2% of pupils said yes, they regularly visit Rotherham Town Centre, this has increased from 28.5% in 2018.

**7.7.1 Reason for visiting Rotherham Town Centre**

The follow on question about why pupils visit town centre was answered by 97% (3293) of those who said they have visited the town centre.

The 2019 results show that there is a difference between year 7 and year 10 pupils, why they visit Rotherham town centre.

* Shopping is the main reason for both year 7 and year 10
* 2nd most popular with year 7 is going to a football match and with year 10 it is to meet friends
* 3rd most popular with year 7 is going out for a meal and with year 10 it is going to a football match.

Pupils are far more likely to visit Rotherham town centre during the daytime.

* 63% of year 7 and 53% of year 10 said they have visited the town during the daytime only.
* 3.3% of year 7 and 4% of year 10 said they have visited the town at night time only
* The remaining % had visited both during day and night

**8.0 Safeguarding**

Pupils are asked a series of questions about their safety, feeling safe in and around the town centre, their local community, on-line and bullying issues.

**8.1** **Feeling Safe Rotherham Town Centre**

Out of 4091 pupils, 3394 (83%) answered the questions around feeling safe in and around Rotherham town centre. The results show the % based on the responses from 3394 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Regeneration and Environment, Safer Rotherham Partnership, Rotherham Children’s Safeguarding Board and South Yorkshire Passenger Transport Executive.

The report shows the % of pupils who say whether they feel safe in Rotherham town centre, using bus or train services from town centre stations. The % of pupils who said they have not visited town centre or used town centre transport station will be identified.

281 (8.2%) of pupils said they have never visited Rotherham town centre.

There has been a slight increase in the % of pupils who said they always feel safe in Rotherham town centre, this has increased to 19.8% from 19.3% in 2018. Those saying they never feel safe is almost identical to 2018. In 2019, 23.4% said they never feel safe in town centre, compared to 23.3% in 2018.

**8.2 Feeling Safe Rotherham Town Centre Bus Station**

546 (16%) of pupils said they have never used Rotherham bus station.

There has been an increase in the % of pupils who said they always feel safe, in the bus station, this has increased to 24.1% from 21.6% in 2018. The % of pupils who said they never feel safe is similar, 21% said they never feel safe in the bus station, compared to 21.5% in 2018. This question relates to the new improved bus station that opened 3rd March 2019.

**8.2.1 Rotherham Bus Station Information Sharing**

Pupils were asked if they would like to share their views about how they would like to find out information around public transport. This in particular has helped South Yorkshire passenger transport improve their sharing of information around transport and the media for them to use.

Out of 4091 pupils, 75% (3064) gave their views**,** the responses are based on the results of 3064 pupils.

The results are similar in preferences to 2018. 56.4% would prefer to look on-line, this has increased from 49.6% in 2018. There has been a decrease in the % of those who would prefer, leaflets, information kiosk and talking to someone over the telephone.

More young people said they would like to talk to someone face to face, this has increased to 8.5% from 5.2% in 2018 and those saying they would like information at bus stops has decreased to 19.7% from 25.6% in 2018.

**8.3 Feeling Safe Rotherham Train Station**

930 (27.4%) of pupils said they have never used Rotherham train station.

There has been a slight improvement in the % of pupils who said they always feel safe at the train station, this has increased to 23.6% from 23% in 2018. Unfortunately there has been an increase in the % of those who said they never feel safe, this has increased to 23.6% from 22.3% in 2018.

**8.4 Risk Factors**

The table below shows what young people feel are the highest risk factors to their safety.

Out of 4091 pupils, 2764 (67.5%) answered this question. Pupils who said they have not visited the town centre, used Rotherham bus station or train station are more likely to have skipped this question.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Town Centre & Risk Factors** | | | | | |
| **Risk Factor** | **2019**  **Overall** | **2019**  **Overall**  **Ranking** | **2018**  **Overall**  **Ranking** | **2019**  **Y7** | **2019**  **Y10** |
| People causing anti-social behaviour | 1520  (15.2%) | 1st | 1st | 1st  1st | 1st |
| People using drugs in public areas | 1504  (15%) | 2nd | 2nd | 2nd |
| Lack of visible security | 1419  (14.2%) | 3rd | 4th | 4th | 3rd |
| People drinking alcohol in the streets | 1368  (13.7%) | 4th | 3rd | 3rd | 4th |
| People causing violence or aggression | 1263  (12.6%) | 5th | 5th | 5th | 5th |
| Litter and untidy environment | 1061  (10.6%) | 6th | 6th | 6th | 6th |
| People making unkind and unwanted comments | 873  (8.7%) | 7th | 7th | 7th | 7th |
| Not many people or adults around | 443  (4.4%) | 8th | 8th | 8th | 8th |
| Protests or marches | 316  (3.1%) | 9th | 9th | 9th | 9th |

The results from 2019 are very similar to 2018. Young people rate the highest risk factors that could contribute to making them feel unsafe are:

* People causing anti-social behaviour
* People using drugs in public areas
* Lack of visible security

Protests and marches are again the lowest rated risk with 3.1% of pupils saying this makes them feel unsafe.

**8.5 Feeling unsafe or scared**

Pupils are asked to say if they would know what to do if they did feel unsafe or scared.

Out of 4091 pupils, 3091 (76%) answered this question. The results show the % based on the responses from 3091 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Safer Rotherham Partnership and Rotherham Children’s Safeguarding Board.

The results show that overall there has been an improvement in the % of young people who said they would definitely know what to do if they felt unsafe, this has improved to 63.3% from 61.5% in 2018. Also there has been a decrease in the % who would not know what to do, this has decreased to 22.9% from 24.2% in 2018.

**8.6 Feeling Safe in Other Areas**

Pupils are asked to share their feelings about feeling safe in other locations that are important in their lives. These questions were answered by 3229 (79%) of pupils. The results show the % based on the responses from 3229 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Safer Rotherham Partnership and Rotherham Children’s Safeguarding Board.

The results show overall:

At home

* 90.8% (2916) said they always feel safe at home, compared to 91.2% in 2018.

Year 7 pupils are more likely to say they feel safe at home.

* 7.5% said they sometimes feel safe at home, compared to 7.1% in 2018.
* 1.7% of pupils said they never feel safe at home, compared to 1.6% in 2018.

At school

* 66.3% (2112) said they always feel safe at school, compared to 57.6% in 2018.
* 29.4% said they sometimes feel safe at school, compared to 37.4% in 2018.
* 4.3% said they never feel safe at school, compared to 4.8% in 2018.

On Way to and from school

* 58.8% (1864) said they always feel safe on way to and from school, compared to 53.8% in 2018.
* 36.4% said they sometimes feel safe on way to and from school, compared to 40.1% in 2018.
* 4.8% of pupils said they never feel safe on way to and from school, compared to 5.9% in 2018.

On local buses and trains

* 29.8% (924) said they always feel safe on local buses and trains, compared to 28.4% in 2018.
* 58.2% said they sometimes feel safe on local buses and trains, compared to 59.3% in 2018.
* 12% of said they never feel safe on local buses and trains, compared to 12.1% in 2018.

In your local community, where you live

* 51.9% (1645) said they always feel safe in the community where they live, compared to 50.5% in 2018.
* 41.6% said they sometimes feel safe in the community where they live, compared to 42.9% in 2018.
* 6.5% said they never feel safe in the community where they live, 6.9% in 2018.

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In local parks or recreational areas (new option 2018)

* 35.7% (1125) said they always feel safe in parks or recreational areas, 33.6% in 2018
* 56% said they sometimes feel safe in parks or recreational areas, 57.5% in 2018
* 8.3% said they never feel safe in safe in parks or recreational areas, 8.8% in 2018

**8.7 Your Local Community**

Pupils were asked which statement best describes the way in which people from different backgrounds get on with each other in their local community. This question was answered by 3229 (79%) of pupils. The results show the % based on the responses from 3229 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Safer Rotherham Partnership, Rotherham Children’s Safeguarding Board and Neighbourhoods.

The results for 2019, show that there has been no significant changes from 2018.

The overall results show:

* 34.9% everyone mixes well with very few problems (35.5% in 2018)
* 33% people generally mix well, but there has been some problems (29.5% in 2018)
* 15.1% different groups keep themselves to themselves but there are not many problems (18.3% in 2018).
* 12.1% people from different groups do not get on well together; there are lots of problems (12.2% in 2018).
* 4.9% there are no people in my area from a different background (4.5% in 2018).

**8.8 Internet Safety**

Pupils are asked to say if they have knowledge of keeping themselves safe while using the internet, with the aim to find out where they were taught about keeping safe on-line.

These questions were answered by 3229 (79%) of pupils. The results show the % based on the responses from 3229 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Safer Rotherham Partnership, and Rotherham Children’s Safeguarding Board and highlighted to schools.

The overall results show:

* 1.6% said they have not been taught about keeping safe on the internet, this has decreased from 2.3% in 2018.
* 77.2% learned about internet safety at school, an increase from 72.6% in 2018.
* 17.5% learned about internet safety at home, a decrease from 19.5% 2018.
* 2.6% learned about internet safety on-line, a decrease from 3.4% in 2018.
* 1.1% learned about internet safety through friends, a decrease from 2.2% in 2018.

**8.9 Risks using the internet**

Pupils are asked to say what they feel are the risks when they are using the internet.

If they feel there is more than one risk, they can choose the options they feel puts them at risk.

|  |  |  |
| --- | --- | --- |
| Risks | Overall 2019 Ranking | Overall 2018  Ranking |
| Someone hacking their information | 1st | 1st |
| People lying about who they say they are | 2nd | 3rd |
| Cyber bullying | 3rd | 2nd |
| Message from people they do not know | 4th | 5th |
| Security issues (viruses) | 5th | 4th |
| Seeing images that make them uncomfortable | 6th | 6th |

There are fewer young people, who said they do not feel there are any risks connected with using the internet, this has significantly reduced to 5.5% from 17.2% in 2018.

The 2019 result show:

**8.10 Bullying**

Pupils are asked to say if they have been bullied in the past 6 months.

These questions were answered by 3229 (79%) of pupils. The results show the % based on the responses from 3229 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Safer Rotherham Partnership, and Rotherham Children’s Safeguarding Board and highlighted to schools.

The results show overall that the % of pupils who said they have been bullied has decreased to 25.8% (835) from 27% in 2018. The highest % decrease has occurred with year 10 pupils. In 2018 23.6% of year 10 said they had been bullied this has decreased to 21.3% and year 7 has decreased slightly to 29.3% from 29.9% in 2018.

Girls are more likely to say they have been bullied, compared to boys in both years 7 and 10. In year 7 out of 535 pupils who said they have been bullied, 331 were girls (61.9%) compared to 204 boys (38.1%). In year 10 out of 300 pupils who said they have been bullied, 173 were girls (57.7%) compared to 127 boys (42.3%). This is the same trend as 2018.

**8.10.1 Bullying Frequency**

The 835 pupils who said they have been bullied, were asked to answer follow up questions about when bullying has occurred, frequency, reasons, method of bullying and reporting bullying. 794 pupils (95%) of pupils answered the follow on questions.

* 44.2% of pupils said they were bullied during school time (47.8% in 2018)
* 12.3% of pupils said they were bullied out of school time (11.8% in 2018)
* 43.5% of pupils said they were bullied during both of these (40.3% in 2018)
* 21.2% said they were bullied very frequently, almost every day (21.4% in 2018)
* 29.7% said they were bulled frequently, more than 3 times per week (33.2% in 2018)
* 29.3% said they were bullied often, between 1-2 times per week (28.7% in 2018)
* 19.7% said they were bullied infrequently between 2-3 times per month (16.4% in 2018)

**8.10.2 Bullying Reasons**

Pupils were asked to say if they knew the reason why they may have been bullied

The reasons young people have said they feel they were bullied have changed since 2018.

There has been an increase in the % of young people saying they were bullied because of:

* Disability/Illness increased to 5.7% from 2.8% in 2018
* People thinking you are gay increased to 5.5% from 4.7% in 2018
* Your religion/beliefs increased to 1.4% from 0.4% in 2018
* No specific reason increased to 26.6% from 25.6% in 2018

There has been a decrease in the % of young people saying they were bullied because of:

* Your weight; decreased to 13.2% from 14.6% in 2018
* Your gender identity; decreased to 0.7% from 1.4% in 2018
* The way you look or dress; decreased to 13.1% from 14.6% in 2018

All other options, remain relatively the same as in 2018.

Analysis of data in the ‘other’ option shows that the majority of pupils said they were bullied because of who their friends are, people don’t like them or multi choices of the options.

**8.10.3 Forms of Bullying**

Pupils are asked to say what form of bullying they have been subject to, the results show:

The form of bullying that has had an increase is:

* Being ignored 10.8% (6.6% in 2018)

The forms of bullying that has had a decrease are:

* Verbal bullying 66.3% (68.5% in 2018)
* Physical bullying 13% (15.3% in 2018)
* Cyber bullying 6.8% (6.2% in 2018)
* Sexual bullying (inappropriate touching/actions or comments) 3.1% (3.2% in 2018)

**8.10.4 Reporting Bullying**

Pupils are asked to say who they reported the bullying to, if they did report it, the results show:

The results show that there has been an increase in the overall % of pupils who either did not report a bullying incident or did not know who to report the bullying to. This has increased to 26.1% from 24.6% in 2018

There has been a decrease in pupils who would report their bullying to:

* Parent/Carer or family member, this has decreased to 30.6% from 34.6% in 2018

There has been an increase in pupils who would report their bullying to:

* Early Help/Youth Worker increased to 1.5% from 1% in 2018
* Friend, increased to 13.5% from 10.7% in 2018
* I did not report the bullying, increased to 20,6% from 19.7% in 2018
* I did not know who to report the bullying to increased to 5.5% from 4.9% in 2018

Out of the pupils who said they had reported being bullied, 62.6% (462) said they had received some help or support. This is an improvement on 2018 when 61.7% said they got some help and support. Year 7 pupils are more likely to say they have received help and support after reporting being bullied.

**8.10.5 Bullying Benchmarking**

**Ditch The Label National Bullying Charity**

**Between 1st November 2017 and 28th February 2018 there was a national survey about bullying**

**This survey was offered to 12 to 20 year old young people**

**The survey was fully completed by 9,150 young people**

**1% of these were from Yorkshire & Humberside region**

**The results from 9,150 young people showed that 22% said they had been subject to a form of bullying**

**Out of these 34% said they have been bullied weekly or more frequent**

**51% said they have been bullied monthly**

**15% said they have been bullied less frequently**

**35% of these young people did not report the bullying**

**Comparison – Rotherham Lifestyle Survey 2019 Results**

**The results for 2019 show that 25.8% (835) said they have been bullied**

**Out of these**

**21.2% have been bullied daily**

**59% have been bullied weekly**

**19.8% have been bullied monthly**

**26.1% did not report the bullying or did not know who to report bullying to**

**9. Young Carers**

Pupils are asked to share information about themselves and if they are a young carer.

The young carer questions were developed with the support of Barnardos young carers council.

Out of 4091 pupils, 3192 (78%) answered the question about being a young carer.

The results show the % based on the responses from 3192 pupils. These results from the Lifestyle Survey will be shared to be included in the plans for the Children’s Capital of Culture 2025, Barnardos Young Carers Service and CYPS Commissioning.

**9.1 Young Carers**

Pupils are asked to say if they look after someone that are unable to do things for themselves due to physical or mental health problems or problems related to drugs/alcohol?

The % of pupils who identified themselves as being a young carer has decreased in 2019. 15.2% (487) identified themselves as a young carer, compared to 19.9% in 2018.

The overall figure from the 2011 Census for Rotherham identifies that 12% of young people in Rotherham are young carers. The lifestyle figure is 3.2% higher than this figure, but this could be attributed to a number of factors. The survey is open to year 7 and year 10 pupils not all children of school age in Rotherham. The survey was not completed by all schools, 75% of secondary schools participated in the lifestyle survey. Pupils may have also identified themselves as a young carer if they are taking a young sibling to school or babysitting.

Out of the 487 young people who identified themselves as a young carer, 460 (95%) of them answered the follow on questions about who they care for, caring tasks, time spent caring, how does being a carer make them feel, support and impact on their future.

**9.2 Caring Tasks**

Pupils were asked about what tasks they help out with, they could choose more than one, if they are needed to do multiple tasks to help support and care.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Task** | **2019**  **Overall** | **Y7**  **2019** | **Y10**  **2019** | **2018 Overall** |
| 1 | Helping around the house | 63.6% | 189 (61.4%) | 104 (68.4%) | 65% |
| 2 | Keep them company (I do not want to leave them on their own) | 38.7% | 128 (41.5%) | 50 (32.9%) | 39.8% |
| 3 | Help to look after and care for brother or sister | 30.2% | 87 (28.2%) | 52 (34.2%) | 31.4% |
| 4 | Do the shopping | 26.7% | 82 (26.6%) | 41 (27%) | 24.1% |
| 5 | Help give them medicine | 22% | 71 (23%) | 30 (19.7%) | 23.3% |
| 6 | Help read letters and other written communication | 17.8% | 57 (18.5%) | 25 (16.4%) | 13.7% |
| 7 | Help with personal care for examples help someone to get dressed, help someone get washed, help someone get in and out of bed | 16.7% | 45 (14.6%) | 32 (21%) | 17.9% |
| 8 | Taking brother or sister to and from school | 14% | 39 (12.6%) | 25 (16.4%) | 12.1% |
| 9 | Help them keep their appointments | 13.2% | 37 (12%) | 24 (15.8%) | 10.9% |

The results from 2019 show that overall there has been an increase in the % of young people supporting with tasks:

* Shopping
* Communication
* Taking sibling to and from school
* Helping keep appointments

There has been a decrease overall in the % of young people supporting with tasks:

* Help around the house
* Keeping company
* Caring for siblings
* Help with medicine
* Personal care

**9.3 Young Carers – Number of Hours Caring**

Young carers are asked to say on average how many hours they provide care each day.

The results show that overall, young carers who say they are caring for more than 8 hours each day has increased to 11.7% from 6.3% (52) in 2018.

**9.4 Impact of Caring**

Pupils were asked to say how caring for someone affects them emotionally and what the impact of being a young carer has on them.

There are a number of factors that have increased the impact on young carers lives, these are:

* Young carers feel they can’t cope, this has increased to 12.3% from 8.6% in 2018
* Less young carers said it makes them feel like they are doing something good, this has decreased to 43.2% from 44.3% in 2018
* More young carers said they lose sleep worrying about the person they care for, this has increased to 6.5% from 5.7% in 2018

There are a number of factors that have decreased around the impact on young carers lives, these are:

* Less young carers said they feel stressed, this has decreased to 23.6% from 25.4% in 2018
* 7% of young carers said they do not get to see their friends as often as they would like to, this has decreased from 13.1% in 2018
* 2.8% of young carers said that caring makes them feel they are not important, this has decreased from 3.5% in 2018
* 4.4% of young carers said they had problems concentrating at school, this has decreased from 4.8% in 2018

**9.5**  **Young Carers Planning for the Future**

Pupils who identified themselves as young carers, were asked to say how they felt about being a young carer and how this would impact on their plans for their future - in particular, do they feel it will impact on them being able to go to university. These questions were added at the request of the Rotherham Young Carers Council.

**What is working well?**

**Barnardos supported Young Carers from Rotherham to have the opportunity to go on a Young Carers Residential in April 2019**

**This gave young carers the opportunity to have an introduction to university life and all it can offer**

**This residential was offered free of charge to young carers by the University of Hull**

**This was an opportunity for young carers to have a break from caring and experience university life**

The results from 2019 show:

* 81.2% of young carers said they will be able to go to college or university, this has increased from 80% in 2019
* 6.4% of young carers said they will not be able to go to college or university because they would worry about the person they care for, this has decreased from 8.7% in 2018
* 12.4% of young carers said they do not feel they have the same opportunities as their friends who are not young carers, this has increased from 11.3% in 2018

**9.6 Supporting for Young Carers**

Young carers are asked to say if they were struggling with the pressure of being a young carer who would they choose to speak with. The results show:

* Parent/carer decreased to 33.4% from 35% in 2018
* Family member other than parent decreased to 21.5% from 22.4% in 2018
* Friend increased to 17.4% from 16.3% in 2018
* Member of staff at school increased to 7% from 6.7% in 2018
* Social Worker or Early Help Worker increased to 4.7% from 4.2% in 2018
* Health professional or school nurse increased to 4.1% from 2.9% in 2018
* Young Carers service increased to 1.4% from 0.8% in 2018

**9.6.1 Barnardos**

Pupils who had identified themselves as a young carer are asked if they have heard of the support available from Barnardos young carers services, the results show:

There has been a decrease in the % of young carers who were aware of Barnardo’s young carers service, this has decreased to 42.2% from 47.2% in 2018.

**10. Smoking, Alcohol and Drugs**

Pupils are asked to respond honestly to a series of questions asked about smoking, drinking alcohol and drug use. Information is shared throughout the survey where young people can go for advice and support. This is particularly highlighted in the smoking, alcohol and drugs questions. Schools are provided with an information pack prior to the commencement of the survey which also details where support and advice can be obtained for young people on these subjects.

**10.1 Smoking**

Out of 4091 pupils, 3140 (76.7%) answered the questions around smoking.

Pupils can opt out in answering questions around smoking if they think it is not relevant to them. The results show the % based on the responses from 3140 pupils. These results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for smoking in Public Health, Commissioning and Licensing Enforcement.

**10.2 The views of young people and smoking**

Pupils are asked to say if they feel it is OK for young people of their age to smoke cigarettes, the results show:

Overall there has been an increase in the % of young people who feel it is not OK to smoke, this has increased to 87.3% from 86.2% in 2018. There has been an increase with both Y7 and Y10. 93.8% of year 7 pupils said no in 2019, compared to 93.6% in 2018 and 78.9% of year 10 pupils said no in 2019, compared to 76% in 2018.

**10**.**3 Smoking and Home Environment**

Pupils are asked to say whether they live in a smoke-free home.

This would mean that no person who lives in the home smokes any type of cigarette, including an E-Cigarette. The results show:

The results show that there has been a decrease in the % of pupils who said their home was smoke-free. This has decreased to 56.5% from 58.3% in 2018. This result may be due to the increase in the use of electronic cigarettes and pupils either using these or identifying family members that use them as smokers.

**10.4 Smoking Regular Cigarettes**

Pupils are asked to share their information around smoking habits.

When asked if they currently smoke regular cigarettes, overall 91.8% (2884) said they do not smoke, this has increased slightly from 91.4% in 2018

* Year 7 96.2% (1704) said they do not smoke, a marginal increase from 96% in 2018
* Year 10 86.2% (1180) said they do not smoke, a small increase from 85.9% in 2018
* Overall 8.2% (256) said they do smoke. 56 of these are year 7 and 200 are year 10

Pupils who said they have never smoked are asked to answer a follow on question.

Out of 2884 pupils who said they do not smoke 98% (2806) answered the follow on question. The % responses are based on 2806 pupils.

The results show:

Year 7, 1661 pupils said they did not smoke and of these:

* 94.1% (1563) said they have never smoked, an increase from 93.5% in 2018
* 4.8% (79) have tried smoking once, a decrease from 5.5% in 2018
* 1.1% (19) used to smoke sometimes, but no longer smoke, an increase from 0.9% in 2018

Year 10, 1145 pupils said they did not smoke and of these:

* 79.6% (912) said they have never smoked, a decrease from 82.5% in 2018
* 15.4% (176) have tried smoking once, an increase from 13% in 2018
* 5% (57) used to smoke sometimes, but no longer smoke, an increase from 4.5% in 2018

.

Overall the results show that there has been a slight decrease in the % of pupils who said they have never smoked. In 2019, this figure is 88.2%, compared to 88.7% in 2018.

**Benchmarking Information (Published 20.8.2019)**

**NHS Digital: Statistics on Smoking**

The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019.

84% of 11-15 year olds have never smoked this has improved from 81% in 2016

**Rotherham Lifestyle Survey 2019**

88.2% of all pupils have never smoked

94.1% (1563) of Year 7 (ages 11/12)

79.6% (912) of Year 10 (ages 14/15)

8.2% (256) said they currently smoke

117 smoking not as many as one a week

*51 smoking between one to six cigarettes each week*

88 smoking more than six per week

**National Target**

A national ambition in the Government’s new tobacco control plan published in 2017

Reduced the number of 15 year old who regularly smoke to 3% or less by 2022

**10.4.1 Smoking Volumes**

Pupils who said they do smoke are asked follow on questions to find out about their smoking habits. In total 8.2% (256) young people said they smoked. In year 7 there were 56 young people said they smoked and in year 10, 200.

The results from 2019 overall show:

* 45.7% (117) said they sometimes smoke, but not as many as one a week, this has increased from 43.3% in 2018
* 20% (51) said they usually smoke between one to six cigarettes each week, this has decreased from 21% in 2018
* 34.3% (88) said they usually smoke more than six cigarettes per week, this has decreased from 35.7% in 2018

**10.4.2 Obtaining Cigarettes**

The 256 pupils who said they smoke cigarettes were asked to say where they mainly obtain their cigarettes from, the results show:

The results show that from the 256 young people who said they smoked, they have obtained their cigarettes from:

* 20.7% (53) have got them from local shops, compared to 18.5% in 2018
* 4.3% (11) have got them from supermarkets, compared to 6.7% in 2018
* 7.8% (26) have got them from a member of the family, compared to 8.2% in 2018
* 47.2% (121) have got them from friends, compared to 43.2% in 2018
* 20% (51) have got them from another source, compared to 23.1% in 2018

The analysis of data in the ‘other’ option in the majority showed that pupils said they could obtain cigarettes, from local dealers, they actually named a shop or person or they said they get someone older to go and get them on their behalf.

**What’s working well?**

RMBC Trading Standards in conjunction with South Yorkshire Police and our own Licencing enforcement have carried out test purchase operations in the last 2 years as part of joint continued work to restrict and disrupt the sale of tobacco to minors.

Trading Standards act on reports and their own intelligence sources to carry out operations to restrict the selling of cigarettes and alcohol to under-age young people.

Standing fines and licence reviews along with educational initiatives are the most frequent measures put in place, but prosecutions are prepared and sought when appropriate.

These actions in the past have contributed to fewer young people being able to obtain cigarettes from local shops, although the 2019 results have reversed this trend.

What has happened in 2019?

10 test purchase operations for illicit cigarettes

5 resulted in search warrants and 3 were found justified

The searches revealed a total of in excess of 75,000 illicit cigarettes and packs of hand rolling tobacco

What needs to happen next?

Share the results with Licencing Enforcement to make them aware of the 2019 results

Provide data to Enforcement Team by ward, to help identify hot spots where young people are obtaining cigarettes

**10.5 Electronic Cigarettes**

Pupils are asked to share information, whether they are using or have tried electronic cigarettes.

Out of 4091 pupils, 3093 (76%) answered the questions around electronic cigarettes.

Pupils can opt out from answering questions if they think it is not relevant to them. The results show the % based on the responses from 3093 pupils. These results from the Lifestyle Survey will be shared with Health & Wellbeing Board and lead officer for smoking in Public Health.

The results show that overall there has been an increase in the % of pupils who said they have never tried an electronic cigarette. 74.2% (2296) gave this response in 2019, compared to 72.6% in 2018. The other results show:

* 11.6% (358) said they have used an electronic cigarette, but only once or twice, compared to 13.3% in 2018
* 4.3% (133) said they have tried an electronic cigarette, but do not use them now, compared to 5.9% in 2018
* 5% (156) said they sometimes use an electronic cigarette, but not every week, compared to 3.7% in 2018
* 4.9% (150) said they use electronic cigarettes regularly, compared to 4.3% in 2018

The results show that there has been an increase in the % of year 7 pupils who have never tried an electronic cigarette, but a decrease in the % of year 10 pupils who said they have never tried an electronic cigarette.

* 87.6% (1529) of year 7 never used an electronic cigarette, compared to 84.8% in 2018
* 56.9% (767) of year 10 never used an electronic cigarette, compared to 58% in 2018

**10.5.1 Use of Electronic Cigarettes**

The pupils who said they use an electronic cigarette are asked a follow on question, overall out of the 797 pupils who said they have tried an electronic cigarette 133 of these said they do not use them now. The follow on question was answered by 83.3% (664) pupils.

The results show out of the 664 pupils who said they use an electronic cigarette, the reasons overall they use them are:

* 15.1% (100) use an electronic cigarette to help them stop smoking, compared to 14.3% in 2018
* 15.6% (103) use an electronic cigarette and no longer smoke regular cigarettes, compared to 15.4% in 2018
* 16.2% (108) use an electronic cigarette and smoke regular cigarettes, compared to 19.5% in 2018
* 53.1% (353) use an electronic cigarette, but have never smoked regular cigarettes, compared to 50.7% in 201

**Benchmarking Information**

Action on Smoking & Health Information from Ash.org.uk

Their key findings show that 76.9% of 11-18 year olds have never tried an electronic cigarette.

The Rotherham Lifestyle survey figures are lower than this for Y7 and Y10 pupils at 74.2%, although this has improved from 72.6% from 2018 results.

Their conclusion around e-cigarettes is:

The data from the 2019 ASH YouGov Smokefree youth GB survey suggest that while some young people, particularly those who have tried smoking, experiment with e-cigarettes, regular use remains low, the data from Rotherham Lifestyle survey shows that from those who said they smoke e-cigarettes, 4.9% (150) said they use them regularly

Source of Information

<http://ash.org.uk/wp-content/uploads/2019/06/ASH-Factsheet-Youth-E-cigarette-Use-2019.pdf>

NHS Digital: Statistics on Electronic Cigarettes (Published 20.8.2019)

The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019.

75% said they have never tried an electronic cigarette.

**10.6 Alcohol**

Out of 4091 pupils, 3073 (75.1%) answered the questions around alcohol.

Pupils can opt out in answering questions around alcohol if they think it is not relevant to them. The results show the % based on the responses from 3073 pupils. These results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for alcohol/drug support in Public Health, Commissioning and Licensing Enforcement.

**10.7 The views of young people and drinking alcohol**

Pupils are asked to say if they feel it is OK for young people of their age to get drunk, the results show:

Overall there has been an increase in the % of young people who feel it is not OK to get drunk at their age, this has increased to 74.6% from 73.7% in 2018. There has been an increase with both Y7 and Y10 who said it is not OK to get drunk at their age. Year 7, 91.2% said no, compared to 90.7% in 2018. Year 10, 54.4% said no, compared to 53.4% in 2018.

**10.8 Drinking Alcohol**

Pupils are asked to say if they have ever had an alcoholic drink, even if this was just a small sip of alcohol, the results show:

Overall 58.7% (1805) said they have not tried alcohol, not even a small sip, this has increased from 57.1% in 2018. There has been an increase in the % of both Y7 and Y10 who have not tried alcohol.

* Y7, 77.1% said they have not tried alcohol, compared to 76.1% in 2018
* Y10, 35% said they have not tried alcohol, compared to 34.6% in 2018

**10.8.1 Age of Drinking Alcohol**

Pupils are asked to say the age they were when they first tried alcohol. Out of the 1268 pupils who said yes they have tried alcohol, 1231 (97%) answered this follow on questions.

The results show

* Age 14 is the most popular age for Y10 pupils to have their first alcoholic drink, 35.8% compared to 34.5% in 2018
* Age 12 is the most popular age for Y7 pupils to have their first alcoholic drink, 41.7%, compared to 47.8% in 2018

There has been a decrease in the % of pupils having their first alcoholic drink lower than the age of 9. This has decreased to 7.2% of year 7 compared to 8.4% in 2018 and 4.4% of year 10 compared to 6.2% in 2018.

**10.8.2 Frequency of Drinking Alcohol**

Pupils who said they have had an alcoholic drink, are asked to say how often they drink. Out of 1268 pupils who said they have tried alcohol, 100% (1268) pupils answered this question. The results show:

Overall there has been a slight increase in the % of pupils who said they have tried alcohol, but no longer drink, this has increased to 13.6% from 13% in 2018.

The comparison shows:

* Tried alcohol but no longer drink, 13.6% compared to 13% in 2018
* Drinking a few times per year, 40%, compared to 37.4% in 2018
* Drinking around once a month, 19.5%, compared to 16.2% in 2018
* Drinking around once a fortnight, 10.5% compared to 14.7% in 2018
* Drinking around once a week, 7.7%, compared to 10.3% in 2018
* Drinking more than once a week, 6% compared to 4.7% in 2018
* Drinking daily, 2.6%, compared to 3.3% in 2018

**10.8.3 Obtaining Alcohol**

Pupils who said they have drunk alcohol are asked to say where they got their alcohol from.

Out of the 1268 pupils who said they have tried alcohol, 1211 (96%) answered this question.

Pupils could have opted not to answer this question, if they had said they have tried alcohol, but no longer drink it. The results show:

The results show a similar trend of previous years, it is from home with family/carers knowledge that the most pupils obtain alcohol. It has increased to 65.5% from 64.1% in 2019.

The only other notable increase in % is in those pupils obtaining alcohol from local shops, this has increased to 4.8% (58) from 3.5% in 2018.

The analysis of data input to ‘other’ option shows that in the majority pupils said they have had a drink of alcohol while on holiday or at a family celebration e.g. wedding or birthday party.

**Benchmarking Information**

The What About Youth (WAY) survey was carried out in 2014 and results published in 2015.

This survey was designed to collect robust local authority level data about a range of health behaviours of 15 year old young people.

Rotherham’s eligible sample size was 2,126

841 children from Rotherham answered the question, Have you ever had an alcoholic drink? - 74.3% said yes

England overall figure – 62.4% said yes

Overall the Lifestyle survey results from 2019 show that 58.7% said they have tried an alcoholic drink, this could be due to the Lifestyle Survey is more recent data.

NHS Digital: Statistics on Alcohol (Published 20.8.2019)

The 2018 survey was conducted by Ipsos Mori, and questioned 13,664 pupils, mostly aged 11 to 15, from 193 schools across England, between September 2018 and February 2019.

56% said they have never tried alcohol.

Over a 3 year period 2015/2018 there were 38 admissions to hospital of Rotherham under 18 year olds for alcohol specific conditions

**10.9 Drugs**

Out of 4091 pupils, 3045 (74.5%) answered the questions around drugs.

Pupils can opt out in answering questions around drugs if they think it is not relevant to them. The results show the % based on the responses from 3045 pupils. These results from the Lifestyle Survey will be shared with Health & Wellbeing Board, lead officer for alcohol/drug support in Public Health, Commissioning and the new commissioned service to support young people with drug and alcohol support.

**10.10 The views of young people and the use of drugs**

Pupils are asked to say if they feel it is OK for young people of their age to use drugs, the results show:

Overall the % of young people who felt it is not OK to use drugs at their age has remained identical to 2018 at 94.5%. There was a slight decrease in the % of year 7 who said it was not OK, this decreased to 97.5% from 97.7% in 2018. There was a slight increase in the % from year 10, this has increased to 90.5% from 90.1% in 2018.

**10.11 Using Drugs**

Pupils are asked to say if they have ever tried any drug, the results show:

The results show that overall there has been an increase in the % of young people who said they have never tried drugs, this has increased to 93.1% (2836) from 92.4% in 2018

* 88% (1168) of year 10 said they have never tried any type of drug, this has decreased slightly from 88.3% in 2018
* 97.2% (1668) of year 7 said they have never tried any type of drug, this has increased from 96.7% in 2018

**10.11.1 Types of Drugs**

The results show that 6.9% (209) pupils said they have tried some form of drug.

The follow on question gives these pupils the opportunity to say what form of drug they have tried and if they have tried more than one, they have the option to give more than one answer. The results show:

The table below show the numbers of Y7 and Y10 pupils who said they have tried different types of drugs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of drug** | **Y7** | **Y10** | **Total** |
| Magic Mushrooms | **13** | **18** | **31** |
| Cannabis | **13** | **128** | **141** |
| Solvents e.g. glue, aerosols | **7** | **23** | **30** |
| Ecstasy | **9** | **29** | **38** |
| LSD | **9** | **18** | **27** |
| Amphetamines (Speed) | **7** | **21** | **28** |
| Cocaine | **10** | **28** | **38** |
| Heroin | **9** | **20** | **29** |
| Novel Psychoactive Substance (NPS) – Legal Highs e.g. Spice | **8** | **18** | **26** |
| Mephedrone (miaow, miaow) | **6** | **17** | **23** |
| Ketamine | **6** | **20** | **26** |

The overall results show that cannabis is the most popular drug used and this has increased in popularity since 2018. Out of the 209 young people who said they have tried some form of drug, 32.2% (141) of pupils said they have tried cannabis, compared to 31.5% in 2018. Overall the 2nd and 3rd most popular drug taken was ecstasy and cocaine.

The three most popular drugs taken by year 7 and year 10 are:

Year 7 Year 10

1st Magic Mushrooms (13) 1st Cannabis (128)

1st Cannabis (13) 2nd Ecstasy (29)

3rd Cocaine (10) 3rd Cocaine (28)

The most popular drugs taken overall in 2018 were cannabis, cocaine and solvents. Solvents have been replaced by ecstasy in popularity.

**10.11.2 Use of Drugs - When**

The results show that out of the 209 pupils who said they have tried some type of drug, the frequency they have tried them are:

The results show that out of the 209 young people who said they have tried drugs, 42.5% (89) of them said they have tried them in the last week, this has increased by 10% from 32.5% in 2018. Overall the results show the following information around frequency of drug use:

* 42.5% said they had tried drugs in the last week; this has increased from 32.5% in 2018, this could indicate that young people are using drugs more frequently.
* 19.1% said they had tried drugs during in last month, this has decreased from 21.4% in 2018
* 22% said they had tried drugs in the last year this has decreased from 26.6% in 2018
* 16.2% said it was more than a year ago since they had tried drugs; this has decreased from 19.2% in 2018.

**10.11.3 Use of Drugs – How Often**

Pupils are asked to say how many times they have tried a form of drug, the results show the responses from 209 pupils who said they have tried drugs.

The results show that there has been an increase in the % of young people who have said they have used some form of drug more than 10 times, this has increased to 42.2% (88) from 36.7% in 2018. Overall the following information shows how often drugs are being used

* 42.2% said they have tried them more than 10 times, this has increased from 36.7% in 2018. This is also an indication that drugs are being used more frequent
* 30% said they have only tried drugs once, this has decreased from 30.8% in 2018
* 23% said they have tried drugs 2 to 5 times, this has increased from 22.7% in 2018
* 4.8% said they have tried drugs between 6 to 10 times, this has decreased from 9.5% in 2018

**What Are We Worried About?**

The 2019 Lifestyle survey results give an indication that more young people are trying drugs, and how frequent and how many times they are trying them appears to be on the increase.

The types of drugs that are being tried appear to be the stronger type of drug

The most popular drugs now being cannabis, cocaine and ecstasy.

**Benchmarking Information**

The What About Youth (WAY) survey was carried out in 2014 and results published in 2015.

This survey was designed to collect robust local authority level data about a range of health behaviours of 15 year old young people.

Rotherham’s eligible sample size was 2,126

842 children from Rotherham answered the question, Have you ever tried cannabis?

8.9% said yes

England overall figure – 10.7% said yes

Overall the Lifestyle survey results from 2019 show that 6.9% (209) said they have tried a form of drug. Out of these 209, 32.2% (141) said they have tried cannabis.

Over a 3 year period 2015/2018 there were 68 admissions to hospital of Rotherham for 15-24 year olds due to substance misuse.

**BBC News**

A recent BBC news article reported on the worry that children as young as 12 are being targeted by county line drug gangs expanding their markets into dealing.

Social media apps are increasingly likely to be used by young people to buy illegal drugs

It is reported that young people think cannabis is safer than alcohol.

**11. Sexual Health & Relationships**

Pupils are asked a series of questions about sexual health and relationships. A number of these questions are age appropriate questions and are for year 10 pupils only. The report will indicate if the questions have been answered by year 10 only.

**11.1 Sexuality**

**This question is for year 10 pupils only**

This question was answered by all Y10 pupils (1767).

The results show that 84.1% (1486) year 10 pupils described themselves as straight, this has increased from 83.4% in 2018. Out of these 55% of boys and 45% of girls described themselves as straight in 2019, compared to 51% of boys and 49% of girls in 2018.

* 6.7% (118) described themselves as bisexual. Out of these 88 are girls and 30 are boys
* 2.7% (48) described themselves as lesbian/gay. Out of these 28 are girls and 20 are boys
* 3.7% (65) said they do not know yet. Out of these 36 are girls and 29 are boys
* 2.8% (50) prefer not to say. Out of these 27 are girls and 23 are boys

More year 10 pupils have shared information about their sexuality, in 2019 2.8% preferred not to say, this has decreased from 3.8% in 2018.

**11.2 Sexual Health and Relationships Education**

Pupils are asked to share information about the sexual health and relationship education they have received at school. There are different options for year 7 and year 10 pupils, to make the options age appropriate.

**11.2.1 Year 7 Results**

Pupils are asked to say what they have been taught at school as part of their personal, social and health education in relation to sexual health and relationships.

It is not compulsory for pupils to answer sexual health and relationship questions, pupils can opt out of some or all of the questions around this subject. Out of 2324 year 7 pupils, 73.5% (1709) answered this question. The results for year 7 are based on the responses from 1709 pupils.

The results show that there has been an increase in the % of pupils in year 7 that have been taught about these subjects.

* CSE education has increased to 74.67% from 67.8% in 2018
* Safe Relationships education, including healthy relationships has increased to 90.5% from 86.9% in 2018
* Growing up and body changes education has increased to 94.77 from 92.6% in 2018

**11.2.2 Year 10 Results**

Pupils are asked to say what they have been taught at school as part of their personal, social and health education in relation to sexual health and relationships.

It is not compulsory for pupils to answer sexual health and relationship questions, pupils can opt out of some or all of the questions around this subject. Out of 1767 year 10 pupils, 74% (1302) answered this question. The results for year 10 are based on the responses from 1302 pupils.

The results show that there have been changes in the % of pupils in year 10 that have been taught about these subjects, the majority showing more young people have received education on sexual health subjects.

* CSE education has increased to 90% from 86.7% in 2018
* Safe Relationships education, including healthy relationships has increased to 94.4% from 92.1% in 2018
* Growing up and body changes education has increased to 94.5% from 91.9% in 2018
* Pregnancy education has increased to 89.9% from 83.6% in 2018
* Contraception education has increased to 90.5% from 89.8% in 2018
* Abortion education has decreased to 69.7% from 74.6% in 2018
* Sexually Transmitted Infections education has increased to 93.3% from 90.8% in 2018
* Being a Parent education has increased to 60% from 48.2% in 2018

Overall for both years 7 and 10 there has been improvement in the % of young people who have said they have been taught about sexual health subjects.

It is worth noting that the results in the survey are the perception of young people. There is no specific evidence that shows information around % of young people and the subjects they have been taught. Barnardos Reachout and Barnardos Real Love Rocks Programme deliver training to schools and they support train the trainer programmes, (training staff at schools to deliver their own training in particular around CSE). The results from 2019 show an increase in the % of pupils who have been taught around the subject of CSE in both year 7 and year 10.

**11.3 Sexual Relationships Y10 Only questions.**

Pupils in Y10 were asked if they have had sexual intercourse.

It is not compulsory for pupils to answer sexual health and relationship questions. Out of 1767 year 10 pupils, 74% (1302) answered this question, the response shows the results from 1302 pupils.

* 16% (207) said yes they have had sex; this had increased from 14.2% in 2018

Out of the 207 who answered yes, they have had sexual intercourse

* Girls 50.25% (104)
* Boys (49.75%) (103)

Pupils who answered yes, to the question have you ever had sexual intercourse, are asked follow on questions, these questions were answered by 207 pupils, which is 100% of those who said they have had sexual intercourse.

**11.3.1 Have you had sexual intercourse after drinking alcohol or using drugs?**

* 38.5% (80) said yes
* 61.5% (127) said no

The % of pupils saying yes has increased from 36.4% in 2018.

Out of the 80 who answered yes, they have had sexual intercourse after drinking alcohol or using drugs:

* Girls 46% (37)
* Boys 54% (43)

**11.3.2 Contraception**

The results show:

* The % of pupils not using any form of contraception has increased to 32.3% from 29.1% in 2018. The results in 2019 show that girls are more likely to say they have not used any form of contraception which is a change from 2018, when it was boys who were more likely to give this response.

**11.4 Sexual Health Advice – Year 10 Only**

Pupils in Y10 were asked to say where they would go for sexual health and relationship advice.

It is not compulsory for pupils to answer sexual health advice question. Pupils can opt out of this question. Out of 1767 year 10 pupils, 74% (1302) answered this question. The results for year 10 are based on the responses from 1302 pupils.

The result shows overall:

* 72.1% (935) said they have not sought any advice because they have never had the need for this type of advice. 452 of these were girls and 483 boys. This % is similar to 2018, when 71.2% said they have not sought any advice.

The overall results show that pupils who have sought advice would go to:

* 14.2% would talk to friends, compared to 17.4% in 2018
* 10.2% would talk to parents/carers/family, compared to 7.8% in 2018
* 5.5% would talk to their G.P., compared to 5.2% in 2018
* 3.8% would look online, compared to 4.5% in 2018
* 3.3% would visit a family planning or health clinic, compared to 3.1% in 2018
* 2.2% would visit a drop-in session at school, compared to 2.7% in 2018
* 1.5% would visit a youth start/youth clinic, compared to 2.7% in 2018
* 1.5% would talk to their social worker, compared to 1.7% in 2018
* 1.5% would visit a chemist/pharmacy, compared to 1.1% in 2018
* 1.3% would talk to their \*school nurse, compared to 1.8% in 2018

**11.5 \* School Nurse**

Pupils are asked to say if they are aware of their school nurse or whether their school has a school nurse. Out of 4091 pupils in year 7 and year 10, 73.4% (3003) answered this question, the % responses will be based around 3003 pupils.

The results show:

* Overall, that 30.6% (1213) said yes they knew who their school nurse is the exact same % as in 2018.
* Overall, 22.4% (619) said their school does not have a school nurse, again exact same % as in 2018

\*The service has changed and is called the 0-19 Integrated Public Health Nursing Service. All schools and colleges have access to a professional who can support their health needs, but none are based on school sites any more. This could reflect why some pupils have said their school does not have a school nurse or did not answer this question. They are no longer called ‘school nurses’ because their role is much wider than just schools. The 2020 questions that ask for information about a school nurse will reflect this change.

**12. Child’s Voice**

The Lifestyle survey enables pupils of year 7 and year 10 ages to have their voice heard, share their opinions about their health, wellbeing, safety and their feelings about Rotherham and the community where they live. It is the only annual survey that young people have the opportunity to have their voice heard, about a wide range of subjects and their responses will be shared with all relevant services and partners. In 2019 61% of the relevant cohort participated in this survey.

Out of 4091 pupils in year 7 and year 10, 89% (3641) answered these questions, the % responses will be based around 3641 pupils.

**12.1 School Council**

A school council is an opportunity for pupils to be involved and represent the views of young people at school. Pupils are asked to say whether they are aware of their school council and whether they are actively involved in its work.

The results show:

* Overall 67.4% said they are aware of their schools’ council, this has decreased from 70.6% in 2018.
* Overall 30% said they felt their school council made a difference, this has increased from 29.2% in 2018
* Overall 12.4% said they were actively involved with their school council this has decreased from 13% in 2018

The results show that it is year 7 pupils that are more likely to say they are aware of their school council and they feel the school council makes a difference. It is year 10 pupils who are more likely to say they are actively involved with the school council.

**12.2 Listening to Voice of the Child**

Pupils are asked to say whether they feel they have the opportunity to have their voice listened to and when they have had their voice listened to, do they feel it is taken seriously and acted upon.

The Government is committed to the promotion and protection of children’s rights, in line with the United Nations Convention on the Rights of the Child. It believes that children and young people should have opportunities to express their opinion in matters that affect their lives.

There are benefits of involving children and young people and listening to them:

* It encourages pupils to become active participants in a democratic society, they can have the opportunity to be involved in youth cabinets, school councils and participate in relevant surveys which develops their skills such as cooperation and communication. It can encourage them to take responsibility and can contribute to achievement and attainment
* Young people being actively involved in having their voice heard, can increase confidence, self-respect, competence and improve a sense of responsibility.
* Information is shared with schools on how young people can become actively involved in having their voice heard, through Youth Cabinet, Young Inspectors, Looked after Children Council and Different but Equal Board, these are examples of active young people groups in Rotherham.

Out of 4091 pupils in year 7 and year 10, 89% (3641) answered the child’s voice questions, the % responses are based around 3641 pupils.

The results show:

* Overall 50.8% said they felt their voice was listened to, this has increased from 50.2% in 2018.
* Overall 41.5% said they felt that after their voice was listened to, it was taken seriously, this has increased from 40.1% in 2018
* Overall 31.8% said they felt their voice and views were acted upon, this has increased from 30.2% in 2018

**13. References**

Information other than the results of the 2019 lifestyle survey information has been sourced from:

* Rotherham Lifestyle Survey Report 2018 and 2017
* Rotherham Health & Wellbeing Strategy
* RMBC Trading Standards Action Plan
* Department for Education
* Barnardo’s Young Carers Plan
* NHS Digital 2018
* What About Youth Survey 2014/2015
* [www.nutrition.org.uk](http://www.nutrition.org.uk)
* Public Health England
* Ditch The Label National Bullying Charity
* BBC News Article 4 March 2019
* BBC News Article 13 August 2019

**14. Appendices**

**Appendix 1**

Results showing What’s Working Well

These results will be highlighted to services, partners and schools to share that there has been a positive improvement, compared to 2018 results.

* There has been a decrease of 1.2% of pupils who said they had a diagnosis of asthma, this has changed to 24.7% from 25.9% in 2018. This could be weather related, the summer of 2019 has not been the continuous warm weather we had in 2018.
* 91.7% of pupils said they visit the dentist at least once per year. This has increased by 2.5% from 89.2% in 2018.
* More pupils are eating fruit and vegetables. There has been a 1.1% increase of those eating recommended 5 per day. This has increased to 16.6% from 15.5% in 2018 and those eating no fruit or vegetables has decreased by 0.5% from 6.9% in 2018 to 6.4%.
* Overall there has been a 2.1% increase in the % of pupils who do not drink any high sugar drinks; this has increased to 40.9% from 38.8% in 2018.
* Overall there has been a 1.4% increase in the % of pupils who do not drink high energy drinks, this has increased to 65.7% from 64.3% in 2018
* Overall there has been a 4.5% increase in the % of young people who have said when they leave school/college they would like to start work, get an apprenticeship or start their own business, moving them into a world of employment.
* Overall there has been a 4.6% increase in the % of young people who said they would recommend Rotherham as a place to live, this has increased to 27% from 22.4% in 2018.
* Overall there has been a 2.3% increase in the % of young people who said they would like to be living in Rotherham in 10 years’ time, this has increased to 19.3% from 17% in 2018.
* More young people (in particular year 10 pupils) are proud of Rotherham and would like to see Rotherham no longer being seen as a negative place to be and celebrate more the good things in the Borough. Out of the choices that would encourage young people to remain living, working in Rotherham after their 16th Birthday this option has been chosen by year 10 as the 4th most popular, compared to 9th in 2018.
* Overall there has been an increase in the % of young people who said they have visited Clifton Park Museum, this has increased to 58.3% from 53.5% in 2018 and 94.2% of those who had visited rated this good or better.
* Overall there has been a 4.4% increase in the % of young people who said they have visited Civic Theatre in Rotherham; this has increased to 40.4% from 36% in 2018.
* Overall there has been a 2.7% increase in the % of young people who said they regularly visit Rotherham Town Centre; this has increased to 31.2% from 28.5% in 2018.
* There has been a 2.5% increase % of pupils who said they always feel safe, in the bus station, this has increased to 24.1% from 21.6% in 2018 and a slight decrease in the % who said they never feel safe, and this has decreased to 21% from 21.5% in 2018.
* The results show that overall there has been an improvement of 1.8% in the % of young people who said they would definitely know what to do if they felt unsafe; this has improved to 63.3% from 61.5% in 2018. Also there has been a decrease in the % who would not know what to do; this has reduced to 22.9% from 24.2% in 2018, an improvement of 1.3%.
* Overall there has been a % improvement with young people saying they always feel safe when they are at school; on way to and from school; on local buses and trains and in their local community.
  + 66.3% (2112) said they always feel safe at school, compared to 57.6% in 2018, an improvement of 8.7%.
  + 58.8% (1864) said they always feel safe on way to and from school, compared to 53.8% in 2018, an improvement of 5%.
  + 29.8% (924) said they always feel safe on local buses and trains, compared to 28.4% in 2018, an improvement of 1.4%.
  + 51.9% said they always feel safe in the community where they live, compared to 50.5% in 2018, an improvement of 1.4%.
* Overall there has been a decrease in the % of young people who said they have not been taught about internet safety, this has reduced to 1.6% from 2.3% in 2018, an improvement of 0.7%.
* Overall the % of young people who said they have been bullied has decreased to 25.8% from 27% in 2018, an improvement of 1.2%.
* Overall there has been a decrease in the % of young people identifying themselves as young carers. 15.2% (487) young people identified themselves as a young carer, compared to 19.9% in 2018; this is an improvement of 4.7%.
* Overall more young carers have said they will be able to go to college or university; this has increased to 81.2% from 80% in 2018, an improvement of 1.2%.
* Overall more young people have said they have not tried alcohol; this has increased to 58.7% from 57.1% in 2018, an improvement of 1.6%.
* Overall there has been an increase in the % of young people who said they have never tried drugs, this has increased to 93.1% (2836) from 92.4% in 2018, an improvement of 0.7%.
* The results show that for year 7 pupils there has been an increase in the % of pupils who have said they have received education on sexual health subjects.
* CSE has increased to 74.7% from 67.8% in 2018, an improvement of 6.9%
* Safe Relationships has increased to 90.5% from 86.9% in 2018, an improvement of 3.6%.
* Growing Up has increased to 94.8% from 92.6% in 2018 and improvement of 2.2%.
* The results show that for year 10 pupils there has been an increase in the % of pupils who have said they have received education on sexual health subjects.
* CSE has increased to 90% from 86.7% in 2018 an improvement of 3.3%
* Safe Relationships has increased to 94.4% from 92.1% in 2018, an improvement of 2.3%
* Growing up has increased to 90% from 83.6% in 2018, an improvement of 6.4%.

**Appendix 2**

Results showing what we are worried about

These results will be highlighted to services, partners and schools to share that there has not been any improvement, compared to 2018 results.

* Pupils were asked if they had a diagnosed long term illness, health problem, disability or medical condition. 22% (902) of pupils said they had a diagnosed condition. This is an increase from both 2018 and 2017, this trend will be shared with appropriate health partners. In 2018 20.5% said they had a diagnosed medical condition and in 2017, 20.9%.
* There has been an increase overall from 2018 results of pupils who said their diagnosed condition was related to Mental Health. This has increased to 10.6% in 2019 from 5.81% in 2018. This is an increase of 4.8%. CAMHS have said this is consistent with their information, as they have had an increase in the number of referrals for support for young people.
* Overall 4.6% of pupils said they do not visit the dentist at all; this has increased slightly from 4% in 2018, an increase of 0.6%.
* Overall pupils saying they do not drink any water has increased to 7.6% from 6.7% in 2018, an increase of 0.9%.
* Overall pupils saying they do not have any breakfast has increased to 21% from 19% in 2018, an increase of 2%.
* Overall pupils saying they do not have any lunch has increased to 6% from 5.3% in 2018, an increase of 0.7%.
* The results show that for both Y7 and Y10 there has been an increase in the % of young people that rate their mental health as poor, for Y7 this has increased to 8.3% from 6.4% in 2018, an increase of 1.9% and for Y10 this has increased to 17.5% from 10.9% in 2018, an increase of 6.9%.
* The % of year 7 pupils saying they do not feel good about the way they look has increased to 37.8% from 35% in 2018, an increase of 2.8%.
* The % of year 10 pupils saying they do not feel good about the way they look has increased to 44.3% from 41.7% in 2018, an increase of 2.6%.
* Overall 145 young people (4%) said they would not have anyone to talk to about any problems they may have, this has increased by 0.6% from 2018. Out of the 145 young people who said they did not have anyone to talk to, 80 pupils are in year 10 and 65 pupils are in year 7.
* Overall the % of young carers feeling they cannot cope has increased to 12.3% from 8.6% in 2018; this has increased by 3.7%. The % of young carers saying they lose sleep worrying has increased to 6.5% from 5.7% in 2018, an increase of 0.8%.
* Overall the % of young carers, who had heard of Barnardos young carers service, has decreased; this has decreased to 42.2% from 49.2% in 2018, this is a decrease of 7%.
* Overall there has been a decrease in the % of young people who have said their home is a smoke-free home; this has decreased to 56.5% from 58.3% in 2018, this is a decrease of 1.8%.
* The type of drugs that young people are trying has changed to what could be seen as stronger drugs. The 3 most popular drugs are cannabis, ecstasy and cocaine. There has also be a 10% increase in young people saying they have tried drugs recently, 42.5% said they have tried drugs within the last week, an increase from 32.5% in 2018. The times young people have taken drugs has also increased, young people saying they have used drugs more than 10 times has increased to 42.2% from 36.7% in 2018.
* For year 10 pupils, there has been an increase in the % who said they have had sexual intercourse, this has increased to 16% (207) from 14.2% in 2018, this is an increase of 1.8%.
* From the 207 year 10 pupils who said they have had sexual intercourse, the % of pupils not using any form of contraception has increased to 32.3% from 29.1% in 2018; this is an increase of 3.2%.

**What are we doing about it?**

* The Lifestyle survey results from 2019 will be presented to Health & Wellbeing Board, Safeguarding Board, Safer Rotherham Partnership, South Yorkshire Passenger Transport and Improving Lives Scrutiny Panel.
* The results from the 2019 survey and trend data will be shared with key partners.

Partners are able to request the type of analysis they would like i.e. Neighbourhoods will receive data analysed by wards.

* Feedback will be requested from partners. They will be requested to share how they are using these results and what impact does the survey have on their service.
* Feedback will be requested from schools. They will be requested to share how they are sharing their own school results, how are they using the results and what impact does the survey have in shaping their curriculum.