



Brighter Futures Report 2016/17

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Introduction

The aim of Brighter Futures, the Thurrock emotional health and well-being survey is to provide an insight into the experiences, behaviours and attitudes of children and young people.

Thurrock Council selected The Training Effect (TTE) as the provider of the Brighter Futures survey project. TTE was an incumbent provider in Thurrock through the delivery of its Risk-Avert programme to secondary schools in Thurrock. TTE also provide emotional health and well-being surveys to other local authorities in the UK.

Brighter Futures is a two-year survey focused on pupils in academic years 6,8 and 10. It provides quantitative data and insight into child and adolescent experiences, attitudes and development.

During the 2016/17 academic year 1,010 children and young people from 4 secondary schools and 8 primary schools completed the Brighter Futures survey.

Of the participating secondary schools two completed surveys with years 8 and 10. One completed just the year 8 survey and one completed just the year 10 survey.

The survey included questions related to all aspects of young people's lives, including their experiences, their engagement in risk-taking behaviours, their relationships and how happy they are with their lives.

This wide ranging focus aimed to encapsulate as many factors as possible which contribute to emotional health and well-being.

Summary of key findings

- The majority of children and young people are happy with their lives but 13% report a low sense of happiness.
- The majority of children and young people report feeling 'Happy' or 'OK' on most days but 8% report feeling sad. This is the average for all three year groups completing the survey.
- The vast majority of year 6 pupils have not begun experimenting with smoking and drinking but 1.5% of year 6 pupils report they have tried a cigarette and 12% report they have tried alcohol without adult supervision.
- A minority of young people in year 8 are already engaging in experimental /recreational smoking (12%) and drinking (25%).
- As expected engagement in risk behaviours increases with age, by year 10 pupils are far more likely to be engaging in these behaviours with 18% having tried a cigarette and 30% having drunk alcohol.
- 99% of year 6 pupils report having access to a device, which can access the Internet, and 96% report being allowed to access the internet without parental supervision.
- Bullying was observed to decrease with age. 21% of year 6 pupils reported being bullied in the past 12 months, 20% in year 8 and 11% in year 10.
- Feeling pressure to do certain things, to look a certain way or to act in a certain manner is a concern for many young people. Just over half of young people surveyed reported feeling pressure to look or act a certain way and to like and do certain things.
- Whilst it decreases with age parents continue to be a key area of support for young people. 73% of year 6 pupils report talking to their parents about things that bother them with the percentage reducing to 51% in year 10.

Purpose of the survey

The brighter futures survey was commissioned by Thurrock Council to improve local data related to the emotional health and well-being of children and young people. The intention of this additional data source is to improve local knowledge, contribute to local priorities and strategies and improve the provision of needs led services to children, young people and families.

Survey method

The survey was conducted using online survey software, this was chosen primarily for its ease of use and to effectively manage the potentially high number of returns anticipated as part of this project.

Paper based surveys were considered but rejected due to their high potential for error, the number of questions required and the relatively short project timeline.

The online surveys were designed using the Google Forms programme. This was selected for its high functionality and collaborative abilities, crucial for a project remotely managed outside of the commissioning authority.

The survey was completely anonymous requiring no login or identifying details. Each school was provided with a personalised web link giving access to the survey.

Survey design

The survey was developed in collaboration between TTE and Thurrock Council.

The survey aims to gain insight into a wide range of factors that contribute to emotional health and well-being as well as studying young people's perceptions, beliefs and opinions on behaviours, relationships and communities as they develop from year 6 through to year 10.

Where possible validated questions were used to enable comparison of results in Thurrock to other available datasets. In addition TTE included survey questions it uses with year 8 pupils in other parts of the UK focused on

the screening of risk-taking behaviours, the intended outcome being further comparative data.

The survey was divided into five distinct sections focused on different contributory elements affecting emotional health and well-being, these sections were:

My Experiences – This section included risk-taking behaviours and use of the Internet

My School – This section included; experience of school, perception of bullying, relationships with adults and schoolwork

My Life – This section included; how the young person feels most days, anger, appearance, social pressures and satisfaction with multiple aspects of their life

My Community – This section looked into whether young people felt safe in their local community

My Feelings (Year 8 and 10 only) – This section included; how young people feel about their future, aspirations, how trusting they are of others, their general self-efficacy and their coping strategies.

Survey questions

The survey questions can be found in appendix 1 at the end of this report.

Recruitment of Schools

All primary and secondary schools in Thurrock were given access to the survey, no selection criteria for inclusion and completion was implemented as the main aim was to provide a snapshot of emotional health and well-being rather than to provide a more rigorous academic piece of work.

A significant amount of activities were conducted to ensure the highest number of schools took part in the project. This included:

- Email marketing to all schools
- Extensive phone calls to all schools
- Promotion through Thurrock Council communication channels
- Using current networks and opportunities to promote the survey

Number of Schools

A total of 12 schools took part in the survey; these were made up of 8 primary schools and 4 secondary schools. This represents 40% of secondary schools in Thurrock and 21% of primary school taking part in the survey.

Participation rates for secondary schools were relatively high but participation by primary schools was lower than expected.

A list of participating school schools can be found in appendix 2 at the end of this report.

Number of Young People

A total of 1,010 children and young people attending a Thurrock primary or secondary school completed the survey in its first year. This is an estimated 18% of the target population.

We expect the number of young people completing the survey to increase for the second year of the project. This increase in participation has been observed by the provider on comparable projects delivered over multiple years.

These increases are partly due to word of mouth locally and the effects of repeated marketing.

Reporting to Schools

Each participating school received a tailored report highlighting their individual results.

Results were provided for each question and presented in a graphical format.

Alongside the data for the individual school the reports contained the average for the question across all participating schools.

All participating schools received their tailored report during September 2017.

Schools will be contacted again in September 2017 to further discuss the use of the report and how it can be used most effectively in their school.

Survey Results

The following survey results are presented in each of the five sections that were presented to young people completing the survey.

Some minor rounding of the percentages has occurred due to presenting the data in a coherent format within the charts. This may have led to some results not equaling 100%; this is due to rounding errors.

Explainers for each question are given where relevant and comparison figures included where these are available.

Gender

The survey included a non-binary gender choice for years 8 and 10.

	Year 6	Year 8	Year 10
Male	52.64%	50.13%	39.51%
Female	47.39%	45.09%	58.25%
Trans	N/A	0.63%	1.32%
Other	N/A	4.15%	0.98%

Ethnicity

The full breakdown of self reported ethnic group is included in the table below. This is presented for all participating children and young people in both primary and secondary schools.

Table 1 - Demographic breakdown

Ethnicity	Percentage
White British	62.47
White Irish	0.90
Gypsy or Irish Traveller	1.47
Any other white background	4.25
White and Black Caribbean	1.28
White and Black African	2.28

White and Asian	1.80
Any other mixed / multiple ethnic background	2.18
Indian	1.29
Pakistani	0.70
Bangladeshi	0.88
Chinese	0.71
Any other Asian background	0.30
African	10.88
Caribbean	1.88
Any other black / African / Caribbean background	2.28
Arab	0.30
Any other ethnic group	4.15

My Experiences

The first section of the survey was concerned with the experiences of young people. This section consisted of questions related to their own engagement in behaviours that are considered 'risky' or have the potential for risk.

The purpose of this section was to collect data related to a range of behaviours that may potentially contribute to poor emotional health and well-being. This impact may be direct, such as the potential impact of drugs or alcohol on emotional health, or secondary, such as the impact on emotional health through problematic use of the Internet.

Children and young people were asked several questions related to their own use of both legal and illegal drugs.

These questions are seen as particularly important as they provide insight into early risk-taking behaviour, and the use of alcohol and drugs has a well-established impact on emotional health and well-being.

Alcohol

The findings for the relevant questions for each age group are listed in the table below.

		Never	1-5 Times	6-11 Times	11+ Times
How many times have you tried alcohol without an adult being around? (Year 6)		88%	11%	0.52%	0.52%
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (Years 8 + 10)	Yr 8	75%	15%	4%	5%
	Yr 10	70%	18%	5%	17%
Over the past month on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (Years 8 + 10)	Yr 8	87%	10%	0.65%	2.84%
	Yr 10	82%	13%	2%	3%

The questions related to alcohol in the above table attempt to capture unsupervised drinking with peers.

This is due to the increased risk and change of context that this presents. It is also an important consideration as many of the younger pupils may have tried alcohol within their own homes. This may lead to a false positive as it could present higher levels of experimentation with alcohol which in isolation would be concerning but would not present the same level of risk as drinking with peers.

Smoking

The findings for the relevant questions for each age group are listed in the table below.

		Yes	No
Have you ever tried a cigarette?	Yr 6	1.56%	98.44%
	Yr 8	12%	88%
	Yr 10	18%	82%
	Weighted Average	9.8%	90.2%

		Yes	No
Have you ever tried an electronic cigarette?	Yr 6	2.32%	97.68%
	Yr 8	21%	79%
	Yr 10	22%	78%
	Weighted Average	14.2%	85.8

The data presented in the tables above does not demonstrate that all of these children and young people are smokers; rather it represents those young people who have engaged in this risk-behaviour.

The questions in the table below were only asked in the year 8 and year 10 survey. This was due to the likelihood of young people in year 6 not being regular smokers.

		Once a month	Once a week	Once a day
If you have ever tried a cigarette how often do you smoke? (Years 8 + 10)	Yr 8	4%	1%	1%
	Yr 10	2%	3%	4%
If you have ever tried an electronic cigarette how often do you vape? (Years 8 + 10)	Yr 8	5%	1%	3%
	Yr 10	3%	2%	3%

It should also be noted that the risks of smoking extend across multiple domains and young people experimenting with cigarettes at this relatively young age may be exposed to further risks in obtaining cigarettes, these may include community or social risk factors such as older peers or permissive behaviour within their families.

Cannabis and Other Drug Use

Young people in year 10 were asked about their use of cannabis.

The majority of young people answering this question reported that have never smoked cannabis, with only **9%** of young people reporting they had tried it.

It should be noted however that **13%** of pupils reported to having not tried cannabis but that they had been offered it.

	Yes	No	No, but been offered
Have you ever smoked cannabis?	9%	78%	13%

Young people were then asked the frequency of use if they used cannabis.

The discrepancy in the table below between those who report having ever smoked cannabis and those reporting frequency of use is due to some young people only smoking cannabis on one or several occasions.

If you have ever smoked cannabis how often do you smoke?				
Less than once a month	Once a month	More than once a month	Once a week	Everyday
0.98%	1.31%	0.63%	0.32%	0.96%

We then asked these same young people about their use of other drugs, this included NPS (Novel Psychoactive Substances) and other illegal drugs.

	Yes	No	No, but been offered
Have you ever used any other drugs?	5%	85%	10%

When asked about general drug use the overwhelming majority of young people reported never having used any other drug. Only **5%** of young people reported that they had used an illegal drug.

Social Norms

Year 6 children were asked social norms questions in which they gave their opinion on how many young people in year 8 drank, smoked and vaped.

	How many people do you think in year 8 (age 12) have:		
	Drunk alcohol without an adult being present?	Tried a cigarette?	Tried an e-cigarette?
Year 6 average response	22.14%	20.36%	20.89%
Actual number of year 8's	24.77%	12.10%	21.27%

The table above highlights that children in year 6 are relatively close in their perceptions to the actual figure when thinking about the amount of year 8's who are drinking and vaping. However, there is a clear over perception on the number of those who have tried a cigarette.

Over perception of the levels of engagement in smoking has been reported consistently in other projects conducted by the provider.

Internet and Social Media

The majority of children and young people surveyed have a social network profile. It is clear that exposure to social networks and the risks they may present start early for many children.

The vast majority of primary aged children report they have had lessons on internet safety within school, however a minority already report taking risks online.

The key data for year 6 use of social media and the Internet is presented in the following table.

	Yes	No
Do you own a device that can access the internet?	99%	1%
Are you allowed to use the internet on your own?	96%	4%
Have you had lessons in school about internet safety?	99%	1%
Do you have a social network profile?	76%	24%

This table clearly shows the high level of access to the Internet that children in year 6 already have. It also shows that by this age over three quarters of children already have a social network profile.

We next asked questions related to behavior on social media to all three participating year groups. The answers for all three year groups are presented in the table below.

Please note - The N/A option in the table is for young people who do not have a social network profile.

		Yes	No	N/A
Do you add people to your social networks that you don't know in real life?	Yr 6	18%	61%	21%
	Yr 8	38%	53%	9%
	Yr 10	44%	49%	7%
Have you ever regretted sharing something online?	Yr 6	12%	66%	22%
	Yr 8	6%	84%	10%
	Yr 10	10%	82%	8%
Have you ever felt like someone has tried to made you do something online? (Online Pressure)	Yr 6	8%	71%	21%
	Yr 8	10%	79%	11%
	Yr 10	7%	83%	10%

In the table above we can clearly see that as children age the likelihood that they will add people they do not know in real life to their social media accounts increases significantly. This could be due in part to changes in the social media platforms that young people use.

For the other two questions related to behavior on social media the findings are relatively consistent across all year groups indicating that regretting sharing content online and being pressured to share content remain fairly static from year 6 to year 10.

My School

The second section of the survey was concerned with young people's experience of school.

This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying.

The purpose of this section was to collect data related to multiple factors that may influence how young people view their education and social life within the school environment.

Bullying

Young people were asked about their experiences of bullying over the past 12 and 2-month periods. These questions were asked to all participating year groups in the survey.

		Yes	No	Don't Know
Have you been bullied in school in the past 12 months?	Yr 6	21%	66%	12%
	Yr 8	20%	67%	13%
	Yr 10	11%	82%	7%

		Yes	No	Don't Know
Have you been bullied in school in the past 2 months?	Yr 6	12%	81%	8%
	Yr 8	12%	77%	11%
	Yr 10	6%	87%	7%

An interesting finding in relation to bullying within schools is the number of children and young people who answered they *Don't Know* if they have suffered bullying.

This may indicate a possible need for further educational work with young people in relation to appropriate behaviours and what constitutes bullying within their own peer groups and school communities.

We then asked young people how they had been bullied if they had experienced bullying in the past 2 months.

If you have been bullied in the past 2 months, how were you bullied?						
	Verbally	Physically	Indirectly	Cyber	Via Mobile Phone	Other
Year 6	8%	2%	4%	2%	0.52%	3%

Year 8	9%	3%	6%	2%	0%	2%
Year 10	5%	1%	4%	1%	0.31%	0.63%

Young people in years 8 and 10 were also asked what they thought was the most common *form of bullying* that occurs in their school. Verbal bullying was viewed by the young people as the most common form of bullying in school (**42.46%**), followed by indirect bullying (**27.57%**) and cyber bullying (**13.45%**).

Young people were also asked what they felt was the most common *focus of bullying* within their schools. **58%** of young people felt that bullying related to appearance was the most common focus of bullying.

Whilst a very low figure the second highest individual bullying focus (apart from academic ability) was sexuality indicating that educational provision within PSHE and across school communities generally focused on LGBT issues may be beneficial.

A positive finding is that a majority of year 8 and 10 young people (**49%**) would 'likely' or 'definitely' take action if they saw someone was being bullied. Only **15%** of young people felt they were unlikely take action.

Experience of School and Seeking Support

The majority of young people like their school or think that it is OK.

		I like school	It's OK	I don't like school
Do you like school?	Yr 6	32%	55%	13%
	Yr 8	16%	58%	27%
	Yr 10	14%	55%	31%

Young people were also asked whether they felt safe at school, this question was presented differently for primary and secondary aged students.

		All of the time	Often	Some of the time	Rarely	None of the time
At school I feel safe:	Yr 8	27%	37%	19%	10%	6%
	Yr 10	26%	35%	24%	10%	5%

For year 6 children they were just asked if they felt safe at school.

Students in years 8 and 10 were asked to select a statement which best

	Yes	No	Sometimes	Don't Know
Do you feel safe at school? (Year 6)	62%	2%	33%	3%

described how they felt at school.

Young people in secondary school were also asked how they found their schoolwork, a consistent percentage of young people in both year 8 and 10 report that they struggle significantly with their schoolwork.

		Good, I can complete everything	OK	OK, but sometimes I struggle	I struggle to manage my school work
How do you find your schoolwork?	Yr 8	21%	42%	31%	5%
	Yr 10	15%	39%	40%	6%

We also asked all year groups who they were most likely to talk to about the things that bother them. It should be noted that children and young people can select more than one option for this question.

	Who do you talk to about the things that bother you?							
	Parents	Friends	Other Family	Teachers	School Nurse	Other Adults	Online Friends	Keep things to Myself
Year 6	73%	48%	30%	22%	1%	3%	3%	19%
Year 8	57%	56%	22%	14%	2%	3%	6%	34%
Year 10	51%	63%	21%	9%	0.31%	4%	8%	39%

Whilst parents reduce as a source of support as children age they are still significantly represented in year 10. It is also clear that young people are far more likely to keep things to themselves as they age.

It was also observed that the majority of children and young people find it easy to talk to people when they have problems. In primary school 67% of children in year 6 reported that they find it easy to talk to their parents. In year 8 and year 10 the average for young people reporting that they found

talking about their concerns 'Very easy', 'Easy' or 'Neither easy or hard' was 80%.

Finally for this section we asked children and young people if they knew how to access support if they couldn't talk to the person they normally would.

		Yes	No	Don't Know
If you had a problem and couldn't talk to the person you normally would, do you know where to go to get help?	Yr 6	73%	13%	14%
	Yr 8	64%	18%	18%
	Yr 10	60%	20%	20%

Whilst the figure reduces with age the majority of children and young people report that they know where they can access support if required.

My Life

The third section of the survey was concerned with young people's own lives.

This section consisted of questions related to their own emotional health and well-being, how satisfied or worried they were with their own lives and engagement in outside activities.

The purpose of this section was to ask young people specific questions around their own lives, emotional health and how they perceive the pressure exerted on them by others.

Emotional Health

All young people were asked how they felt most days. Children in year 6 are significantly more likely to say they feel 'Happy' and less likely to feel 'Sad' most days compared to year 8 and 10 pupils.

		Happy	Okay	Sad
How do you feel most days?	Yr 6	53%	43%	4%
	Yr 8	40%	48%	12%
	Yr 10	44%	49%	8%

The average for all years is that **8%** of children and young people say they feel 'Sad' most days. This figure broadly correlates with data from the Office of National Statistics, in that 10% of children in Great Britain aged between 5 and 16 have a mental health problem, with 4% of children suffering from an emotional disorder such as anxiety or depression.

This figure may indicate mild and emerging emotional health concerns for this minority of young people.

Year 8 and 10 were asked whether they find it easy to express themselves in the way they want to. Being able to express yourself either through emotions and feelings or personality and preferences is important for emotional health. Feelings of frustration, anger and isolation can come from not being able to express yourself.

		Yes, always	Yes, sometimes	No
Do you find it easy to express yourself in the way you want to?	Yr 8	26%	54%	20%
	Yr 10	25%	58%	18%

Young people in years 8 and 10 showed relative parity when asked about how often they have strong feelings of anger.

		Everyday	Quite often	Not that often	Never
How often do you have strong feelings of anger?	Yr 8	11%	34%	51%	4%
	Yr 10	13%	32%	51%	4%

These feelings may be due to challenges and problems in their lives and may be negatively impacting on their emotional health and well-being. There may also be a negative effect on their friends and peers.

		Yes	No	Don't know
Are you happy with your appearance?	Yr 6	73%	11%	16%
	Yr 8	45%	32%	23%
	Yr 10	52%	21%	27%

When asked whether they are happy with their appearance, a sizeable minority from each year group responded 'No'. Pupils in year 6 were much more than likely than young people in secondary school, especially compared to those in year 8, to say they were happy with their appearance.

However, over half of young people surveyed report that they are happy with the way they look.

Year 6's were asked whether they feel like they could say no to their friends and avoid social pressures. The majority felt confident that they could do this consistently.

When my friends ask me to do something I don't want to do, I feel I can say no...				
None of the time	Rarely	Some of the time	Often	All of the time
8%	10%	10%	20%	52%

Similarly years 8 and 10 were asked whether they have felt pressure from their peers that may affect their interests or behaviours. Young people were able to select more than one response to this question.

		Look a certain way	Act a certain way	Do certain things	Like certain things	I don't feel pressure
Have you ever felt pressure from others to...	Yr 8	28%	27%	31%	24%	50%
	Yr 10	24%	26%	21%	19%	57%

Loneliness and Support

All year groups were asked about whether they feel lonely. The year 6 question was simplified to reflect the age of the children. Feelings of loneliness increased as young people got older but even in the primary cohort **9%** stated they feel lonely 'Often' or 'All of the time'.

		All of the time	Often	Some of the time	Rarely	None of the time/Never
Do you ever feel lonely?	Yr 6	3%	6%	24%	30%	38%
How often do you have feeling of loneliness	Yr 8	8%	14%	17%	32%	29%
	Yr 10	6%	12%	22%	35%	25%

A significant number of young people report having caring responsibilities at home. The question asked was broad in its scope and this figure does not necessarily represent the number of young people in Thurrock who could be considered 'Young Carers' using the accepted definition.

Some further survey work to identify exactly what are the caring responsibilities of young people in Thurrock could be useful but was outside

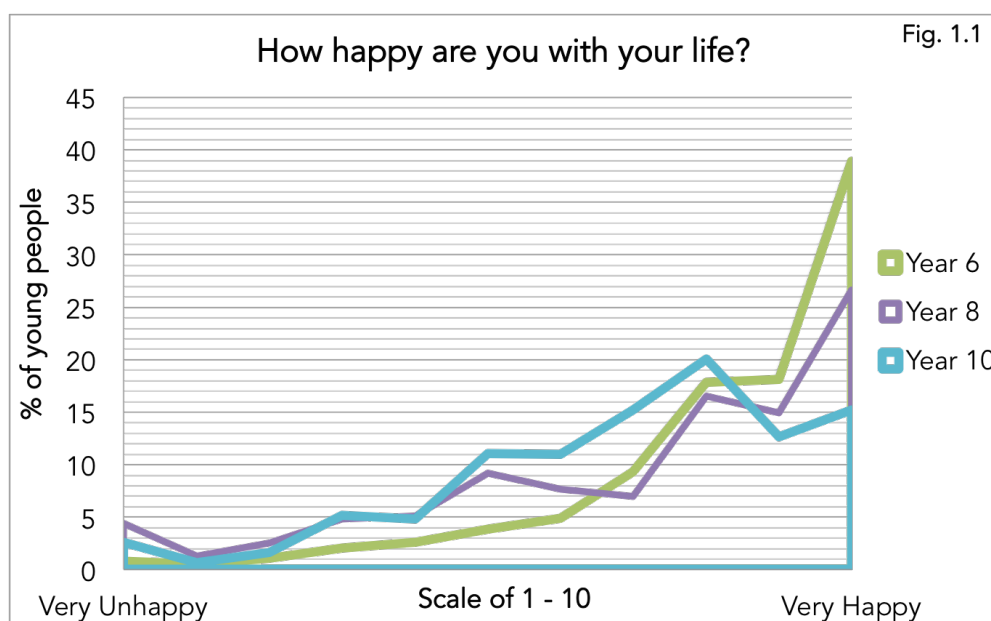
		Yes	No
At home does a member of your family rely on you for support?	Yr 6	35%	65%
	Yr 8	48%	52%
	Yr 10	35%	65%

the scope of this project.

Life Satisfaction

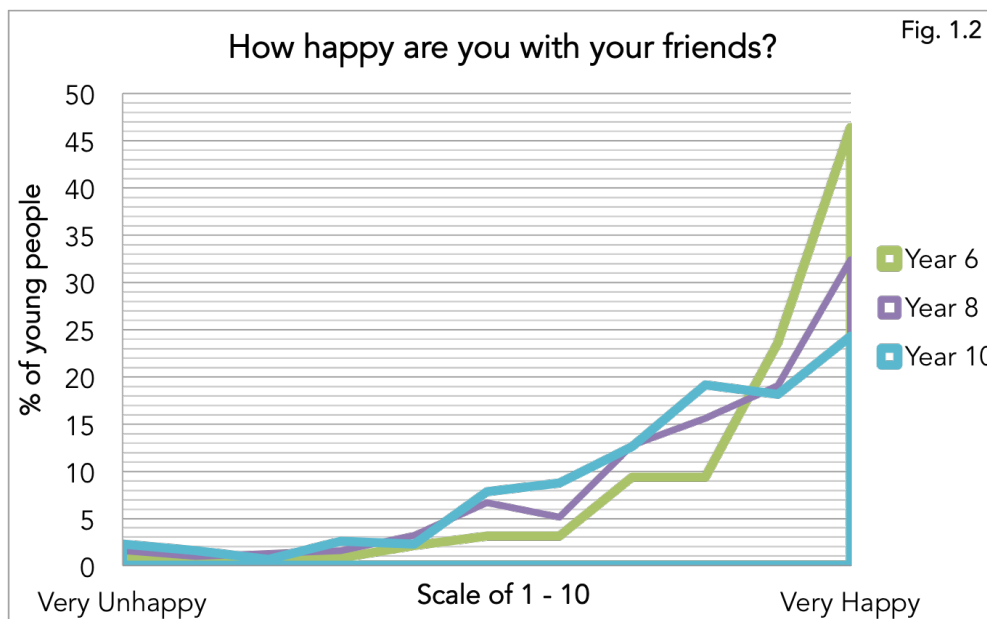
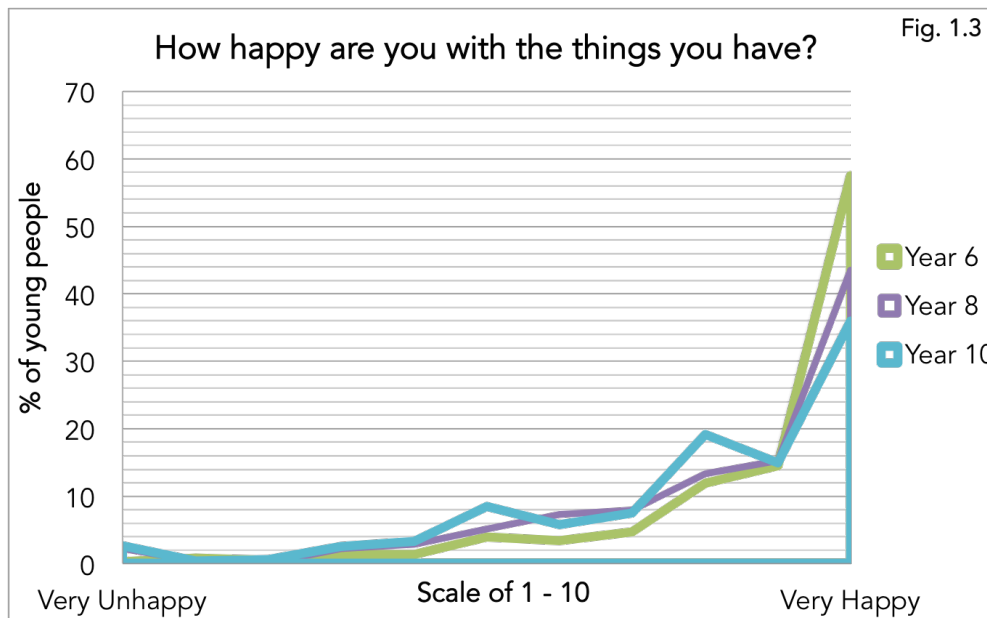
Young people were asked to rate their happiness on various topics using a scale of one to ten, where one being very unhappy and ten being very happy with their life.

Figures 1.1, 1.2 and 1.3 highlight young peoples ratings of their happiness in relation to their lives generally, their friends and their possessions respectively.



Overall young people in Thurrock are happy with their lives, friends and possessions. There is a significant difference however between the older and

younger cohorts, in that the year 6 cohort reporting that they feel happier generally about their lives than the year 10 cohort. This result is relatively replicated throughout the other two scaling questions.



Year 6 Worries and Transition

An important issue for year 6 pupils is their transition from primary to secondary school. This transition can often be a daunting experience as young people are thrust into a new environment often leaving friends and support they have gained in primary school.

Year 6 pupils were asked initially about how often they worry about general things in their own lives and school.

	How often do you worry about:				
	Never	Rarely	Some of the time	Often	All of the time
Family problems	25%	37%	21%	11%	7%
Health problems	38%	33%	16%	9%	5%
SATs & tests	25%	23%	27%	12%	13%
Problems with friends	22%	42%	20%	10%	6%
The way you look	41%	24%	14%	9%	12%
Family money problems	57%	22%	9%	7%	5%
Crime	57%	17%	13%	6%	7%
Puberty and growing up	43%	25%	15%	10%	8%
Being bullied	51%	20%	13%	8%	8%

The biggest worry for year 6 pupils is 'SATs & tests'.

We also asked year 6 pupils about their worries about starting secondary school.

	When thinking about secondary school, have you ever worried about any of the following:				
	Never	Rarely	Some of the time	Often	All of the time
Making new friends	21%	24%	27%	14%	13%
Being in a new school	27%	29%	19%	15%	10%
Size of the new school	31%	21%	20%	15%	14%
Being bullied	40%	25%	16%	9%	10%

Increase in homework	26%	19%	24%	14%	16%
Pressure from family	59%	21%	8%	5%	7%
Travelling to the new school	50%	18%	16%	8%	7%

For year 6 pupils, their biggest concerns are the increasing amount of homework and making new friends.

Physical Activity

Participating in additional activities can increase emotional health and build up additional networks of support. There is also a strong link between physical activity and increased emotional well-being.

When asked, young people in Thurrock are engaging in outside activities at a high rate. The vast majority (83%) of all young people take part in 1 hour of physical activity at least 2-3 days a week.

		No days a week	1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
How many days a week do you take part in 1 hour of physical activity?	Yr 6	4%	8%	32%	31%	26%
	Yr 8	8%	10%	34%	26%	21%
	Yr 10	8%	16%	46%	18%	12%

Similarly young people were asked about their engagement in activities outside of the school setting. Participants could select more than 1 option.

Do you take part in any of these activities out of school?							
	Sports Clubs	Youth Clubs	Other Clubs	Scouts/ Guides/ Cadets	Volunteering	I don't take part in activities	Other
Year 6	62%	9%	18%	16%	4%	17%	21%
Year 8	39%	7%	9%	8%	5%	38%	19%
Year 10	34%	7%	9%	7%	12%	43%	14%

There is clear change over time that as young people get older they are less likely to engage in activities outside of school. The clear decline in the

number of young people engaging in sports clubs and the large increase in the number stating they don't take part in activities is a clear indication of this.

Sexual Activity

Students in year 10 were asked two questions about sex. Prefer not to say was included to provide an option for young people who felt uncomfortable answering the questions.

	Yes	No	Prefer not to say
Have you had sex?	9%	82%	9%
If you have had sex, have you ever had unprotected sex?	5%	84%	12%

My Community

The fourth section of the survey was concerned with young people's opinion of the communities in which they live.

This section consisted of questions related to how safe they feel in their local areas at different times of the day.

The purpose of this section was to gain insight related to the communities in which young people live.

Local Area

Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities.

		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I feel safe when I am out in my local area	Yr 6	3%	5%	20%	48%	24%
	Yr 8	8%	8%	30%	44%	11%

during the day?	Yr 10	4%	11%	35%	38%	13%
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As shown in the table above the majority of children and young people feel safe in their local communities during the day.

Young people’s feelings of safety observed during the day are reduced when young people are asked about their local communities at night.

		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I feel safe when I am out in my local area at night?	Yr 6	22%	21%	32%	19%	6%
	Yr 8	25%	28%	29%	12%	5%
	Yr 10	14%	28%	33%	18%	6%

Young people were also given a free text box to provide details on what makes them feel safe and unsafe in their local area.

Regular themes and phrases to come from all years that made young people feel safe include:

- Knowing people in my area/street, friendly neighbours or friends nearby
- Police presence

Regular themes and phrases that made young people feel unsafe include:

- Gangs (All year groups)
 - Gangs of teenagers (specifically those in year 6)
- The recent terror attacks/media (All groups but more frequent in older year groups)
- Drunk people/alcohol (Years 8 and 10)
- Drug addicts/“Druggies” and drug dealers (Years 8 and 10)

My Feelings

The fifth and final section was only included in the year 8 and 10 version of the Brighter Futures survey. It is concerned with young people’s feelings and

perception of factors affecting their aspirations and self-efficacy as well as their coping skills.

This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others, their ability to make changes to their own lives and their ability to bounce back from adversity through coping skills.

The purpose of this section was to gain insight into the aspirations of young people a key element of personal emotional well-being.

Aspirations, Self-Efficacy and the Future

Young people in Thurrock were asked how they were dealing with their problems. The majority (**79%**) of young people feel that they deal with their problems well at least for some of the time.

		None of the time	Rarely	Some of the time	Often	All of the time
I've been dealing with problems well	Yr 8	11%	13%	31%	29%	17%
	Yr 10	7%	12%	33%	36%	13%

However this still means that a large minority (**21%**) of young people in Thurrock feel they deal with their problems well, rarely or none of the time.

		None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	Yr 8	11%	14%	31%	24%	19%
	Yr 10	8%	10%	32%	35%	16%

Similarly most young people in Thurrock are feeling optimistic about their futures for at least some of the time, however, **21%** of young people report never or rarely feeling optimistic about their futures.

A relationship may exist between those young people reporting that they do not feel optimistic about their futures and those who are reporting they find it

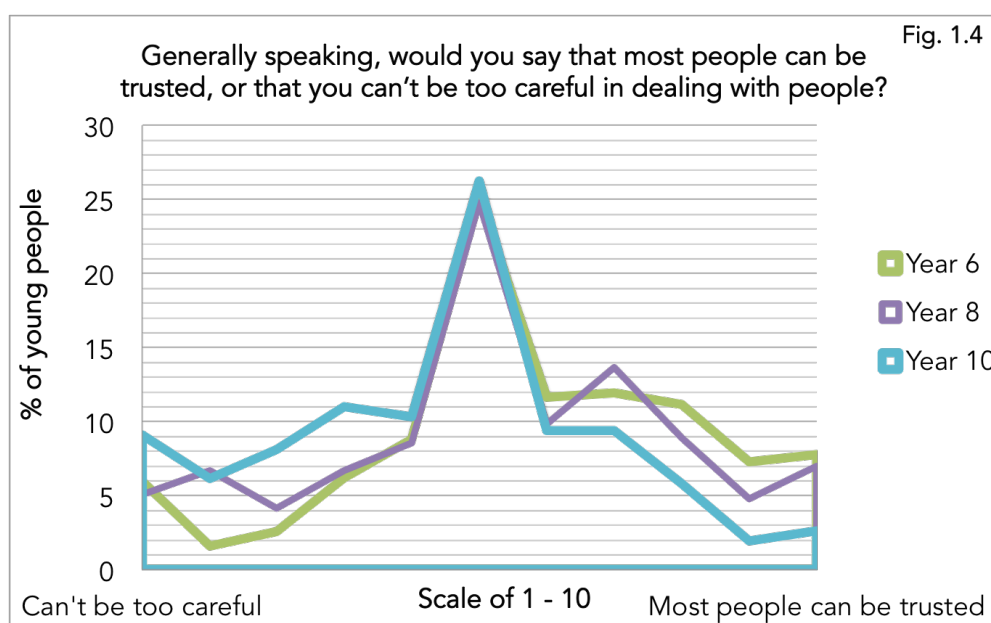
difficult to deal with problems. This is suggested due to the closely aligned percentage of young people reporting each issue.

Young people were also asked whether they have a clear idea about what they want to do in their life.

		None of the time	Rarely	Some of the time	Often	All of the time
I have a clear idea about what I want to do with my life?	Yr 8	8%	13%	19%	27%	33%
	Yr 10	10%	15%	26%	32%	18%

Similar to the previous two questions there is a sizeable minority of those who are often unclear or uncertain about what they want to do with their life. With this question however, we also see a general decline in complete certainty as young people go from year 8 to year 10.

All year groups were asked, on a scale of one to ten, whether most people could be trusted. For year 6's this question appeared in the My Life section of their survey.



Young people overall seem to neither agree nor disagree with the question presented in Fig 1.4 with year 6's having a slight bias towards 'most people can be trusted' whereas year 10's are leaning more towards 'you can't be too careful'.

This question gives some insight into how young people view the world and their own personal outlook and potentially indicates that older young people are more wary of people than that of younger people.

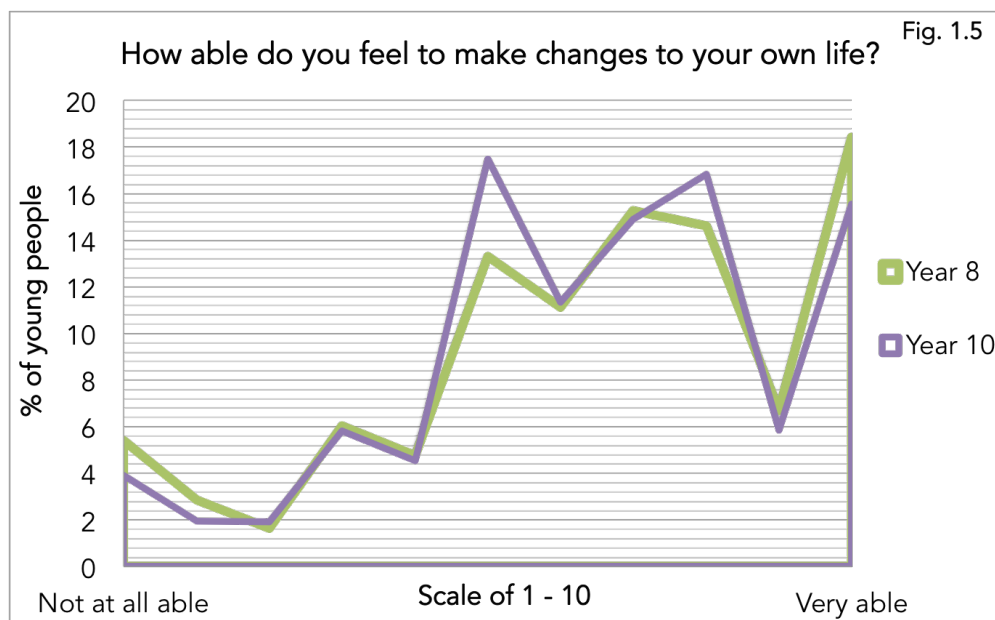


Fig 1.5 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives. Overall young people in Thurrock feel confident in this regard.

There is a minority of young people however who feel they are unable to make positive changes to their lives. **19%** of young people rate their ability to change their own lives as less than 5 out of 10.

Coping Strategies

Young people in years 8 and 10 were asked about how they deal with situations or times when they are stressed and overwhelmed with worries.

Firstly the young people were asked generally whether they think they would be able to cope if they had a problem.

The majority stated 'Yes' however there was a sizeable number in both year groups that said 'Not sure', this may be due to the ambiguity of the question.

Next young people were asked about specific coping strategies that they use. Coping strategies are important life skills and can indicate a young persons level of emotional resilience.

A lack of positive coping strategies or a reliance on negative coping strategies can indicate a low level of emotional resilience and can lead to poor emotional well-being or issues in later life.

In this report the questions have been grouped into positive, negative and neutral coping strategies for comparison. In the survey provided to the young people all of the questions were mixed.

The responses to questions asking about positive coping strategies below show a relatively even and varied split across the possible answers. Taking deep breaths to calm themselves is the only strategy which young people in years 8 and 10 are much less likely to use. This could indicate the need for emotional resilience education at schools.

		Yes	No	Not sure
If you had a problem, do you think you would be able to cope?	Yr 8	54%	10%	36%
	Yr 10	61%	6%	33%

		When I am overwhelmed by worries or concerns I try to cope by: (Positive Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Taking part in hobbies, activities or exercise	Yr 8	20%	16%	23%	23%	18%
	Yr 10	20%	16%	26%	25%	14%
Seeking out friends for support	Yr 8	24%	20%	25%	20%	12%
	Yr 10	18%	20%	28%	24%	9%
Seeking out family for support	Yr 8	23%	17%	18%	23%	20%
	Yr 10	21%	16%	25%	25%	14%
Taking deep breaths to calm myself	Yr 8	31%	21%	24%	13%	12%
	Yr 10	31%	25%	19%	20%	4%

Negative coping skills show a much clearer general downward trend in comparison to positive coping skills. This highlights that the majority of young people do not rely on negative coping strategies heavily.

		When I am overwhelmed by worries or concerns I try to cope by: (Negative Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Drinking, smoking or taking drugs	Yr 8	88%	3%	3%	3%	2%
	Yr 10	89%	5%	4%	2%	1%
Hurting myself	Yr 8	77%	10%	7%	4%	3%
	Yr 10	84%	7%	5%	3%	2%
Breaking or damaging things	Yr 8	58%	18%	11%	7%	5%
	Yr 10	59%	21%	9%	6%	4%
Blaming myself	Yr 8	34%	28%	13%	12%	12%
	Yr 10	35%	26%	17%	14%	8%

However, it should be noted that **12%** of year 8's and **11%** of year 10's have used alcohol or drugs and over one-in-five (**20%**) young people in Thurrock have hurt themselves in order to cope with worries.

This may demonstrate that a minority are struggling to deal with stressful situations.

The table below cover the coping strategies that can viewed as either positive or negative. These coping strategies do not necessarily highlight a need for a young person but are included for reference.

		When I am overwhelmed by worries or concerns I try to cope by: (Neutral Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Trying to not think about it and forgetting them problem	Yr 8	24%	16%	24%	23%	11%
	Yr 10	23%	21%	28%	18%	9%
Spending time alone (Actively)	Yr 8	37%	17%	17%	15%	15%
	Yr 10	35%	20%	17%	15%	13%

Praying or attending my place of worship	Yr 8	70%	7%	9%	5%	9%
	Yr 10	64%	10%	9%	8%	8%

Young people were also asked whether they would be happy to seek help if they needed support. A small minority (**16%**) of young people stated that they either don't know where to seek help or that they don't think there is help in their area.

		Definitely	Probably	Possibly	I don't know where help is	I don't think there is help
If you needed support would you be happy to seek help?	Yr 8	28%	25%	32%	4%	10%
	Yr 10	18%	35%	30%	7%	9%

Patterns in the data

Emotional Health

Whilst there is no wholly consistent percentage of young people demonstrating a positive or negative bias across all questions some patterns can be observed.

We analysed the anonymous data of all three year groups to ascertain those children and young people who answered emotional health and well-being questions in a manner indicating potential concerns.

This analysis was conducted across the following survey questions:

For year 6:

- Do you feel safe at school?
- How do you feel most days?
- Do you ever feel lonely?
- How happy are you with your life

For years 8 and 10:

- How able do you feel to make changes to your own life?
- I feel I have a clear idea about what I want to do in my life.
- I've been feeling optimistic about the future.

- How often do you have strong feelings of anger?
- How do you feel most days?
- Do you feel safe at school?

Our analysis was focused on the children from year 6 who answered two or more questions negatively. For young people in years 8 and 10 our focus was on those who answered three or more of the selected questions negatively.

This identified a cohort of young people who may be already experiencing emotional health and well-being concerns.

This at risk cohort for each year group is represented by the following:

	Year 6		
	Male	Female	Total
2 or more questions negatively	5.9%	12.6%	9.1%
3 or more questions negatively	3.0%	5.5%	4.2%
All 4 questions negatively	1.0%	1.6%	1.3%

	Year 8		
	Male	Female	Total
3 or more questions negatively	22.2%	30.3%	26.4%
4 or more questions negatively	5.7%	12.0%	9.5%
5 or more questions negatively	2.5%	4.9%	4.4%

	Year 10		
	Male	Female	Total
3 or more questions negatively	15.6%	23.9%	22.0%
4 or more questions negatively	9.8%	12.2%	12.6%
5 or more questions negatively	4.9%	5.0%	5.8%

We anticipate that those the children in year 6 answering 3 or more questions and the young people in years 8 and 10 answering four or more questions negatively, effectively more than half of the questions asked, should be considered the at risk cohort.

As these are cumulative totals we may be observing an at risk cohort of around 4% of year 6's, 10% of year 8's and 13% of year 10's surveyed.

This estimate is drawn from the consistency in answers observed in the emotional health questions listed above.

It is not intended to give a definite number of the young people locally but should be seen as a useful guide to the number of young people in Thurrock potentially affected by emotional health issues.

From these results however, we can see that there is slightly more year 10's than year 8's who may be thought of as at risk. Similarly the data indicates that young people who identify as female are potentially more at risk than males.

Please note that in the years 8 and 10 surveys, young people were also given 'Transgender' and 'Other' as potential options to select for their gender. The results for the other two options were not specifically selected to be included in the tables above due to the limited number of young people who selected these options but still remain in the total year group figures.

As the survey continues we will monitor the at risk cohort especially as young people get older and develop into late adolescence.

Gender and Image

As stated earlier, generally children and young people in Thurrock are happy with their appearance but we see this self-confidence drop within the year 8 cohort. Further analysis highlights a large difference between the confidence of ones self based on gender.

			Are you happy with your appearance?		
			Yes	No	Don't know
I identify my gender as:	Year 6	Male	79%	6%	14%
		Female	66%	17%	17%
	Year 8	Male	57%	22%	22%
		Female	35%	42%	23%
	Year 10	Male	68%	12%	20%
		Female	43%	24%	32%

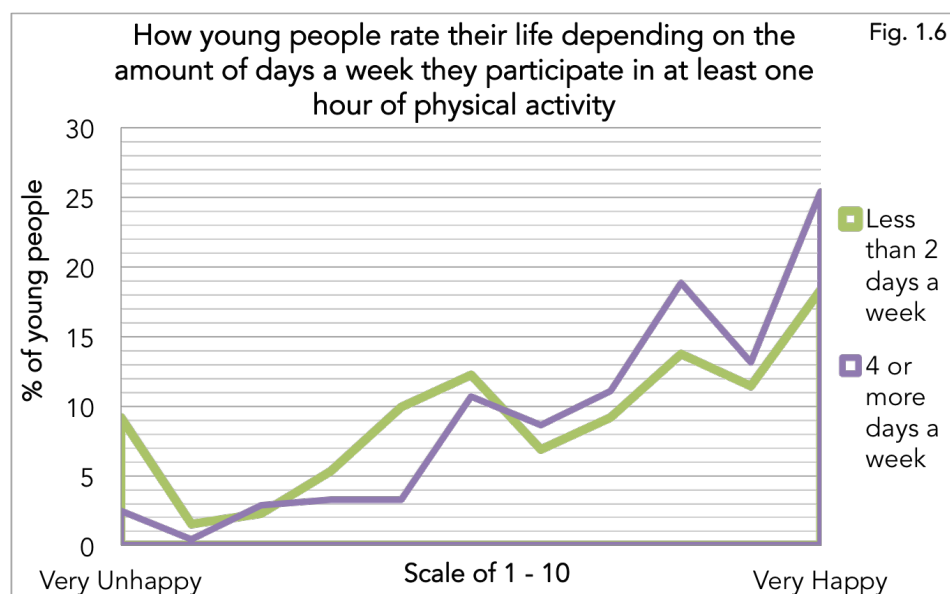
There is a noticeable difference between male and females in all the year groups surveyed, in that young women are not as confident with their own

body image as their male counterparts. The gulf between these two genders is stark, highlighted by the fact that the majority of females in years 8 and 10 are not happy with their appearance, at the peak of which 42% of year 8 females stating they were unhappy with their appearance.

Similar to the previous section, 'Transgender' and 'Other' options were not included due to the limited sample size.

Physical activity and emotional health

Participating in physical activities and/or exercise is reported to increase emotional health. Analysis of year 8 and 10 responses appears to support this claim. Comparison between young people who take part in physical activity regularly (1 hour a day for at least four days a week) and those who do not (less than 2 days a week) highlight that the young people who are more active state they are happier with their life.



Over a quarter (28.2%) of young people who exercised infrequently said they were unhappy with their life (scored their happiness less than 5 out of 10), for young people who exercised regularly this figure more than halves (12.3%).

Risk-taking behaviours

Further data analysis was also conducted to look at the level of engagement of multiple risk-taking behaviours. We analysed the responses from all year groups relating to the questions on; having tried a cigarette and having

drunk in the past without adult supervision (in their lifetime for year 6's, in the past year for years 8 and 10).

The table below contains the breakdown of young people who have engaged in one or both risky behaviours previously mentioned. The table also highlights the percentage of young people who have never smoked or drunk without adult supervision.

	Year 6	Year 8	Year 10
Neither	87.1%	72.7%	66.0%
Cigarettes only	0.8%	2.5%	3.9%
Alcohol only	11.4%	15.2%	16.2%
Both alcohol and cigarettes	0.8%	9.5%	13.9%

The data firstly highlights the fact that the majority of young people in Thurrock are not engaging in risk-taking behaviours. It also emphasises that when young people do take risk it is primarily involves alcohol and often alcohol on it's own.

Additionally it highlights that smoking rarely occurs in isolation (highlighted in blue). Young people are much more likely to engage in smoking if they are also using alcohol.

Finally, using the common liability model, we can predict that the young people who are already drinking and smoking in years 8 and 10 (highlighted in red) are the cohort of young people most at risk of engaging with cannabis and/or other drugs.

Risk-taking and sexual behaviours

Year 10 pupils were also asked about their experiences related to sexual intercourse. Similar to the previous section, analysis was conducted to analyse whether young people who engaging in risky sexual behaviour, i.e. having unprotected sex, were doing so in isolation of or in addition to other risk-taking behaviours. The table below uses the same questions as the previous table relating to smoking and drinking but also includes those who have engaged in unprotected sex.

		Year 10
	Not engaged in any risk	64.7%
One risk	Cigarettes only	3.9%
	Alcohol only	16.2%
	Unprotected sex only	1.3%
Two risks	Smoked and had unprotected sex	0%
	Drunk and had unprotected sex	0%
	Drunk and smoked	10.7%
	All three risk behaviours	3.2%

While the majority of young people in year 10 had never unprotected sex (95.5%), the majority of those who have had unprotected sex engage in other risk-taking behaviours also. 71%¹ of those who have had unprotected sex have also smoked and drunk without adult supervision in the past year (highlighted in red).

The data from the Brighter Futures survey could be an indication that there is a relationship between early onset risk-taking and the engagement of risky sexual behaviour for the older cohort.

Seeking support and isolation

For children and young people who may be struggling emotionally it is crucial that they understand where they can turn to for support. This could simply be their parents or friends, but when these support networks are unavailable it is important that they understand the other options available to them.

The majority of children and young people in Thurrock (66%) stated they would know where to go for help if they had a problem when the normal person/group they go to is unavailable. One in three however were unsure of where to go when needed and one in ten (9.6%) stated that they didn't think there was any help available.

Young people in years 8 and 10 who felt loneliness and/or anger often were much less likely to know where they should go for support when needed.

¹ Out of the 4.5% of year 10's who have had unprotected sex, 3.2% have also tried a cigarette and drunk alcohol without adult supervision

		If you had a problem and couldn't talk to the person you normally would, do you know where you would go for help?		
		Yes	No	Don't know
How often do you have strong feelings of anger?	Never	73%	12%	15%
	Not that often	68%	14%	19%
	Quite often	56%	24%	20%
	Everyday	49%	30%	21%
How often do you have feelings of loneliness?	None of the time	75%	12%	13%
	Rarely	70%	15%	15%
	Some of the time	38%	25%	37%
	Often	41%	38%	22%
	All of the time	50%	30%	20%

When this idea is further unpicked, the results emphasised that young people who are angry or lonely most of the time, not only were they less likely to know where to go for support, they would also be less willing to seek it.

		How often do you have strong feelings of anger?			
		Never	Not that often	Quite often	Every day
If you needed support with any problems or concerns you were facing would you be happy to seek help	Definitely	7%	63%	21%	10%
	Probably	4%	57%	32%	6%
	Possibly	1%	46%	40%	13%
	I don't know where help is	6%	36%	28%	31%
	I don't think there is help	7%	27%	33%	33%

		How often do you have feelings of loneliness?				
		None of the time	Rarely	Some of the time	Often	All of the time
If you needed support with any problems or concerns you were facing would	Definitely	43%	37%	9%	7%	3%
	Probably	30%	33%	20%	11%	5%
	Possibly	19%	35%	22%	16%	8%

you be happy to seek help	I don't know where help is	14%	29%	14%	29%	14%
	I don't think there is help	21%	12%	18%	27%	21%

Furthermore, young people who stated they tended to keep their problems to themselves also indicated a lack of knowledge in and (even more concerning) a lack of belief that support networks are available to them. This would imply that some young people who have problems or would like support, are keeping their problems to themselves due to a lack of knowledge of the services available.

		If you needed support with any problems or concerns you were facing would you be happy to seek help				
		Definitely	Probably	Possibly	I don't know where help is	I don't think there is help
Whom do you usually talk to about things that bother you?	I tend to keep things to myself	6%	14%	40%	11%	30%
	Stated at least one person/group to which they would turn to	26%	33%	30%	5%	6%

When traditional support networks, such as friends and family are unavailable to young people it is more crucial than ever to emphasise that help is out there and that they are not alone. Improved signposting of school and wider community services could potentially enable young people who need support to access the services available to them.

Conclusions

The findings of this survey indicate that the majority of young people surveyed are living happy fulfilling lives, are optimistic about their futures and have a strong sense of self efficacy.

Results from years 8 and 10 are large comparable overall; however as young people get older they generally engage in more risk-taking behaviours, such as smoking, drinking and taking risks online.

Year 6 as a cohort reported having the least worries but pressure of exams and the potential increases in homework and being bullied were their biggest concerns before transitioning to secondary school.

Almost all children in year 6 have access to device that can access the Internet. Most children report being allowed to access the Internet on such devices without parental supervision.

Whilst most young people in all year groups are not engaging in risk-taking behaviours a small minority of young people are already reporting engagement in regular drinking, smoking and in the older age group, cannabis use. The largest risk-taking behaviours involves alcohol without adult supervision.

Approximately 1 in 25 year 6 children, 1 in 10 year 8 and 1 in 8 year 10 pupils surveyed seem to be experiencing or are at risk of some form of emotional health concern. This is evidenced by consistent findings across key questions focused on factors affecting emotional health and well-being.

Recommendations

From the results of the survey the recommendations include:

- Resilience education for older adolescent young people to improve their general self-efficacy and to improve their emotional health specifically regarding their future.
- Assessment on the promotion and signposting of school and wider community services that children and young people can use. This is to reduce the information deficit with regards to these services that some young people have highlighted.
- A specific focus locally on alcohol education, as this is the risk-behaviour most likely to be engaged in by students of all ages. This is to ensure young people understand the risks with regards to alcohol and can manage their own risk-taking behaviours.

From a review of the surveying process, recommendations for the 2017/18 surveys include:

- The repetition of the survey in the main but the inclusion of additional age appropriate questions, such as drug related questions for year 8.
- Due to feedback from primary schools, the survey is to be completed by year 5 pupils instead of year 6. This ensures that the school can follow up and address any issues the results of the survey may have highlighted.
- Additional marketing techniques to improve school engagement rates.
- Additional and consistent contact with the participating schools in order to reduce the amount of partially completed year group surveys.

Appendix

Appendix 1.1: Year 6 Survey

Section: My Experiences	
Question	Possible Answers
How many times have you tried alcohol without an adult being around?	None / 1-5 Times / 6-11 Times / 11+
How many people do you think in year 8 (age 12) have drunk alcohol without an adult being around?	0-100% options in 5% increments
Have you ever tried a cigarette?	Yes / No
How many people do you think in year 8 (age 12) have tried a cigarette?	0-100% options in 5% increments
Have you ever tried an electronic cigarette?	Yes / No
How many people do you think in year 8 (age 12) have tried an electronic cigarette?	0-100% options in 5% increments
Do you own a device that can access the internet?	Yes / No
Are you allowed to use the internet on your own? (Help Text – For example you use the internet when your parents/carers are not around (like using it in your bedroom)	Yes / No
Have you had lessons in school about internet safety?	Yes / No
Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)	Yes / No
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever regretted sharing something online?	Yes / No / N/A
Have you ever felt like someone has tried to make you do something online? (This could be the sharing of photos, videos, a status etc)	Yes / No / N/A
Section: My School	
Question	Possible Answers
How do you get to school?	Car / Bus / Bicycle / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No

Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
Do you like school?	I like school / It's OK / I don't like school
Do you feel safe at school?	Yes / No / Sometimes / Don't know
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Yes / Don't know / No
Who do you usually talk to about things which bother you? (Help Text – PLEASE NOTE – You can select more than one option for this question)	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you worry about the following? – Children could select any of the following: Family problems, Health problems, SATs and Tests, Problems with friends, The way you look, Family money problems, Crime, Puberty and growing up, Being bullied	Never / Rarely / Some of the time / Often / All of the time
Are you happy with your appearance?	Yes / No / Don't Know
When my friends ask me to do something I don't want to do, I feel I can say no...	Never / Rarely / Some of the time / Often / All of the time
Do you ever feel lonely?	Never / Rarely / Some of the time / Often / All of the time
At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?	Yes / No
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 –

	Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
How many days a week do you take part in 1 hour of physical activity?	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
When thinking about starting secondary school, have you ever worried about any of the following: - Children could select any of the following: Making new friends, Being in a new school, Size of the school (getting lost), Being bullied, Increase in homework, Pressure from family, Travelling to the new school (using a bus or walking on your own)	Never / Rarely / Some of the time / Often / All of the time
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school

	below. (FREE TEXT BOX)
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Appendix 1.2: Year 8 Survey

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette? (Help Text – PLEASE NOTE – This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes or Pens)	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
Have you ever tried an electronic cigarette? (Help text – You might also know this by the term 'Vaping')	Yes / No
If you have ever tried an electronic cigarette how often do you vape? (Help text – If you have never used an electronic cigarette please select N/A)	Once a Month / Once a Week / Once a Day / N/A
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?	None / 1-5 Times / 6-11 Times / 11+
Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?	None / 1-4 times / 5-8 times / 8+ times
Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)	Facebook / Snapchat / Instagram / Twitter / Reddit / Tumblr / Ask.FM / Badoo / Online gaming messaging
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever regretted sharing something online?	Yes / No / N/A
Have you ever felt pressured into sharing something online?	Yes / No / N/A
We define sexual harassment as a form of bullying or intimidation that involves unwanted sexual comments, suggestions, advances or threats to another person. Have you ever experienced or witnessed sexual harassment?	Yes / No / Don't Know
Section: My School	

Question	Possible Answers
How do you get to school? (Help text – please select the method of transport you use most often)	Car / Bus / Bicycle / Taxi / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
In your opinion what is the most common form of bullying in your school? – (Help text - This question is focused on HOW people may be bullied)	Verbal bullying / Physical bullying / Indirect bullying / Cyber bullying / Bullying via mobile / Other
In your opinion what is the most common reason for bullying in your school? - (Help text - This question is focused on WHY people may be bullied)	Sexuality / Culture/Religion / Appearance / Academic Ability / Race / Gender / Disability & Special Needs / Other
Would you take action if you saw someone was being bullied?	I would be unlikely to take action / I would probably take action / I would be likely to take action / I would definitely take action
Do you like school?	I like school / It's OK / I don't like school
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Please complete the following statement. At school I feel safe:	All of the time / Often / Some of the time / Rarely / None of the time
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Very easy / Easy / Neither easy or hard / Hard / Very hard
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you	Yes / No / Don't know

know where to go for help?	
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressure from others to....(Help Text – You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
How often do you have feelings of loneliness?	All of the time / Often / Some of the time / Rarely / None of the time
At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help? – (Help text – If you do provide this level of support at home you may attend a Young Carers support group or something similar	Yes / No
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How many days a week do you take part in 1 hour of physical activity? – (Help text – Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE, etc.	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly

	Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: My Feelings	
Question	Possible Answers
I've been dealing with problems well	None of the time / Rarely / Some of the time / Often / All of the time
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
When I am overwhelmed by worries or concerns I try to cope by: Taking part in hobbies, activities or exercise	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Hurting myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	All of the time / Often / Some of the time / Rarely / None of the time

When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	All of the time / Often / Some of the time / Rarely / None of the time
Other ways I cope – if we have not listed one of the main ways you cope with worries please write them here	Free Text
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
If you had a problem, do you think you would be able to cope?	Yes / No / Don't Know
If you needed support with any problems or concerns you were facing would you be happy to seek help?	Definitely / Probably / Possibly / I don't know where help is / I don't think there is help
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below. (FREE TEXT BOX)

Appendix 1.3: Year 10 Survey

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette? (Help Text – PLEASE NOTE – This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes or Pens	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
Have you ever tried an electronic cigarette? (Help text – You might also know this by the term 'Vaping')	Yes / No
If you have ever tried an electronic cigarette how often do you vape? (Help text – If you have never used an electronic cigarette please select N/A)	Once a Month / Once a Week / Once a Day / N/A
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?	None / 1-5 Times / 6-11 Times / 11+
Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?	None / 1-4 times / 5-8 times / 8+ times
Have you ever smoked cannabis?	Yes / No / I have not smoke cannabis but have been offered it
If you have ever smoked cannabis how often do you smoke? (If you have never smoked cannabis just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Have you ever used any other drugs?	Yes / No / I have not used but have been offered drugs
If you answered yes to the previous question please list any drugs you may have used below – if you have not used drugs please skip this question	Free Text
If you have ever used drugs how often do you use them? (If you have never used drugs just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Do you have social network profile? (this could be Facebook, Snapchat, Instagram,	Facebook / Snapchat / Instagram / Twitter / Reddit / Tumblr / Ask.FM /

Twitter etc)	Badoo / Tinder / Online gaming messaging
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever shared something inappropriate online? – (Help text – This could be a personal photo, video, update or status)	Yes / No / N/A
Have you ever felt pressured by someone to share something online?	Yes / No / N/A
We define sexual harassment as a form of bullying or intimidation that involves unwanted sexual comments, suggestions, advances or threats to another person. Have you ever experienced or witnessed sexual harassment?	Yes / No / Don't Know
Section: My School	
Question	Possible Answers
How do you get to school? (Help text – please select the method of transport you use most often)	Car / Bus / Bicycle / Taxi / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
In your opinion what is the most common form of bullying in your school? – (Help text – This question is focused on HOW people may be bullied)	Verbal bullying / Physical bullying / Indirect bullying / Cyber bullying / Bullying via mobile / Other
In your opinion what is the most common reason for bullying in your school? – (Help text – This question is focused on WHY people may be bullied)	Sexuality / Culture/Religion / Appearance / Academic Ability / Race / Gender / Disability & Special Needs / Other
Would you take action if you saw someone was being bullied?	I would be unlikely to take action / I would probably take action / I would be likely to take action / I would definitely take action

Do you like school?	I like school / It's OK / I don't like school
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Please complete the following statement. At school I feel safe:	All of the time / Often / Some of the time / Rarely / None of the time
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Very easy / Easy / Neither easy or hard / Hard / Very hard
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressure from others to....(Help Text – You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
How often do you have feelings of loneliness?	All of the time / Often / Some of the time / Rarely / None of the time
At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help? – (Help text – If you do provide this level of support at home you may attend a Young Carers support group or something similar	Yes / No
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy

How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How many days a week do you take part in 1 hour of physical activity? – (Help text – Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE, etc.	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
Have you had sex?	Yes / No / Prefer not to say
If you have had sex, have you ever had unprotected sex?	Yes / No / Prefer not to say
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: My Feelings	
Question	Possible Answers
I've been dealing with problems well	None of the time / Rarely / Some of the time / Often / All of the time
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Can't be too careful / 10 – Most people can be trusted
When I am overwhelmed by worries or concerns I try to cope by: Taking part in hobbies, activities or exercise	All of the time / Often / Some of the time / Rarely / None of the time

When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Hurting myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	All of the time / Often / Some of the time / Rarely / None of the time
Other ways I cope – if we have not listed one of the main ways you cope with worries please write them here	Free Text
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
If you had a problem, do you think you would be able to cope?	Yes / No / Don't Know
If you needed support with any problems or concerns you were facing would you be happy to seek help?	Definitely / Probably / Possibly / I don't know where help is / I don't think there is help
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak	If you would like us to make your

<p>to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.</p>	<p>school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below.</p> <p>(FREE TEXT BOX)</p>
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Appendix 2: Participating Schools

Primary Schools		Secondary Schools	
1	Arthur Bugler Primary School	1	Hathaway Academy
2	Chadwell St Mary Primary School	2	The Ockendon Academy
3	Corringham Primary School	3	Harris Academy Chafford Hundred (Yr 8 survey only)
4	Giffards Primary School	4	Grays Convent High School (Yr 10 survey only)
5	Hordon-on-the-Hill C. of E. Primary School		
6	Little Thurrock Primary School		
7	St Thomas of Canterbury Catholic Primary School		
8	Tudor Court Primary School		

Appendix 3: Surveys Results – Benchmarking schools

Breakdown of individual schools – Level of engagement

Primary Schools			
Name of School	No of Surveys from school	No of CYP in year 6	% of year group completing survey
Primary School 1	24	29	82.8%
Primary School 2	42	53	79.2%
Primary School 3	28	29	96.6%
Primary School 4	28	89	31.5%
Primary School 5	85	89	95.5%
Primary School 6	78	90	86.7%
Primary School 7	52	59	88.1%
Primary School 8	49	57	86.0%
Total	386	495	78.0%
Secondary Schools			
Year 8			
Name of School	No of Surveys from school	No of CYP in year 8	% of year group completing survey
Secondary School 1	25	181	13.8%
Secondary School 2	105	203	51.7%
Secondary School 3	185	233	79.4%
Total	315	617	51.1%
Year 10			
Name of School	No of Surveys from school	No of CYP in year 8	% of year group completing survey
Secondary School 4	73	84	86.9%
Secondary School 2	77	108	71.3%
Secondary School 3	159	200	79.5%
Total	309	392	78.8%

Breakdown of total surveys received – Level of engagement

Total number of surveys received			
Year group	No of Surveys responses	Total no of CYP in year group in Thurrock	% of year group completing survey
6	386	2093	18.4%
8	315	1904	16.5%
10	309	1625	19.0%
Total	1010	5622	18.0%

Primary Schools - Profile

Name of School	No of Surveys	I identify my gender as		Ethnic Group																	
		Male	Female	White British	White Irish	Gypsy or Irish traveller	Any other white	White & Black Caribbean	White & Black African	White and Asian	Any other mixed / multiple ethnic background	Indian	Pakistani	Bangladeshi	Chinese	Any other Asian background	African	Caribbean	Any other black/ African/ Caribbean background	Arab	Any other ethnic group
Primary School 1	24	50	50	83.3	4.2	0	0	0	4.2	0	0	0	0	4.2	0	0	0	0	4.2	0	0
Primary School 2	42	52.6	47.6	85.7	0	0	2.4	2.4	2.4	2.4	0	0	0	0	0	0	2.4	0	0	2.4	0
Primary School 3	28	57.1	42.9	78.6	7.1	3.6	0	0	0	3.6	3.6	0	0	0	0	0	0	0	0	3.6	0
Primary School 4	28	50	50	78.6	0	0	3.6	3.6	0	0	3.6	0	0	3.6	0	0	7.1	0	0	0	0
Primary School 5	85	42.4	57.6	29.4	0	0	7.1	1.2	9.4	1.2	1.2	1.2	0	0	0	0	37.6	2.4	3.5	0	5.9
Primary School 6	78	52.6	47.4	51.3	0	0	1.3	1.3	3.8	1.3	5.1	5.1	2.6	0	0	0	15.4	5.1	3.8	0	3.8
Primary School 7	52	63.5	36.5	88.5	0	3.8	0	3.8	0	0	0	0	0	0	0	0	1.9	0	0	0	1.9
Primary School 8	49	59.2	40.8	95.9	0	0	2	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Average	386	52.64	47.39	66.84	0.78	0.77	2.60	1.56	3.36	1.05	2.07	1.29	0.53	0.52	0.00	0.00	12.42	1.56	1.80	0.52	2.32

Primary Schools – My Experiences

Name of School	No of Surveys	How many times have you tried alcohol without an adult being around?				Have you ever tried a cigarette?		Have you ever tried an electronic cigarette?		Do you own a device that can access the internet?		Are you allowed to use the internet on your own?		Have you had lessons in school about internet safety?		Do you have a social network profile?		Do you add people to your social networks that you don't know in real life?			Have you ever regretted sharing something online?			Have you ever felt like someone has tried to make you do something online?		
		Never	1-5 times	6-11 times	11+ times	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	N/A	Yes	No	N/A	Yes	No	N/A
Primary School 1	24	75	20.8	4.2	0	0	100	4.2	95.8	100	0	95.8	4.2	100	0	58.3	41.7	29.2	45.8	25	12.5	62.5	25	12.5	66.7	20.8
Primary School 2	42	92.9	7.1	0	0	0	100	2.4	97.6	100	0	97.6	2.4	100	0	81	19	14.3	73.8	11.9	7.1	83.3	9.5	4.8	85.7	9.5
Primary School 3	28	82.1	17.9	0	0	0	100	0	100	96.4	3.6	96.4	3.6	100	0	85.7	14.3	25	57.1	17.9	7.1	82.1	10.7	10.7	78.6	10.7
Primary School 4	28	78.6	21.4	0	0	0	100	0	100	100	0	92.9	7.1	100	0	67.9	32.1	14.3	53.6	32.1	3.6	57.1	39.3	7.1	67.9	25
Primary School 5	85	96.5	3.5	0	0	1.2	98.8	3.5	96.5	97.6	2.4	92.9	7.1	98.8	1.2	75.3	24.7	22.4	52.9	24.7	14.1	57.6	28.2	11.8	58.8	29.4
Primary School 6	78	89.7	9	0	1.3	1.3	98.7	1.3	98.7	98.7	1.3	98.7	1.3	98.7	1.3	74.4	25.6	9	73.1	17.9	12.8	70.5	16.7	6.4	74.4	19.2
Primary School 7	52	84.6	13.5	0	1.9	5.8	94.2	3.8	96.2	98.1	1.9	100	0	98.1	1.9	76.9	23.1	19.2	63.5	17.3	13.5	63.5	23.1	7.7	67.3	25
Primary School 8	49	83.7	14.3	2	0	2	98	2	98	100	0	89.8	10.2	100	0	81.6	18.4	20.4	55.1	24.5	18.4	61.2	20.4	2	79.6	18.4
Average	386	87.83	11.14	0.52	0.52	1.56	98.44	2.32	97.68	98.69	1.31	95.58	4.42	99.22	0.78	75.91	24.09	18.15	60.88	20.97	12.17	66.30	21.50	7.77	71.25	20.97

Primary Schools – My School – Part One

Name of School	No of Surveys	What method do you use to get to school?				Have you been bullied past 12 months?			Have you been bullied past 2 months?			If you have been bullied in the past 2 months, how were you bullied?							Do you like School?		
		Car	Bus	Bicycle	Walk	Yes	Don't Know	No	Yes	Don't Know	No	Verbally	Physically	Indirectly	Cyber bullied	Via Mobile Phone	Other	N/A	I like school	It's OK	I don't like school
Primary School 1	24	20.8	0	8.3	70.8	37.5	16.7	45.8	25	16.7	58.3	20.8	0	12.5	0	0	0	66.7	37.5	58.3	4.2
Primary School 2	42	38.1	2.4	0	59.5	23.8	21.4	54.8	7.1	14.3	78.6	7.1	4.8	7.1	4.8	2.4	4.8	69	35.7	50	14.3
Primary School 3	28	46.4	0	0	53.6	46.4	17.9	35.7	42.9	3.6	53.6	7.1	3.6	10.7	7.1	0	25	46.4	7.1	71.4	21.4
Primary School 4	28	46.4	3.6	0	50	17.9	10.7	71.4	0	10.7	89.3	7.1	0	0	0	0	0	92.9	32.1	57.1	10.7
Primary School 5	85	65.9	1.2	5.9	27.1	20	12.9	67.1	11.8	9.4	78.8	8.2	1.2	4.7	2.4	0	1.2	82.4	28.2	62.4	9.4
Primary School 6	78	17.9	1.3	3.8	76.9	16.7	7.7	75.6	7.7	3.8	88.5	5.1	1.3	2.6	1.3	0	1.3	88.5	50	46.2	3.8
Primary School 7	52	42.3	1.9	5.8	50	11.5	13.5	75	5.8	7.7	86.5	3.8	5.8	1.9	1.9	0	0	86.5	25	42.3	32.7
Primary School 8	49	49	2	12.2	36.7	20.4	4.1	75.5	10.2	0	89.8	12.2	0	0	0	2	0	85.7	28.6	61.2	10.2
Average	386	42.22	1.56	4.91	51.29	21.50	12.18	66.32	11.67	7.51	80.83	7.99	2.09	4.14	2.08	0.52	2.86	80.32	32.37	54.93	12.68

Primary Schools – My School – Part Two

Name of School	No of Surveys	Do you feel safe at school?				Do you find it easy to talk to your parents, carers/trusted adults about things that bother you?			Who do you talk to about things that bother you?								If you had a problem and didn't think you could talk to who you usually do, would you know where to go for help?		
		Yes	No	Some times	Don't Know	Yes	Don't Know	No	Parents	Friends	Other Family	Teachers	School Nurse	Other Adults	Online Friends	I tend to keep things to myself	Yes	No	Don't Know
Primary School 1	24	45.8	0	37.5	16.7	50	29.2	20.8	62	33.3	4.2	16.7	0	16.7	4.2	25	50	25	25
Primary School 2	42	71.4	0	28.6	0	69	19	11.9	81	57.1	33.3	42.9	0	0	4.8	11.9	76.2	9.5	14.3
Primary School 3	28	32.1	0	64.3	3.6	75	10.7	14.3	82.1	46.4	46.4	35.7	7.1	7.1	3.6	10.7	57.1	32.1	10.7
Primary School 4	28	57.1	0	42.9	0	75	14.3	10.7	78.6	57.1	46.4	17.9	0	3.6	0	10.7	89.3	3.6	7.1
Primary School 5	85	56.5	3.5	36.5	3.5	57.6	18.8	23.5	68.2	43.5	34.1	14.1	0	1.2	1.2	29.4	65.9	21.2	12.9
Primary School 6	78	76.9	2.6	19.2	1.3	82.1	11.5	6.4	79.5	46.2	25.6	11.5	2.6	2.6	1.3	17.9	83.3	6.4	10.3
Primary School 7	52	67.3	1.9	28.8	1.9	55.8	28.8	15.4	63.5	57.7	30.8	28.8	0	1.9	5.8	19.2	76.9	5.8	17.3
Primary School 8	49	65.3	4.1	28.6	2	67.3	18.4	14.3	73.5	42.9	18.4	24.5	0	0	8.2	18.4	69.4	12.2	18.4
Average	386	62.42	2.07	32.65	2.84	66.83	18.38	14.76	73.29	47.92	29.78	22.01	1.04	2.86	3.39	19.42	72.53	13.47	13.99

Primary Schools – My Life – Part One

Name of school	No of Surveys	How do you feel most days?			How often do you worry about:																								
		Happy	Ok	Sad	Family problems?					Health problems?					SATs and tests?					Problems with friends?					The way you look?				
					Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time
Primary School 1	24	29.2	62.5	8.3	25	33.3	29.2	8.3	4.2	41.7	29.2	16.7	4.2	8.3	16.7	12.5	50	16.7	4.2	16.7	37.5	25	8.3	12.5	37.5	20.8	8.3	8.3	25
Primary School 2	42	64.3	35.7	0	21.4	52.4	21.4	4.8	0	40.5	35.7	14.3	9.5	0	26.2	40.5	16.7	7.1	9.5	26.2	35.7	21.4	16.7	0	59.5	23.8	2.4	9.5	4.8
Primary School 3	28	50	46.4	3.6	25	39.3	10.7	14.3	10.7	32.1	35.7	14.3	17.9	0	42.9	21.4	28.6	7.1	0	7.1	42.9	28.6	3.6	17.9	32.1	10.7	14.3	25	17.9
Primary School 4	28	42.9	57.1	0	25	42.9	21.4	10.7	0	35.7	32.1	32.1	0	0	14.3	7.1	42.9	25	10.7	10.7	57.1	14.3	17.9	0	42.9	25	10.7	14.3	7.1
Primary School 5	85	45.9	48.2	5.9	20	37.6	17.6	9.4	15.3	25.9	37.6	14.1	16.5	5.9	8.2	20	32.9	17.6	21.2	12.9	45.9	23.5	10.6	7.1	30.6	30.6	23.5	5.9	9.4
Primary School 6	78	66.7	30.8	2.6	43.6	25.6	24.4	2.6	3.8	48.7	29.5	12.8	7.7	1.3	30.8	24.4	23.1	6.4	15.4	33.3	33.3	17.9	10.3	5.1	44.9	20.5	16.7	6.4	11.5
Primary School 7	52	53.8	38.5	7.7	19.2	32.7	23.1	17.3	7.7	32.7	42.3	11.5	0	13.5	26.9	30.8	21.2	5.8	15.4	25	42.3	23.1	3.8	5.8	40.4	25	13.5	11.5	9.6
Primary School 8	49	55.1	42.9	2	14.3	38.8	18.4	22.4	6.1	44.9	20.4	18.4	6.1	10.2	40.8	20.4	16.3	14.3	8.2	30.6	46.9	8.2	10.2	4.1	42.9	24.5	10.2	6.1	16.3
Average	386	53.38	42.75	3.89	25.13	36.52	20.73	10.62	6.99	37.57	33.15	15.54	8.56	5.19	24.87	23.32	26.95	11.90	12.97	22.00	41.96	19.94	10.12	5.97	40.95	23.83	14.25	9.32	11.65

Primary Schools – My Life – Part Two

Name of school	No of Surveys	How often do you worry about:																				Are you happy with your appearance?			When my friends ask me to do something I don't want to do, feel I can say no				
		Family money problems?					Crime?					Puberty and growing up?					Being bullied?					Yes	No	Don't Know	None of the time	Rarely	Some of the time	Often	All of the time
		Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time								
Primary School 1	24	58.3	29.2	12.5	0	0	66.7	4.2	16.7	4.2	8.3	37.5	16.7	8.3	12.5	25	37.5	25	12.5	8.3	16.7	58.3	12.5	29.2	25	12.5	20.8	25	16.7
Primary School 2	42	64.3	26.2	4.8	2.4	2.4	73.8	9.5	7.1	9.5	0	45.2	28.6	19	4.8	2.4	52.4	23.8	11.9	9.5	2.4	81	7.1	11.9	7.1	9.5	14.3	21.4	47.6
Primary School 3	28	53.6	25	7.1	7.1	7.1	53.6	7.1	28.6	3.6	7.1	46.4	32.1	7.1	7.1	7.1	14.3	32.1	35.7	3.6	14.3	46.4	28.6	25	7.1	7.1	25	28.6	32.1
Primary School 4	28	50	21.4	14.3	10.7	3.6	57.1	17.9	17.9	3.6	3.6	35.7	32.1	17.9	10.7	3.6	39.33	32.1	10.7	7.1	10.7	82.1	10.7	7.1	0	14.3	3.6	35.7	46.4
Primary School 5	85	52.9	15.3	14.1	10.6	7.1	56.5	14.1	12.9	3.5	12.9	28.2	23.5	25.9	16.5	5.9	45.9	25.9	9.4	10.6	8.2	72.9	8.2	18.8	3.5	10.6	7.1	17.6	61.2
Primary School 6	78	69.2	21.8	2.6	2.6	3.8	56.4	23.1	9	7.7	3.8	64.1	21.8	3.8	5.1	5.1	61.5	17.9	12.8	3.8	3.8	75.6	7.7	16.7	10.3	7.7	5.1	10.3	66.7
Primary School 7	52	40.4	26.9	11.5	13.5	7.7	40.4	19.2	17.3	11.5	11.5	36.5	28.8	19.2	3.8	11.5	61.5	11.5	9.6	7.7	9.6	76.9	11.5	11.5	7.7	17.3	3.8	23.1	48.1
Primary School 8	49	59.2	18.4	8.2	6.1	8.2	61.2	24.5	6.1	2	6.1	46.9	18.4	12.2	14.3	8.2	65.3	6.1	14.3	8.2	6.1	73.5	16.3	10.2	10.2	6.1	12.2	18.4	53.1
Average	386	56.73	21.77	9.07	7.00	5.45	57.26	16.58	12.95	5.95	7.22	43.24	24.60	15.00	9.58	7.51	51.03	20.45	13.20	7.51	7.75	72.78	11.38	15.80	8.03	10.36	9.58	19.95	52.09

Primary Schools – My Life – Part Three

Name of school	No of Surveys	How happy are you with your life?											How happy are you with your friends?										
		0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
Primary School 1	24	4.2	0	0	4.2	4.2	8.3	16.7	16.7	12.5	16.7	16.7	0	0	4.2	0	0	16.7	16.7	4.2	8.3	16.7	33.3
Primary School 2	42	0	0	2.4	0	2.4	2.4	7.1	4.8	9.5	19	52.4	2.4	0	0	0	2.4	2.4	2.4	11.9	14.3	21.4	42.9
Primary School 3	28	3.6	0	3.6	3.6	0	0	0	7.1	32.1	3.6	46.4	0	0	0	0	3.6	3.6	0	7.1	10.7	28.6	46.4
Primary School 4	28	0	0	0	7.1	7.1	0	3.6	10.7	39.3	14.3	17.9	0	0	3.6	0	3.6	7.1	3.6	17.9	7.1	25	32.1
Primary School 5	85	0	1.2	1.2	3.5	3.5	4.7	4.7	16.5	15.3	17.6	31.8	0	1.2	0	1.2	3.5	3.5	1.2	7.1	4.7	30.6	47.1
Primary School 6	78	0	1.3	0	1.3	0	3.8	5.1	5.1	12.8	20.5	50	0	0	1.3	1.3	2.6	1.3	2.6	6.4	10.3	19.2	55.1
Primary School 7	52	1.9	0	1.9	0	0	0	3.8	9.6	17.3	30.8	34.6	3.8	0	0	1.9	0	0	0	15.4	9.6	21.2	48.1
Primary School 8	49	0	0	0	0	6.1	10.2	2	4.1	20.4	12.2	44.9	0	2	2	0	0	0	6.1	8.2	12.2	22.4	46.9
Average	386	0.78	0.53	1.04	2.07	2.58	3.87	4.90	9.33	17.87	18.12	38.87	0.77	0.52	1.04	0.78	2.08	3.11	3.12	9.34	9.32	23.57	46.37

Primary Schools – My Life – Part Four

Name of school	No of Surveys	How happy are you about the things you have?											Would you say that most people can be trusted, or that your can't be too careful in dealing with people?										How many days a week do you take part in 1 hour of physical activity?					
		0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10	No days a week	1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
Primary School 1	24	0	4.4	4.2	8.3	0	8.3	0	4.2	12.5	16.7	41.7	8.3	4.2	4.2	8.3	12.5	16.7	12.5	4.2	20.8	4.2	4.2	8.3	8.3	29.2	25	29.2
Primary School 2	42	0	0	0	0	0	0	0	7.1	7.1	14.3	71.4	0	2.4	2.4	4.8	4.8	28.6	2.4	9.5	14.3	14.3	16.7	4.8	7.1	38.1	33.3	16.7
Primary School 3	28	0	3.6	0	0	0	3.6	17.9	0	17.9	14.3	42.9	7.1	7.1	3.6	3.6	14.3	21.4	21.4	0	10.7	3.6	7.1	7.1	10.7	7.1	50	25
Primary School 4	28	0	0	0	0	0	7.1	7.1	14.3	10.7	28.6	32.1	3.6	0	7.1	3.6	14.3	25	7.1	25	7.1	3.6	3.6	0	7.1	42.9	17.9	32.1
Primary School 5	85	0	0	0	1.2	2.4	7.1	1.2	5.9	21.2	10.6	50.6	5.9	2.4	0	15.3	14.1	31.8	8.2	10.6	3.5	5.9	2.4	2.4	7.1	31.8	32.9	25.9
Primary School 6	78	0	0	1.3	0	2.6	1.3	0	1.3	7.7	12.8	73.1	12.8	0	0	6.4	3.8	19.2	15.4	14.1	10.3	7.7	10.3	3.8	3.8	29.5	30.8	32.1
Primary School 7	52	1.9	0	0	1.9	0	3.8	1.9	7.7	7.7	17.3	57.7	1.9	0	3.8	0	3.8	28.8	11.5	17.3	19.2	7.7	5.8	9.6	5.8	30.8	30.8	23.1
Primary School 8	49	0	2	0	2	2	2	8.2	0	8.2	12.2	63.3	4.1	0	6.1	0	8.2	22.4	16.3	10.2	12.2	8.2	12.2	2	14.3	38.8	22.4	22.4
Average	386	0.26	0.79	0.52	1.29	1.31	3.88	3.37	4.67	11.93	14.51	57.52	5.95	1.57	2.58	6.22	8.80	25.12	11.64	11.92	11.13	7.27	7.79	4.40	7.51	31.63	30.56	25.92

Primary Schools – My Life – Part Five

Name of school	No of Surveys	Do you take part in any of these activities out of school?							When thinking about starting secondary school, have you ever worried about:																			
		Sports Club	Youth Clubs	Other Clubs	Scouts/ Cadets	Volunteering	I don't take part in activities	Other	Making new friends?					Being in a new school?					Size of new school?					Being bullied?				
									Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Sometimes	Often	All of the time
Primary School 1	24	45.8	12.5	8.3	25	0	33.3	12.5	20.8	29.2	12.5	20.8	16.7	16.7	20.8	29.2	25	8.3	8.3	12.5	29.2	25	25	20.8	20.8	29.2	12.5	16.7
Primary School 2	42	54.8	2.4	19	7.1	4.8	16.7	23.8	26.2	26.2	26.2	9.5	11.9	33.3	33.3	14.3	11.9	7.1	31	26.2	16.7	14.3	11.9	47.6	26.2	19	0	7.1
Primary School 3	28	64.3	0	14.3	7.1	10.7	17.9	25	7.1	10.7	50	14.3	17.9	10.7	21.4	28.6	28.6	10.7	14.3	25	32.1	10.7	17.9	14.3	28.6	21.4	10.7	25
Primary School 4	28	67.9	7.1	25	14.3	3.6	7.1	10.7	7.1	7.1	60.7	14.3	10.7	14.3	35.7	28.6	10.7	10.7	10.7	17.9	21.4	35.7	14.3	28.6	46.4	7.1	14.3	3.6
Primary School 5	85	61.2	29.4	29.4	23.5	3.5	15.3	17.6	12.9	25.9	23.5	17.6	20	23.5	28.2	21.2	18.8	8.2	38.8	21.2	15.3	10.6	14.1	37.6	24.7	17.6	11.8	8.2
Primary School 6	78	69.2	1.3	14.1	14.1	3.8	17.9	20.5	38.5	24.4	20.5	10.3	6.4	39.7	35.9	12.8	6.4	5.1	52.6	17.9	16.7	6.4	6.4	47.4	26.9	14.1	3.8	7.7
Primary School 7	52	61.5	3.8	13.5	9.6	1.9	23.1	21.2	21.2	25	26.9	13.5	13.5	21.2	30.8	21.2	9.6	17.3	17.3	23.1	26.9	13.5	19.2	48.1	13.5	9.6	15.4	13.5
Primary School 8	49	59.2	0	14.3	22.4	2	10.2	28.6	20.4	34.7	22.4	16.3	6.1	38.8	18.4	12.2	16.3	14.3	26.5	22.4	16.3	20.4	14.3	49	20.4	12.2	10.2	8.2
Average	386	61.66	8.80	18.39	16.04	3.61	17.09	20.46	21.24	24.36	27.44	14.25	12.70	27.45	29.01	19.18	14.50	9.82	30.57	20.98	19.95	14.51	13.98	40.14	24.87	15.52	9.33	10.11

Primary Schools – My Life – Part Six

Name of school	No of Surveys	When thinking about starting secondary school, have you ever worried about:															Do you ever feel lonely?					At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?	
		Increase in homework?					Pressure from family?					Travelling to new school?											
		Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Sometimes	Often	All of the time	Never	Rarely	Some of the time	Often	All of the time		
Primary School 1	24	16.7	20.8	20.8	25	16.7	50	25	8.3	4.2	12.5	33.3	16.7	29.2	8.3	12.5	16.7	29.2	41.7	4.2	8.3	41.7	58.3
Primary School 2	42	23.8	28.6	19	11.9	16.7	71.4	23.8	0	0	4.8	69	21.4	7.1	0	2.4	45.2	31	19	0	4.8	38.1	61.9
Primary School 3	28	21.4	17.9	17.9	21.4	21.4	50	17.9	14.3	10.7	7.1	35.7	21.4	21.4	10.7	10.7	10.7	35.7	39.3	10.7	3.6	57.1	42.9
Primary School 4	28	21.4	14.3	32.1	21.4	10.7	50	28.6	10.7	7.1	3.6	57.1	10.7	25	7.1	0	32.1	28.6	25	14.3	0	53.6	46.4
Primary School 5	85	20	20	28.2	14.1	17.6	50.6	18.8	9.4	7.1	14.1	37.6	22.4	15.3	20	4.7	30.6	40	21.2	7.1	1.2	28.2	71.8
Primary School 6	78	38.5	12.8	26.9	10.3	11.5	71.8	16.7	5.1	3.8	2.6	55.1	17.9	16.7	2.6	7.7	46.2	30.8	19.2	2.6	1.3	32.1	67.9
Primary School 7	52	28.8	23.1	17.3	13.5	17.3	59.6	23.1	9.6	3.8	3.8	50	17.3	15.4	7.7	9.6	44.2	25	21.2	3.8	5.8	28.8	71.2
Primary School 8	49	28.6	20.4	20.4	10.2	20.4	59.2	20.4	6.1	8.2	6.1	61.2	14.3	12.2	4.1	8.2	55.1	14.3	22.4	8.2	0	28.6	71.4
Average	386	26.43	19.43	23.55	14.25	16.30	59.33	20.73	7.50	5.44	6.99	50.23	18.39	16.32	8.29	6.74	38.08	30.07	23.57	5.72	2.61	34.98	65.02

Primary Schools – My Community

Name of school	No of Surveys	I feel safe in my local area during the day					I feel safe in my local area at night				
		Strongly Disagree	Disagree	Neither	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
Primary School 1	24	8.3	8.3	29.2	45.8	8.3	29.2	25	37.5	4.2	4.2
Primary School 2	42	0	2.4	16.7	45.2	35.7	11.9	16.7	38.1	26.2	7.1
Primary School 3	28	3.6	10.7	28.6	39.3	17.9	25	39.3	14.3	14.3	7.1
Primary School 4	28	3.6	7.1	10.7	60.7	17.9	21.4	25	28.6	21.4	3.6
Primary School 5	85	2.4	4.7	25.9	42.4	24.7	36.5	23.5	27.1	9.4	3.5
Primary School 6	78	1.3	2.6	15.4	53.8	26.9	12.8	14.1	44.9	17.9	10.3
Primary School 7	52	3.8	1.9	19.2	51.9	23.1	25	17.3	25	26.9	5.8
Primary School 8	49	8.2	8.2	16.3	42.9	24.5	14.3	20.4	30.6	28.6	6.1
Average	386	3.38	4.93	19.95	47.67	24.09	22.28	20.98	31.88	18.64	6.22

Secondary Schools – Year 8 – Profile

Name of School	No of Surveys	I identify my gender as				Ethnic Group																	
		Male	Female	Transgender	Other	White British	White Irish	Gypsy or Irish traveller	Any other white	White & Black Caribbean	White & Black African	White and Asian	Any other mixed / multiple ethnic background	Indian	Pakistani	Bangladeshi	Chinese	Any other Asian background	African	Caribbean	Any other black/ African/ Caribbean background	Arab	Any other ethnic group
Secondary School 1	25	60	40	0	0	80	0	0	4	0	0	0	0	4	0	0	0	0	4	4	0	0	4
Secondary School 2	105	53.3	34.3	1.9	10.5	41.9	1	5.7	10.5	0	1.9	2.9	1.9	1	2.9	1	1.9	0	10.5	1.9	0	1	14.3
Secondary School 3	185	47	51.9	0	1.1	69.7	1.1	0.5	3.2	0.5	2.2	2.2	4.9	1.6	0	0.5	1.1	0	4.3	2.7	2.2	0	3.2
Average	315	50.13	45.09	0.63	4.15	61.25	0.98	2.19	5.70	0.29	1.93	2.26	3.51	1.59	0.97	0.63	1.28	0.00	6.34	2.54	1.29	0.33	6.96

Secondary Schools – Year 8 – My Experiences

Name of School	No of Surveys	Have you ever tried a cigarette?		If you have ever tried a cigarette how often do you smoke?				Have you ever tried an electronic cigarette?		If you have ever tried an electronic cigarette how often do you vape?				In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?				Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?				Do you add people to your social networks that you don't know in real life?		
		Yes	No	Once a Month	Once a Week	Once a Day	N/A	Yes	No	Once a Month	Once a Week	Once a Day	N/A	None	1-5 times	6-11 times	11+ times	None	1-4 times	5-8 times	8+ times	Yes	No	N/A
Secondary School 1	25	8	92	12	0	0	88	12	88	0	8	4	88	48	36	12	4	76	20	4	0	44	52	4
Secondary School 2	105	14.3	95.7	1.9	2.9	3.8	91.4	25.7	74.3	3.8	1	6.7	88.6	80	8.6	1.9	9.5	86.7	6.7	1	5.7	49.5	39	11.4
Secondary School 3	185	11.4	98.6	3.8	0	0	96.2	20	80	6.5	0.5	1.1	91.9	76.2	15.7	4.9	3.2	88.1	10.3	0	1.6	30.8	61.1	8.1
Average	315	12.10	97.90	3.82	0.97	1.27	93.95	21.27	78.73	5.08	1.26	3.20	90.49	75.23	14.94	4.46	5.36	86.67	9.87	0.65	2.84	38.08	53.01	8.87

Name of School	No of Surveys	Do you add people to your social networks that you don't know in real life?			Have you ever regretted sharing something online?			Have you ever felt like someone has tried to make you do something online?			Have you experienced sexual harassment?		
		Yes	No	N/A	Yes	No	N/A	Yes	No	N/A	Yes	No	Don't know
Secondary School 1	25	44	52	4	4	92	4	0	84	16	24	72	4
Secondary School 2	105	49.5	39	11.4	9.5	76.2	14.3	17.1	68.6	14.3	21	67.6	11.4
Secondary School 3	185	30.8	61.1	8.1	3.8	87.6	8.6	7	83.8	9.2	7	78.4	14.6
Average	315	38.08	53.01	8.87	5.72	84.15	10.13	9.81	78.75	11.44	13.02	74.29	12.69

Secondary Schools – Year 8 – My School – Part One

Name of School	No of Surveys	What method do you use to get to school?					Have you been bullied past 12 months?			Have you been bullied past 2 months?			If you were bullied in the past 2 months, how were you bullied?						In your opinion what is the most common form of bullying in your school?					In your opinion what is the most common reason for bullying in your school?									
		Car	Bus	Bicycle	Taxi	Walk	Yes	Don't Know	No	Yes	Don't Know	No	Verbally	Physically	Indirectly	Cyber bullying	Via a mobile phone	Other	NA	Verbal	Physical	Indirect	Cyber	Mobile Phone	Other	Sexuality	Culture / Religion	Appearance	Academic Ability	Race	Gender	Disability	Other
Secondary School 1	25	24	0	16	0	60	8	24	68	4	28	68	8	0	12	8	0	0	72	68	0	20	12	0	0	8	8	44	8	0	0	8	24
Secondary School 2	105	20	12.4	7.6	0	60	29.5	14.3	56.2	20	12.4	67.6	13.3	7.6	4.8	1	0	6.7	66.7	47.6	22.9	14.3	8.6	1.9	4.8	4.8	6.7	53.3	2.9	6.7	0	0	25.7
Secondary School 3	185	37.8	7.6	6.5	0	48.1	15.7	10.8	73.5	8.6	8.1	83.2	6.5	1.1	5.4	1.1	0	0	85.9	44.3	6.5	21.1	21.6	1.6	4.9	1.6	3.2	63.8	8.6	6.5	1.1	1.1	14.1
Average	315	30.77	8.60	7.62	0.00	53.01	19.69	13.01	67.30	12.03	11.11	76.79	8.89	3.18	5.72	1.61	0.00	2.23	78.40	47.28	11.45	18.75	16.50	1.57	4.48	3.17	4.75	58.73	6.65	6.05	0.65	1.28	18.75

Name of School	No of Surveys	Would you take action if you saw someone was being bullied?				Do you like School?			How do you find your school work?				Please complete the statement. At school I feel safe:				Do you find it easy to talk to parents, carers/trusted adults?				Who do you talk to about things that bother you?						If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?						
		Unlikely	Probably	Likely	Definitely	I like school	It's OK	I don't like school	Good	Ok	Ok, Sometimes	Struggle	All of the time	Often	Some of the time	Rarely	None of the time	Very easy	Easy	Neither easy or hard	Hard	Very hard	Parents	Friends	Other Family	Teachers	School Nurse	Other Adults	Online Friends	Keep things to myself	Yes	No	Don't Know
Secondary School 1	25	8	36	36	20	0	84	16	28	24	40	8	20	64	8	8	0	36	32	12	8	12	52	52	20	24	0	0	0	36	68	16	16
Secondary School 2	105	28.6	33.3	21.9	16.2	13.3	50.5	36.2	17.1	55.2	17.1	10.5	21	32.4	19	13.3	14.3	25.7	20	26.7	10.5	17.1	44.8	49.5	18.1	12.4	2.9	1	9.5	36.2	49.5	23.8	26.7
Secondary School 3	185	15.1	36.8	27	21.1	18.9	58.4	22.7	22.2	37.8	37.8	2.2	31.9	35.7	21.1	8.6	2.7	25.4	28.1	23.2	14.1	9.2	64.3	60	24.3	14.1	1.6	4.3	4.3	32.4	71.4	15.1	13.5
Average	315	19.04	35.57	26.01	19.38	15.53	57.80	26.67	20.96	42.50	31.07	5.43	27.32	36.85	19.36	10.12	6.35	26.34	25.71	23.48	12.42	12.06	56.82	55.87	21.89	14.32	1.91	2.86	5.69	33.95	63.93	18.07	18.10

Secondary Schools – Year 8 – My Life – Part One

Name of school	No of Surveys	How do you feel most days?			How often do you have strong feelings of anger?				Are you happy with your appearance?			Do you find it easy to express yourself in the way that you want to?			Have you felt pressure to:					How often do you have feelings of loneliness?					At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?	
		Happy	Ok	Sad	Everyday	Q Often	Not Often	Never	Yes	No	Don't Know	Yes, Always	Yes, Sometimes	No	Look a certain way	Act a certain way	Do certain things	Like certain things	I don't feel pressure	All of the time	Often	Some of the time	Rarely	None of the time	Yes	No
Secondary School 1	25	36	52	12	0	44	52	4	24	44	32	8	60	32	20	20	32	32	44	4	16	24	44	12	40	60
Secondary School 2	105	34.3	45.7	20	24.8	30.5	41.9	2.9	40	37.1	22.9	23.8	48.6	27.6	36.2	30.5	42.9	29.5	40	14.3	18.1	17.1	29.5	21	55.2	44.8
Secondary School 3	185	43.8	48.6	7.6	11.9	27	55.7	5.4	51.4	27.6	21.1	29.7	55.7	14.6	24.3	25.4	24.9	20	56.2	4.3	11.4	16.2	32.4	35.7	44.3	55.7
Average	315	40.01	47.90	12.08	15.26	29.52	50.81	4.46	45.43	32.07	22.57	26.01	53.67	20.31	27.93	26.67	31.46	24.12	49.83	7.61	14.00	17.12	32.35	28.92	47.59	52.41

Name of school	No of Surveys	How Happy are you with your life?											How happy are you with friends?										
		0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
Secondary School 1	25	8	0	0	8	0	12	12	4	20	16	20	0	0	0	0	0	0	4	20	20	40	16
Secondary School 2	105	10.5	1.9	4.8	3.8	5.7	10.5	3.8	7.6	11.4	12.4	27.6	4.8	1.9	1	2.9	4.8	8.6	4.8	7.6	14.3	14.3	35.2
Secondary School 3	185	0.5	1.1	1.6	4.9	5.4	8.1	9.2	7	18.9	16.2	27	0	0.5	1.6	1.1	2.7	6.5	5.4	14.6	15.7	18.9	33
Average	315	4.43	1.28	2.54	4.78	5.07	9.21	7.62	6.96	16.49	14.92	26.64	1.60	0.93	1.27	1.61	3.19	6.68	5.09	12.70	15.57	19.04	32.38

Secondary Schools – Year 8 – My Life – Part Two

Name of school	No of Surveys	How happy are you with the things that you own?											How many days a week do you take part in 1 hour of physical activity?					Do you take part in any of these activities out of school?						
		0	1	2	3	4	5	6	7	8	9	10	No days a week	1 day a week	2-3 days a week	4-5 days a week	6-7 days a week	Sports Club	Youth Clubs	Other Clubs	Scouts	Volunteering	part in other	Other
Secondary School 1	25	4	0	0	4	0	8	0	8	20	4	52	0	8	8	52	32	64	8	16	24	8	12	12
Secondary School 2	105	5.7	1	0	1	1.9	6.7	9.5	7.6	12.4	10.5	43.8	19	13.3	20	21.9	25.7	30.5	4.8	6.7	4.8	3.8	38.1	31.4
Secondary School 3	185	0	0	0	2.7	3.8	3.8	7	8.1	13	19.5	42.2	3.2	8.1	45.9	25.4	17.3	40	8.1	9.7	7.6	5.9	41.1	13
Average	315	2.22	0.33	0.00	2.24	2.87	5.10	7.28	7.93	13.36	15.27	43.51	8.21	9.83	34.26	26.34	21.27	38.74	6.99	9.20	7.97	5.37	37.79	19.05

Secondary Schools – Year 8 – My Community

Name of school	No of Surveys	I feel safe when I am out in my local area during the day:					I feel safe when I am out in my local area at night:				
		Strongly Disagree	Disagree	Neither	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
Secondary School 1	25	0	0	20	64	16	0	36	20	36	8
Secondary School 2	105	13.3	10.5	32.4	32.4	11.4	31.4	25.7	31.4	4.8	6.7
Secondary School 3	185	5.9	8.1	29.2	47	9.7	25.4	28.6	29.7	13	3.2
Average	315	7.90	8.26	29.54	43.48	10.77	25.38	28.22	29.50	12.09	4.75

Secondary Schools – Year 8 – My Feelings – Part One

Name of school	No of Surveys	I've been dealing with problems well?					I've been feeling optimistic about the future?					I feel I have a clear idea about what I want to do in your life?					Generally speaking would you say people can be trusted?										
		None of the time	Rarely	Some of the time	Often	All of the time	None of time	Rarely	Some of time	Often	All the time	None of the time	Rarely	Some of time	Often	All the time	0	1	2	3	4	5	6	7	8	9	10
Secondary School 1	25	4	20	28	36	12	12	20	16	40	12	4	12	32	36	16	8	4	0	16	4	24	16	16	4	4	4
Secondary School 2	105	18.1	9.5	29.5	28.6	14.3	20	13.3	30.5	18.1	18.1	11.4	17.1	17.1	17.1	37.1	9.5	4.8	7.6	7.6	7.6	28.6	6.7	9.5	5.7	3.8	8.6
Secondary School 3	185	8.1	13.5	32.4	27.6	18.4	5.9	13.5	33.5	25.9	21.1	7	10.3	18.9	31.4	32.4	2.2	8.1	2.7	4.9	9.7	22.7	10.8	15.7	11.4	5.4	6.5
Average	315	11.11	12.68	31.08	28.60	16.53	11.08	13.95	31.11	24.42	19.38	8.23	12.70	19.34	27.00	32.67	5.09	6.67	4.12	6.68	8.55	24.77	9.85	13.66	8.91	4.76	7.00

Name of school	No of Surveys	When I am overwhelmed by worries or concerns I try to cope by:																													
		Taking part in hobbies/activities/exercise					Using alcohol or drugs					Seeking out friends for support					Seeking out family for support					Hurting myself					Breaking or damaging things				
		None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time
Secondary School 1	25	16	8	16	32	28	80	4	0	16	0	20	28	24	28	0	20	12	20	28	20	76	8	12	4	0	56	24	12	8	0
Secondary School 2	105	25.7	14.3	21.9	18.1	20	82.9	3.8	5.7	1.9	5.7	31.4	17.1	23.8	13.3	14.3	32.4	16.2	20	15.2	16.2	68.6	8.6	9.5	4.8	8.6	49.5	16.2	13.3	9.5	11.4
Secondary School 3	185	16.8	18.4	24.9	23.8	16.2	91.4	3.2	2.7	2.2	0.5	20	20	25.4	22.7	11.9	17.8	17.3	16.2	25.9	22.7	81.1	10.3	4.9	3.2	0.5	63.2	18.9	10.3	5.9	1.6
Average	315	19.70	16.21	23.19	22.55	18.40	87.66	3.46	3.49	3.20	2.19	23.80	19.67	24.76	19.99	11.76	22.84	16.51	17.77	22.50	20.32	76.53	9.55	7.00	3.80	3.16	58.06	18.40	11.43	7.27	4.74

Secondary Schools – Year 8 – My Feelings – Part Two

Name of school	No of Surveys	When I am overwhelmed by worries or concerns I try to cope by:																								
		Taking deep breaths to calm myself					Trying not to think about it and forgetting the problem					Blaming myself					Spending time alone					Praying or attending my place of worship				
		None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time
Secondary School 1	25	36	24	12	28	0	16	16	28	32	8	40	28	12	8	12	28	24	16	20	12	88	0	4	0	8
Secondary School 2	105	35.2	18.1	16.2	13.3	17.1	30.5	13.3	19	20	17.1	33.3	24.8	13.3	9.5	19	38.1	13.3	17.1	8.6	22.9	60	6.7	10.5	6.7	16.2
Secondary School 3	185	27.6	21.6	29.2	11.4	10.3	22.2	17.8	27	24.3	8.6	34.1	29.7	13.5	14.6	8.1	36.8	17.3	17.8	17.8	10.3	73.5	7.6	8.6	5.4	4.9
Average	315	30.80	20.62	23.50	13.35	11.75	24.47	16.16	24.41	23.48	11.39	34.30	27.93	13.31	12.38	12.04	36.53	16.50	17.42	14.91	14.63	70.15	6.70	8.87	5.40	8.91

Name of school	No of Surveys	How able do you feel to make changes to your life?											If you had a problem, do you think you would be able to cope?			If you needed support, would you be happy to seek it?				
		0	1	2	3	4	5	6	7	8	9	10	Yes	No	Not sure	Definitely	Probably	Possibly	where help	I don't think there is help
Secondary School 1	25	8	8	0	8	0	0	8	36	4	12	16	56	12	32	28	24	36	0	12
Secondary School 2	105	12.4	3.8	1	7.6	7.6	11.4	12.4	12.4	10.5	3.8	17.1	49.5	15.2	35.2	22.9	19	29.5	7.6	21
Secondary School 3	185	1.1	1.6	2.2	4.9	3.8	16.2	10.8	14.1	18.4	7.6	19.5	56.2	7	36.8	31.4	28.6	32.4	3.2	4.3
Average	315	5.41	2.84	1.63	6.05	4.77	13.31	11.11	15.27	14.62	6.68	18.42	53.95	10.13	35.89	28.30	25.03	31.72	4.41	10.48

Secondary Schools – Year 10 – Profile

Name of School	No of Surveys	I identify my gender as				Ethnic Group																	
		Male	Female	Transgender	Other	White British	White Irish	Gypsy or Irish traveller	Any other white	White & Black Caribbean	White & Black African	White and Asian	Any other mixed / multiple ethnic background	Indian	Pakistani	Bangladeshi	Chinese	Any other Asian background	African	Caribbean	Any other black/ African/ Caribbean background	Arab	Any other ethnic group
Secondary School 4	73	1.4	98.6	0	0	19.2	0	0	9.6	0	4.1	1.4	1.4	4.1	1.4	2.7	1.4	4.1	42.5	0	8.2	0	0
Secondary School 2	77	45.5	51.9	2.6	0	53.2	0	1.3	9.1	3.9	0	3.9	1.3	0	1.3	2.6	0	0	7.8	1.3	3.9	0	10.4
Secondary School 3	159	54.1	42.8	1.3	1.9	78.6	1.9	2.5	0.6	1.9	0.6	1.9	0.6	0	0	0.6	1.3	0	3.1	2.5	1.9	0	1.9
Average	309	39.51	58.25	1.32	0.98	58.24	0.98	1.61	4.84	1.95	1.28	2.28	0.96	0.97	0.65	1.59	1.00	0.97	13.58	1.61	3.89	0.00	3.57

Secondary Schools – Year 10 – My Experiences – Part One

Name of School	No of Surveys	Have you ever tried a cigarette?		If you have ever tried a cigarette how often do you smoke?				Have you ever tried an electronic cigarette?		If you have ever tried an electronic cigarette how often do you vape?				In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?				Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?			
		Yes	No	Once a Month	Once a Week	Once a Day	N/A	Yes	No	Once a Month	Once a Week	Once a Day	N/A	None	1-5 times	6-11 times	11+ times	None	1-4 times	5-8 times	8+ times
Secondary School 4	73	2.7	97.3	0	1.4	0	98.6	5.5	94.5	0	1.4	0	98.6	86.3	11	2.7	0	89	9.6	0	1.4
Secondary School 2	77	41.6	58.4	3.9	3.9	7.8	84.4	46.8	53.2	2.6	2.6	5.2	89.6	50.6	27.3	5.2	16.9	64.9	23.4	6.5	5.2
Secondary School 3	159	13.2	86.8	1.3	1.9	3.1	93.7	17	83	4.4	1.3	3.8	90.6	71.7	17.6	5.7	5	87.4	8.8	0.6	3.1
Average	309	17.80	82.20	1.64	2.28	3.54	92.54	21.71	78.29	2.91	1.65	3.25	92.24	69.89	18.46	4.87	6.78	82.17	12.63	1.93	3.22

Name of School	No of Surveys	Have you ever smoked cannabis?			If you have ever smoked cannabis how often do you smoke?						Have you ever used any other drugs?			If you have used other drugs how often do you use them?					
		Yes	No	No, but I have been offered cannabis	Less than once a Month	Once a month	More than once a month	Once a week	Every-day	N/A	Yes	No	No, but I have been offered other drugs	Less than once a Month	Once a month	More than once a month	Once a week	Every-day	N/A
Secondary School 4	73	4.1	90.4	5.5	0	1.4	0	0	0	98.6	9.6	86.3	4.1	4.1	0	0	1.4	0	94.5
Secondary School 2	77	15.6	61	23.4	0	0	1.3	1.3	2.6	94.8	6.5	77.9	15.6	0	0	0	0	1.3	98.7
Secondary School 3	159	8.2	80.5	11.3	1.9	1.9	0.6	0	0.6	95	2.5	87.4	10.1	1.3	0.6	0.6	0	0	97.5
Average	309	9.08	77.98	12.94	0.98	1.31	0.63	0.32	0.96	95.80	5.17	84.77	10.05	1.64	0.31	0.31	0.33	0.32	97.09

Secondary Schools – Year 10 – My Experiences – Part Two

Name of School	No of Surveys	Do you add people to your social networks that you don't know in real life?			Have you ever regretted sharing something online?			Have you ever felt like someone has tried to make you do something online?			Have you experienced sexual harassment?		
		Yes	No	N/A	Yes	No	N/A	Yes	No	N/A	Yes	No	Don't know
Secondary School 4	73	54.8	38.4	6.8	4.1	87.7	8.2	13.7	75.3	11	17.8	72.6	9.6
Secondary School 2	77	55.8	35.1	9.1	14.3	74	11.7	7.8	81.8	10.4	27.3	66.2	6.5
Secondary School 3	159	32.7	60.4	6.9	10.1	83.6	6.3	3.8	86.8	9.4	10.1	81.8	8.2
Average	309	43.68%	48.90%	7.42%	9.73%	82.18%	8.09%	7.14%	82.84%	10.03%	16.21%	75.74%	8.11%

Secondary Schools – Year 10 – My School – Part One

Name of School	No of Surveys	What method do you use to get to school?					Have you been bullied past 12 months?			Have you been bullied past 2 months?			If you have been bullied in the past 2 months, how were you bullied?							In your opinion what is the most common form of bullying in your school?					In your opinion what is the most common reason for bullying in your school?								
		Car	Bus	Bicycle	Taxi	Walk	Yes	Don't Know	No	Yes	Don't Know	No	Verbally	Physically	Indirectly	Cyber bullying	Via a mobile phone	Other	NA	Verbal	Physical	Indirect	Cyber	Mobile Phone	Other	Sexuality	Culture / Religion	Appearance	Academic Ability	Race	Gender	Disability	Other
Secondary School 4	73	20.5	46.6	0	0	32.9	8.2	11	80.8	2.7	5.5	91.8	2.7	0	5.5	0	0	0	91.8	24.7	0	63	8.2	1.4	2.7	5.5	1.4	69.9	1.4	5.5	0	0	16.4
Secondary School 2	77	26	22.1	3.9	2.6	45.5	18.2	7.8	74	11.7	11.7	76.6	9.1	3.9	3.9	0	0	1.3	81.8	40.3	11.7	15.6	10.4	0	22.1	3.9	1.3	48.1	9.1	18.2	2.6	1.3	15.6
Secondary School 3	159	24.5	7.5	5	1.3	61.6	8.2	5.7	86.2	3.8	5.7	90.6	3.8	0	3.1	1.3	0.6	0.6	90.6	42.1	1.9	34.6	11.3	2.5	7.5	8.2	7.5	56	4.4	3.1	0	5.7	15.1
Average	309	23.93	20.38	3.54	1.32	50.81	10.69	7.48	81.88	5.51	7.15	87.39	4.86	0.97	3.87	0.67	0.31	0.63	88.69	37.54	3.89	36.57	10.34	1.62	10.00	6.49	4.51	57.32	4.86	7.43	0.65	3.26	15.53

Secondary Schools – Year 10 – My School – Part Two

Name of School	No of Surveys	Would you take action if you saw someone was being bullied?				Do you like School?			How do you find your school work?				Please complete the statement. At school I feel safe:				Do you find it easy to talk to parents, carers/trusted adults about things that bothered you?					Who do you usually talk to about things which bother you?							If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?				
		Unlikely	Probably	Likely	Definitely	I like school	It's OK	Don't	Good	Ok	Ok, Sometimes	Struggle	All of the time	Often	Some of the time	Rarely	None of the time	Very easy	Easy	Neither easy or hard	Hard	Very hard	Parents	Friends	Other Family	Teachers	School Nurse	Other Adults	Online Friends	Keep things to myself	Yes	No	Don't Know
Secondary School 4	73	1.4	27.4	46.6	24.7	19.2	60.3	20.5	16.4	41.1	37	5.5	38.4	34.2	24.7	2.7	0	12.3	26	43.8	6.8	11	39.7	79.5	23.3	4.1	0	2.7	6.8	47.9	64.4	15.1	20.5
Secondary School 2	77	11.7	42.9	23.4	22.1	19.5	50.6	29.9	18.2	29.9	48.1	3.9	29.9	35.1	18.2	9.1	7.8	29.9	27.3	24.7	7.8	10.4	50.6	62.3	26	16.9	0	9.1	6.5	31.2	57.1	23.4	19.5
Secondary School 3	159	16.4	36.5	25.8	21.4	8.8	55.3	35.8	13.2	42.8	37.1	6.9	17.6	35.2	27	13.2	6.9	23.3	28.3	35.8	4.4	8.2	56.6	56.6	17	7.5	0.6	3.1	9.4	38.4	58.5	20.8	20.8
Average	309	11.69	35.94	30.12	22.35	13.92	55.31	30.72	15.20	39.18	39.82	5.82	25.58	34.94	24.26	9.70	5.49	22.35	27.51	34.92	5.81	9.41	51.11	63.43	20.73	9.04	0.31	4.50	8.06	38.85	59.54	20.10	20.41

Secondary Schools – Year 10 – My Life – Part One

Name of school	No of Surveys	How do you feel most days?			How often do you have strong feelings of anger?				Are you happy with your appearance?			Do you find it easy to express yourself in the way that you want to?			Have you felt pressure to?					How often do you have feelings of loneliness?					At home does a member of your family rely on you for support as they are unable to complete tasks without your help?	
		Happy	Ok	Sad	Everyday	Q Often	Not Often	Never	Yes	No	Don't Know	Yes, Always	Yes, Sometimes	No	Look a certain way	Act a certain way	Do certain things	Like certain things	I don't feel pressure	All of the time	Often	Some of the time	Rarely	None of the time	Yes	No
Secondary School 4	73	35.6	57.5	6.8	2.7	34.2	58.9	4.1	49.3	20.5	30.1	17.8	63	19.2	30.1	31.5	24.7	23.3	52.1	8.2	16.4	26	41.1	8.2	26	74
Secondary School 2	77	31.2	58.4	10.4	18.2	29.9	45.5	6.5	45.5	20.8	33.8	33.8	48.1	18.2	26	24.7	23.4	18.2	50.6	10.4	13	22.1	29.9	24.7	50.6	49.4
Secondary School 3	159	36.5	55.3	8.2	11.3	35.8	50.3	2.5	57.2	20.8	22	23.3	59.7	17	20.8	23.9	17.6	17.6	62.9	3.8	9.4	20.1	34.6	32.1	31.4	68.6
Average	309	34.97	56.59	8.42	10.99	33.95	51.14	3.87	52.42	20.73	26.85	24.62	57.59	17.82	24.29	25.89	20.72	19.10	57.28	6.48	11.95	21.99	34.96	24.61	34.91	65.09

Name of school	No of Surveys	How Happy with your life?											How happy with friends?										
		0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
Secondary School 4	73	0	2.7	1.4	6.8	2.7	13.7	17.8	16.4	16.4	16.4	5.5	0	4.1	0	5.5	4.1	8.2	17.8	16.4	17.8	8.2	17.8
Secondary School 2	77	5.2	0	2.6	3.9	6.5	10.4	9.1	13	19.5	9.1	20.8	6.5	1.3	1.3	1.3	2.6	6.5	5.2	11.7	19.5	22.1	22.1
Secondary School 3	159	2.5	0	1.3	5	5	10.1	8.8	15.7	22	12.6	17	1.3	0.6	0.6	1.9	1.3	8.2	6.3	11.3	19.5	20.8	28.3
Average	309	2.58	0.64	1.65	5.15	4.83	11.03	11.00	15.19	20.05	12.63	15.23	2.29	1.60	0.63	2.60	2.29	7.78	8.74	12.60	19.10	18.15	24.27

Secondary Schools – Year 10 – My Life – Part Two

Name of school	No of Surveys	How happy are you with the things that you own?											How many days a week do you take part in 1 hour of physical activity?					Do you take part in any of these activities out of school?						
		0	1	2	3	4	5	6	7	8	9	10	No days a week	1 day a week	2-3 days a week	4-5 days a week	6-7 days a week	Sports Club	Youth Clubs	Other Clubs	Scouts	Volunteering	part in other	Other
Secondary School 4	73	1.4	0	1.4	0	5.5	9.6	13.7	11	17.8	17.8	21.9	1.4	19.2	60.3	15.1	4.1	31.5	20.5	15.1	8.2	24.7	34.2	9.6
Secondary School 2	77	5.2	1.3	0	5.2	2.6	6.5	3.9	11.7	23.4	3.9	36.4	14.3	16.9	33.8	18.2	16.9	35.1	5.2	7.8	2.6	9.1	46.8	13
Secondary School 3	159	1.9	0	0.6	2.5	2.5	8.8	3.1	3.8	17.6	18.9	40.3	8.8	13.2	44.7	20.1	13.2	34	1.3	7.5	9.4	8.2	45.9	16.4
Average	309	2.60	0.32	0.64	2.58	3.23	8.42	5.80	7.47	19.09	14.90	34.98	8.42	15.54	45.67	18.45	11.97	33.68	6.81	9.37	7.42	12.32	43.36	13.95

Name of school	No of Surveys	Have you had sex?			If you have had sex, have you ever had unprotected sex?		
		Yes	No	Prefer not to say	Yes	No	Prefer not to say
Secondary School 4	73	1.4	94.5	4.1	1.4	90.4	8.2
Secondary School 2	77	23.4	59.7	16.9	9.1	72.7	18.2
Secondary School 3	159	5	87.4	7.5	3.8	86.2	10.1
Average	309	8.73	82.17	9.04	4.55	83.83	11.67

Secondary Schools – Year 10 – My Community

Name of school	No of Surveys	I feel safe in my local area during the day:					I feel safe in my local area during at night:				
		Strongly Disagree	Disagree	Neither	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
Secondary School 4	73	1.4	8.2	27.4	45.2	17.8	8.2	32.9	38.4	15.1	5.5
Secondary School 2	77	7.8	9.1	32.5	37.7	13	11.7	27.3	27.3	23.4	10.4
Secondary School 3	159	3.1	12.6	39	34.6	10.7	17.6	27	32.7	17.6	5
Average	309	3.87	10.69	34.64	37.88	12.95	13.91	28.47	32.70	18.45	6.46

Secondary Schools – Year 10 – My Feelings – Part One

Name of school	No of Surveys	I've been dealing with problems well					I've been feeling optimistic about the future					I feel I have a clear idea about what I want to do in your life					Generally speaking would you say people can be trusted?										
		None of the time	Rarely	Some of the time	Often	All of the time	None of time	Rarely	Some of time	Often	All the time	None of the time	Rarely	Some of time	Often	All the time	0	1	2	3	4	5	6	7	8	9	10
Secondary School 4	73	2.7	5.5	38.4	45.2	8.2	0	8.2	31.5	39.7	20.5	4.1	20.5	23.3	34.2	17.8	2.7	6.8	11	11	17.8	28.8	5.5	8.2	6.8	1.4	0
Secondary School 2	77	10.4	16.9	33.8	27.3	11.7	11.7	9.1	31.2	33.8	14.3	16.9	9.1	29.9	22.1	22.1	7.8	6.5	7.8	9.1	9.1	28.6	10.4	6.5	6.5	0	7.8
Secondary School 3	159	6.3	12.6	30.2	35.8	15.1	9.4	10.7	32.7	33.3	13.8	10.1	15.1	22.6	35.2	17	12.6	5.7	6.9	11.9	7.5	23.9	10.7	11.3	5	3.1	1.3
Average	309	6.47	11.99	33.03	35.90	12.62	7.75	9.71	32.04	34.94	15.51	10.38	14.88	24.58	31.70	18.46	9.07	6.16	8.09	10.99	10.33	26.23	9.40	9.37	5.80	1.93	2.61

Secondary Schools – Year 10 – My Feelings – Part Two

Name of school	No of Surveys	When I am overwhelmed by worries or concerns I try to cope by:																													
		Taking part in hobbies/activities/exercise					Using alcohol or drugs				Seeking out friends for support					Seeking out family for support					Hurting myself					Breaking or damaging things					
		None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time
Secondary School 4	73	9.6	24.7	28.8	21.9	15.1	95.9	2.7	1.4	0	0	11	19.2	19.2	34.2	16.4	13.7	17.8	24.7	23.3	20.5	87.7	4.1	2.7	4.1	1.4	65.8	23.3	2.7	6.8	1.4
Secondary School 2	77	22.1	19.5	27.3	18.2	13	84.4	6.5	3.9	3.9	1.3	22.1	24.7	28.6	20.8	3.9	23.4	20.8	18.2	27.3	10.4	77.9	13	5.2	2.6	1.3	51.9	32.5	7.8	3.9	3.9
Secondary School 3	159	23.9	10.1	23.3	29.6	13.2	88.1	4.4	5	1.9	0.6	20.1	18.2	32.1	21.4	8.2	22.6	12.6	27.7	23.9	13.2	85.5	5	5	1.9	2.5	59.7	15.1	13.2	7.5	4.4
Average	309	20.07	15.89	25.60	24.94	13.60	89.02	4.52	3.88	1.95	0.63	18.45	20.06	28.18	24.27	9.07	20.70	15.87	24.62	24.61	14.23	84.13	6.78	4.51	2.59	1.94	59.20	21.37	9.37	6.44	3.57

Name of school	No of Surveys	When I am overwhelmed by worries or concerns I try to cope by:																								
		Taking deep breaths to calm myself					Trying not to think about it and forgetting the problem					Blaming myself					Spending time alone					Praying or attending my place of worship				
		None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time
Secondary School 4	73	27.4	27.4	16.4	21.9	6.8	12.3	27.4	27.4	24.7	8.2	28.8	28.8	23.3	11	8.2	19.2	21.9	24.7	17.8	16.4	24.7	12.3	19.2	23.3	20.5
Secondary School 2	77	29.9	22.1	23.4	19.5	5.2	29.9	15.6	31.2	16.9	6.5	37.7	23.4	15.6	11.7	11.7	40.3	18.2	18.2	11.7	11.7	64.9	16.9	7.8	5.2	5.2
Secondary School 3	159	33.3	25.8	18.9	19.5	2.5	25.2	21.4	27	16.4	10.1	35.8	26.4	14.5	16.4	6.9	39	19.5	13.2	15.7	12.6	81.8	6.3	4.4	3.1	4.4
Average	309	31.06	25.26	19.43	20.07	4.19	23.32	21.37	28.14	18.49	8.75	34.62	26.22	16.85	13.95	8.40	34.65	19.74	17.16	15.20	13.27	64.10	10.36	8.74	8.40	8.40

Secondary Schools – Year 10 – My Feelings – Part Three

Name of school	No of Surveys	How able do you feel to make changes to your life?											If you had a problem, do you think you would be able to cope			If you needed support, would you be happy to seek it?				
		0	1	2	3	4	5	6	7	8	9	10	Yes	No	Not sure	Definitely	Probably	Possibly	I don't know where help is	I don't think there is help
Secondary School 4	73	0	1.4	4.1	4.1	5.5	13.7	12.3	19.2	23.3	6.8	9.6	64.4	4.1	31.5	17.8	35.6	32.9	8.2	5.5
Secondary School 2	77	7.8	2.6	2.6	9.1	3.9	15.6	11.7	10.4	13	5.2	18.2	55.8	11.7	32.5	16.9	36.4	27.3	7.8	11.7
Secondary School 3	159	3.8	1.9	0.6	5	4.4	20.1	10.7	15.1	15.7	5.7	17	62.9	3.8	33.3	19.5	34.6	30.8	6.3	8.8
Average	309	3.90	1.96	1.93	5.81	4.54	17.47	11.33	14.90	16.82	5.84	15.55	61.49	5.84	32.68	18.45	35.28	30.42	7.12	8.74