

# **The Solihull Children and Young People's Health and Wellbeing Survey 2018**

**A report for  
Synergy Collaborative  
Years 8 & 10**

**The Schools Health Education Unit**

**[www.sheu.org.uk](http://www.sheu.org.uk)**

**SHEU**



# **School Survey Report 2018**

Synergy Collaborative compared with your local area

Produced by the  
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

## Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

The report compares the data collected from your pupils with those from a larger, wider sample.

SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



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## Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

### Comparison figures

In this report the data gathered from this survey have been compared with a larger sample from your area. For example, if your school is in Exeter then the wider data might be Devon. This enables you to compare your results with others in the area and also go to the SHEU annual reports (summaries available at [www.sheu.org.uk/publications](http://www.sheu.org.uk/publications)) to find out about the UK statistics and trends.

If the figures in your survey have been compared with results from a reference sample, the reference figures are normally given second, and often in parentheses.

**15% (20%)** of the sample...

**Your survey** (Reference sample)

	<b>Your survey</b>		Reference Sample	
	<b>Year 8</b>	<b>Year 10</b>	Year 8	Year 10
Boys	<b>10</b>	<b>20</b>	30	40
Girls	<b>80</b>	<b>70</b>	60	50

Favourite fruits			
1	Apples	<b>70</b>	(60)
2	Oranges	<b>60</b>	(50)
3	Bananas	<b>50</b>	(40)

**Your survey** (Reference sample)

## Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

## The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	301	276	555	424
Girls	296	274	561	402

Please note that 1 (1) pupil(s) didn't specify whether they are a boy or a girl and 0 (0) didn't specify what year group they are in. These pupils will not be included in any tables or charts which are split by sex or year respectively, however they will be included in any total figures.

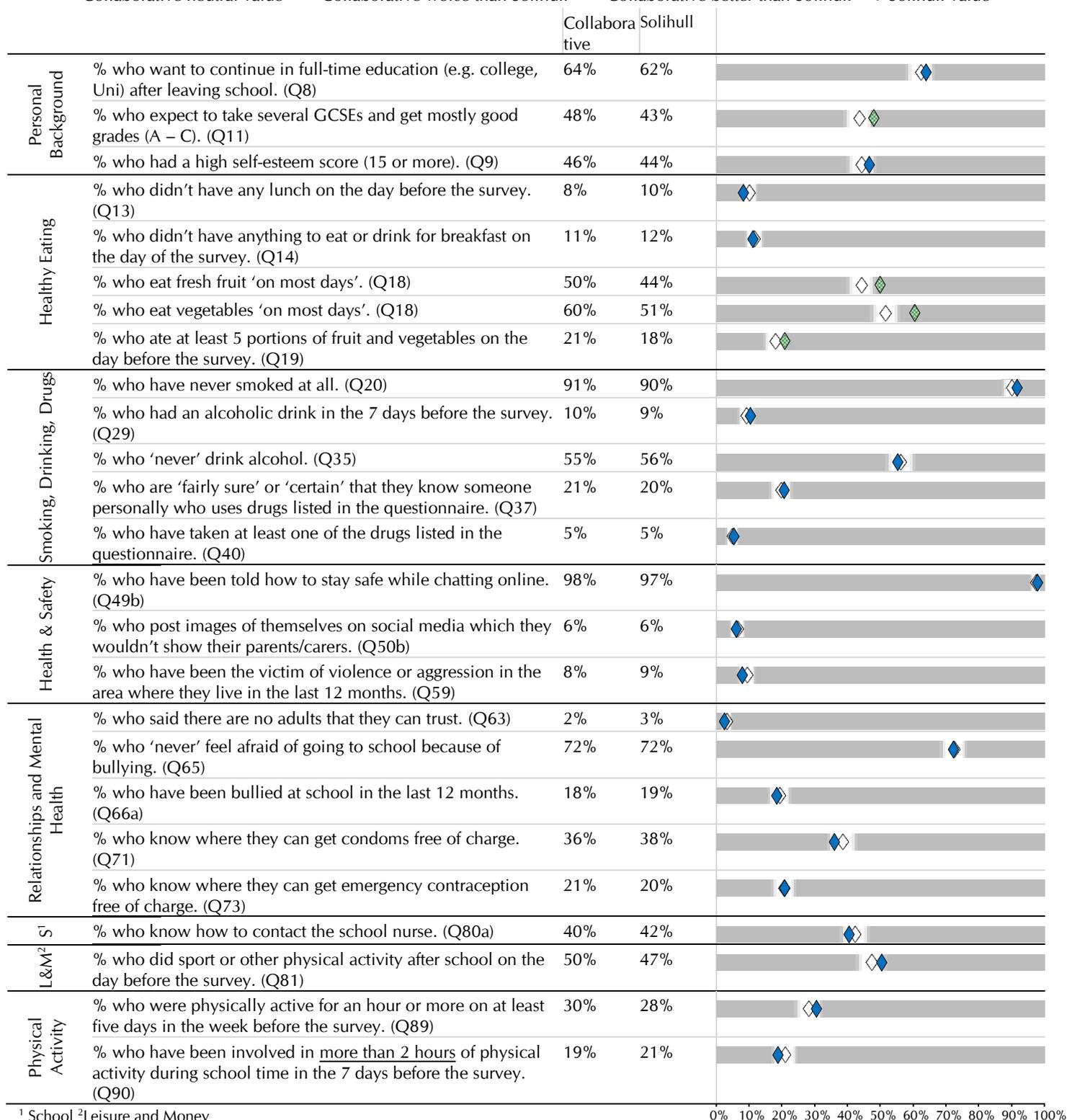
If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

## Spine Charts

### Key Findings

In the chart below a coloured diamond represents Synergy Collaborative's result, while the hollow diamond represents the figure for Solihull Secondary. The distance between the diamonds indicates the size of the difference between the percentages – the greater the gap, the larger the difference. The colour of the diamond reflects whether a difference is statistically significant and if the difference is positive (green/white spots), negative (red/white stripes) or if it is not statistically significant (blue). The white space is an indication of how spread out the scores are for Solihull Secondary pupils ( $\pm$  one Standard Deviation, the paler grey is the next SD).

◆ Collaborative neutral value   ◆ Collaborative worse than Solihull   ◆ Collaborative better than Solihull   ◇ Solihull value



<sup>1</sup> School <sup>2</sup>Leisure and Money

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**Sample size:**

	Synergy			Solihull		
	Yr 8	Yr 10	Total	Yr 8	Yr 10	Total
Boys	301	276	577	555	424	979
Girls	296	274	570	561	402	963
Total	597	550	1147	1116	826	1942

**Personal development, behaviour and welfare (PDBW) score for Synergy Collaborative:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
0% – 24% true	0%	0%	0%	0%	0%
25% – 49% true	6%	9%	12%	14%	11%
50% – 74% true	45%	50%	48%	57%	50%
75% – 100% true	49%	41%	39%	29%	39%

This table provides a summary PDBW score which reflects the percentage of positive responses a pupil gave throughout the questionnaire; a higher percentage of 'true' responses indicates good personal development, behaviour and welfare.

**Personal development, behaviour and welfare (PDBW) score for Solihull Secondary:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
0% – 24% true	0%	0%	0%	1%	0%
25% – 49% true	9%	10%	11%	16%	12%
50% – 74% true	45%	52%	51%	58%	51%
75% – 100% true	46%	37%	38%	26%	37%

**Synergy Collaborative: Pride in achievement and commitment to learning, supported by a positive culture across the whole provider:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who enjoy at least 'about half' of their school lessons.	73%	83%	75%	77%	76%
Pupils who think that teachers listen to them at school.	60%	57%	55%	47%	54%
Pupils who have expectations of taking at least 5 GCSEs.	51%	66%	73%	80%	67%
Pupils who think their school cares whether they are happy or not.	58%	57%	54%	46%	53%
Pupils who think their work is marked so they can see how to improve it.	78%	75%	75%	70%	74%
Pupils who agreed that 'My achievements in and out of school are recognised'.	58%	50%	46%	44%	49%

**Synergy Collaborative: Self-confidence, self-awareness and understanding of how to be a successful learner:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who are at least 'quite a lot' satisfied with their life at the moment.	65%	69%	62%	57%	63%
Pupils who do not usually feel uncomfortable when they have to say something in front of teachers.	54%	38%	50%	35%	44%
Pupils who do not usually feel shy when they want to tell a teacher something.	61%	41%	71%	47%	55%
Pupils who have high self-esteem.	54%	40%	52%	41%	46%
Pupils who think they get enough sleep to stay alert and concentrate on their school work.	81%	72%	70%	60%	71%
Pupils who think they get enough sleep for their health.	73%	65%	59%	51%	62%
Pupils who set their own targets and are helped to meet them.	63%	63%	58%	57%	60%

**Synergy Collaborative: Choices about the next stage of their education, employment, self-employment or training, where relevant, from impartial careers advice and guidance:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who want to continue in full-time education when they leave school.	56%	79%	47%	73%	64%
Pupils who want to find a job as soon as they can when they leave school.	35%	38%	44%	47%	41%
Pupils who want to get training for a skilled job when they leave school.	47%	40%	41%	30%	39%

**Synergy Collaborative: Where relevant, employability skills so that they are well prepared for the next stage of their education, employment, self-employment or training:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who think their school helps them work as part of a team.	63%	67%	56%	51%	59%

**Synergy Collaborative: Following of any guidelines for behaviour and conduct, including management of their own feelings and behaviour, and how they relate to others:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school.	86%	78%	84%	74%	80%
Pupils who do not often fall out with other pupils at school.	69%	67%	76%	77%	72%
Pupils who do not think other pupils usually say nasty things about them.	55%	45%	52%	48%	50%
Pupils who rate their safety at school as 'good' or 'very good'.	85%	87%	87%	80%	84%
Pupils who rate their safety when going to or from school as 'quite' or 'very' good.	83%	81%	87%	79%	82%
Pupils who think their school teaches them how to manage their feelings.	35%	36%	31%	24%	32%
Pupils who never feel afraid of going to school because of bullying.	76%	62%	82%	68%	72%
Pupils who have not been bullied at school in the last 12 months.	74%	71%	79%	80%	76%
Pupils who have not been bullied near school in the last 12 months.	88%	87%	92%	93%	90%
Pupils who use school transport who have not been bullied on school transport in the last 12 months.	88%	85%	96%	92%	90%
Pupils who have not bullied someone else at school in the last 12 months.	85%	88%	83%	93%	87%
Pupils who feel that their school teaches them about bullying 'fairly' or 'very' well.	85%	79%	79%	75%	79%

**Synergy Collaborative: Understanding of how to keep themselves safe from relevant risks such as abuse, sexual exploitation and extremism, including when using the internet and social media:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who said that their personal safety has never been at risk on any occasion as a result of drug or alcohol use.	91%	91%	85%	77%	86%
Pupils who have been told how to stay safe while chatting online.	97%	100%	96%	98%	98%
Pupils who do not share images of themselves via social media (or do not use social media).	51%	31%	42%	18%	36%
Pupils who do not post images on social networking sites that they wouldn't show their parents/carers (or do not use social media).	94%	95%	93%	92%	93%
Pupils who do not post images on social networking sites that they wouldn't show their teachers/headteachers (or do not use social media).	85%	83%	80%	78%	81%
Pupils who believe they can really trust at least one adult.	98%	97%	97%	99%	98%
Pupils who would 'know what to do for myself' if any of the controlling/abusive behaviours were to happen to them (in a relationship with a boyfriend/girlfriend).	67%	60%	71%	70%	67%
Pupils who feel they 'could get some help' if any of the controlling/abusive behaviours were to happen to them (in a relationship with a boyfriend/girlfriend).	63%	74%	71%	78%	72%
Pupils who feel that their school teaches them about healthy and safe relationships 'fairly' or 'very' well.	73%	68%	70%	71%	71%
Pupils who feel that their school teaches them about personal safety 'fairly' or 'very' well.	86%	77%	78%	76%	79%
Pupils who feel that their school teaches them about internet safety 'fairly' or 'very' well.	89%	90%	85%	85%	88%

**Synergy Collaborative: Knowledge of how to keep themselves healthy, both emotionally and physically, including through exercise and healthy eating:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who agreed that they are in charge of their own health.	68%	65%	81%	73%	71%
Pupils who agreed that if they take care of themselves they'll stay healthy.	80%	77%	83%	81%	80%
Pupils who have an internal 'health locus of control'.	79%	78%	78%	78%	78%
Pupils who had at least something to eat for lunch on the day before the survey.	92%	90%	94%	93%	92%
Pupils who had at least something to eat for breakfast on the day of the survey.	85%	83%	80%	76%	81%
Pupils who consider their health at least 'Quite often' when choosing what to eat.	49%	53%	47%	49%	49%
Pupils who ate at least 5 portions of fruit and vegetables on the day before the survey.	23%	24%	20%	15%	21%
Pupils who have never even tried smoking a cigarette.	96%	96%	88%	85%	91%
Pupils who did not drink alcohol in the last week.	97%	95%	86%	81%	90%
Pupils who have never taken any drugs to get high.	98%	98%	91%	93%	95%
Pupils who cleaned their teeth at least twice on the day before the survey.	83%	93%	81%	91%	87%
Pupils who feel that their school teaches them about drugs, alcohol and smoking 'fairly' or 'very' well.	88%	88%	83%	81%	85%
Pupils who feel that their school teaches them about emotional health & wellbeing 'fairly' or 'very' well.	79%	72%	71%	59%	70%
Pupils who feel that their school teaches them about healthy eating 'fairly' or 'very' well.	77%	71%	67%	56%	67%
Pupils who feel that their school teaches them about physical activity 'fairly' or 'very' well.	88%	77%	76%	70%	78%
Pupils who enjoy physical activities (at least 'quite a lot').	85%	76%	78%	57%	73%
Pupils who were physically active for an hour or more on at least three days in the week before the survey.	79%	72%	67%	65%	71%
Pupils who were physically active for at least an hour and a half during school time in the week before the survey.	70%	60%	38%	34%	50%

**Synergy Collaborative: Personal development, so that they are well prepared to respect others and contribute to wider society and life in Britain:**

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who think their school values people with different backgrounds.	73%	80%	67%	70%	72%
Pupils who think their school encourages everyone to take part in decisions	71%	72%	59%	61%	66%
Pupils who agreed that 'The school encourages me to contribute to community events'.	46%	47%	39%	32%	41%
Pupils who feel that their school teaches them about managing money 'fairly' or 'very' well.	35%	27%	31%	22%	29%
Pupils who feel that their school teaches them about citizenship 'fairly' or 'very' well.	66%	65%	61%	54%	62%
Pupils who feel that their school teaches them about British values 'fairly' or 'very' well.	55%	45%	46%	41%	47%

## Your School compared with Solihull Secondary Headlines

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	301	276	555	424
Girls	296	274	561	402

Solihull Secondary data in brackets; see notes on interpreting differences.

### Personal Background

#### SPECIAL NEEDS

- ❑ 9% (10%) of pupils responded that they have a long-standing illness, disability or special needs, while 10% (12%) said they 'don't know'.
- ❑ 2% (2%) of pupils responded that they have special needs, but their school does not support them, while 3% (3%) said they are only 'partly' supported.
- ❑ This works out as 53% (53%) of the 99 (198) pupils with special needs responding that they are, at best, only 'partly' supported.
- ❑ 3% (3%) of pupils responded that they have special needs and they are supported at school.
- ❑ This works out as 29% (34%) of the pupils with special needs responding that they are supported.

#### HOME LIFE

- ❑ 72% (66%) of pupils responded that they live with their mother and father together.
- ❑ 11% (14%) of pupils responded that they live 'mainly or only' with their mother, while 1% (2%) said they live 'mainly or only' with their father.
- ❑ 14% (15%) of pupils responded that more than five people live in their home.
- ❑ 5% (8%) of pupils responded that there are one or two bedrooms in their home, while 21% (16%) said their home has at least five bedrooms.
- ❑ 15% (22%) of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.

#### ETHNICITY

- ❑ 66% (67%) of pupils responded that they are White English.

#### YOUNG CARERS

- ❑ 20% (25%) of pupils responded that they look after, or help to look after, someone at home on a regular basis.
- ❑ 4% (5%) of pupils responded that they think they are a 'young carer', while 4% (7%) said they 'don't know' if they are.
- ❑ 6% (8%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 2% (3%) said it takes up more than 2 hours and 3% (5%) said it takes up some time, but they don't do it every day.

#### SCHOOL LESSONS

- ❑ 49% (42%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 10% (14%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

#### FUTURE PLANS

- ❑ 64% (62%) of pupils responded that they want to continue in full-time education (e.g. college, Uni) after leaving school.
- ❑ 41% (45%) of pupils responded that they want to find a job as soon as they can after leaving school.
- ❑ 39% (43%) of pupils responded that they want to get training for a skilled job after leaving school.
- ❑ 86% (87%) of pupils responded that after school they want to stay in full-time education, find a job as soon as they can or get training for a skilled job. 0% (1%) did not want to do any of these.
- ❑ 41% (41%) of pupils responded that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.

#### GCSEs

- ❑ 1% (1%) of pupils responded that they don't expect to take any GCSEs, while 6% (9%) don't know what GCSEs they'll take (if any).
- ❑ 48% (43%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

### Emotional Health and Wellbeing

#### HAPPINESS

- ❑ 3% (3%) of pupils responded that they are 'not at all' satisfied with their life at the moment.
- ❑ 63% (60%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

#### SELF-ESTEEM

- ❑ 16% (18%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 46% (44%) of pupils had a high self-esteem score (15 or more).
- ❑ 37% (34%) of pupils responded that they do not want to change lots of things about themselves.
- ❑ 73% (71%) of pupils responded that their parents/carers like to hear their ideas.
- ❑ 54% (51%) of pupils responded that their teachers listen to them at school.

## CONTROL OVER HEALTH

- ❑ 89% (88%) agreed with at least one statement about being in control of their health (Q10a&c).
- ❑ 43% (46%) agreed with at least one statement saying that they weren't in control of their health (Q10b&d).
- ❑ 78% (76%) of the pupils in your survey had a net positive score for these questions (Q10a-d).
- ❑ 71% (71%) of pupils responded that they are in charge of their health, while 37% (38%) said that even if they look after themselves, they can still easily fall ill.

## CONFIDENCE AND TRUST

- ❑ 2% (3%) of pupils responded that there are no adults that they can trust.
- ❑ 50% (51%) of pupils responded that there are at least six adults that they can trust.
- ❑ 30% (31%) of pupils responded that they usually feel 'at ease' meeting people of their own age for the first time.
- ❑ 23% (25%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

## WORRYING

- ❑ 78% (76%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 18% (16%) of boys and 28% (27%) of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'; while 28% (31%) of boys and 16% (17%) of girls said that they don't worry about any of them.
- ❑ 57% (52%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.
- ❑ 30% (29%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 37% (37%) said the same of the way they look.

## Food and Diet

### WEIGHT

- ❑ 9% (9%) of pupils responded that they would like to put on weight.
- ❑ 30% (31%) of boys and 45% (46%) of girls responded that they would like to lose weight.
- ❑ 53% (52%) of pupils responded that they are happy with their weight as it is.
- ❑ 37% (37%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

### LUNCH

- ❑ 61% (56%) of pupils responded that they had a school lunch on the day before the survey.
- ❑ 8% (10%) of pupils responded that they didn't have any lunch on the day before the survey.

## BREAKFAST

- ❑ 11% (12%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 6% (6%) said they had a cooked breakfast.
- ❑ 7% (8%) of pupils responded that they only had a drink for breakfast on the day of the survey.
- ❑ 41% (38%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 27% (26%) said they had toast, bread, bagels or croissants.
- ❑ 1% (1%) of pupils responded that they had pop tarts, cakes, muffins for breakfast on the day of the survey.

## HEALTHY CHOICES

- ❑ 51% (57%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- ❑ 22% (20%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

## WATER

- ❑ 5% (8%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 34% (32%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

## FOOD

- ❑ 60% (51%) of pupils responded that they eat vegetables 'on most days'; 50% (44%) said the same of fresh fruit.
- ❑ 30% (37%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

## 5-A-DAY

- ❑ 7% (10%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 21% (18%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

## Smoking, Drinking, Drugs

### SMOKING

- ❑ 9% (10%) of pupils responded that they have smoked in the past or smoke now.
- ❑ 1% (1%) of pupils responded that they smoke 'regularly'.
- ❑ Of the 11 (27) pupils who smoke regularly, 36% (44%) said they would like to give up.
- ❑ 2% (2%) of pupils responded that they have smoked at least one cigarette in the last week.
- ❑ 4% (5%) of pupils responded that they smoke and feel they could give up.
- ❑ Of the 97 (197) pupils who have ever smoked, 44% (49%) feel they could give up.

- ❑ 0% (1%) of pupils responded that they would like parents/carers to help them give up smoking.
- ❑ Of the 97 (197) pupils who have ever smoked, they were on average 12 (11) years old when they had their first cigarette.
- ❑ 10% (13%) of pupils responded that they have a close friend who smokes on most days.
- ❑ 17% (26%) of pupils responded that at least one person smokes on most days indoors at home; 3% (5%) said at least three people do.

#### **E-CIGARETTES**

- ❑ 86% (83%) of pupils responded that they have never used an e-cigarette or have never heard of them, while 1% (1%) said they have used them regularly (once a week or more).
- ❑ 3% (3%) of pupils responded that they use e-cigarettes at least 'occasionally'.

#### **ALCOHOL**

- ❑ 47% (48%) of pupils responded that they have had an alcoholic drink at some point in their life.
- ❑ Of the 536 (923) pupils who said that they have had an alcoholic drink, they were on average 11 (11) years old when they had their first drink.
- ❑ 10% (9%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 3% (3%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey; 1% (1%) said they drank on at least three days.
- ❑ 3% (2%) of pupils responded that they got drunk on at least one day in the last 7 days; 0% (1%) said they did so on more than one day.
- ❑ 0% (0%) of boys and 0% (0%) of girls responded that they drank over the advised weekly limit of alcohol for adults of 14 units.
- ❑ 4% (3%) of pupils responded that they drank spirits in the 7 days before the survey, while 3% (2%) said they drank beer or lager and 3% (3%) drank pre-mixed drinks.
- ❑ 7% (7%) of pupils responded that they have drunk alcohol at home in the 7 days before the survey and 4% (4%) said they have at a friend's or relation's home.
- ❑ 1% (1%) of pupils responded that they bought alcoholic drink from an off-licence in the 7 days before the survey and 1% (1%) said they bought it from a pub or bar.
- ❑ 55% (56%) of pupils responded that they 'never' drink alcohol, while 7% (7%) said they do not drink alcohol at home.
- ❑ 28% (27%) of pupils responded that they do drink alcohol at home and their parents 'always' know, while 6% (5%) said their parents 'usually' know.
- ❑ 5% (4%) of pupils responded that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

#### **DRUGS**

- ❑ 21% (20%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.
- ❑ 16% (16%) of pupils responded that they have been offered cannabis.
- ❑ 4% (4%) of pupils responded that they have been offered other drugs listed in the questionnaire (not cannabis).
- ❑ 5% (5%) of pupils reported that they have taken at least one of the drugs listed in the questionnaire.
- ❑ 2% (2%) of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 4% (3%) of pupils responded that they have taken at least one of the drugs listed during the last year.
- ❑ 4% (4%) of pupils responded that they have ever taken cannabis. <sm.1. TAKEDRUG.1>
- ❑ Of the 58 (91) pupils who have ever taken drugs, they were on average 12 (12) years old when they first tried them.
- ❑ 1% (1%) of pupils responded that they have taken more than one type of drug listed on the same occasion, while 1% (1%) said they 'don't know' if they have.
- ❑ 2% (2%) of pupils responded that they have taken drugs and alcohol on the same occasion, while 0% (0%) said they 'don't know' if they have.

#### **Safety**

##### **PERSONAL SAFETY**

- ❑ 1% (1%) of pupils responded that their personal safety has been at risk when they have used drugs listed in Q41, while 1% (1%) said they 'don't know' if it has been at risk.
- ❑ 0% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 1% (1%) said they 'don't know' if it has been at risk.
- ❑ 7% (9%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 5% (6%) said they 'don't know' if it has been at risk.

##### **INTERNET SAFETY**

- ❑ 63% (67%) of pupils responded that their parents/carers are always aware when they use the Internet.
- ❑ 99% (99%) of pupils responded that they used the internet at home in the week before the survey; 75% (73%) said they used it at school.
- ❑ 83% (85%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 91% (91%) use it for chatting.
- ❑ 22% (22%) of pupils responded that they have met someone in real life whom they first met online and 35% (35%) said they have seen pictures online that upset them.

- ❑ 64% (63%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 25% (27%) said they don't share images of themselves and 11% (9%) said they don't use social media.
- ❑ 6% (6%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.
- ❑ 8% (9%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.
- ❑ 15% (13%) of pupils responded that someone has shared an image of them via social media which has made them feel unhappy.

#### FEELING SAFE

- ❑ 84% (82%) of pupils rated their safety at school as 'good' or 'very good', while 61% (56%) said the same of going out after dark.
- ❑ 9% (13%) of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

#### VIOLENCE AND AGGRESSION

- ❑ 8% (9%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months, while 6% (7%) said they 'don't know' if they have been.
- ❑ 6% (6%) of pupils responded that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.

#### BULLYING

- ❑ 28% (28%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% (6%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 19% (21%) of pupils responded that they have been bullied at school in the last 12 months, while 5% (6%) said they have been bullied near school.
- ❑ 9% (10%) of pupils responded that they have been bullied online or on a mobile phone in the last 12 months, while 3% (3%) said they have been bullied on school transport.
- ❑ 52% (52%) of pupils responded that they haven't been picked on or bullied, while 17% (18%) said they have for their size or weight.
- ❑ 3% (4%) of pupils responded that they have bullied someone else at school in the last 12 months, while 11% (10%) said they 'don't know' if they have.

### Health and Hygiene

#### DENTAL HEALTH

- ❑ 87% (85%) of pupils responded that they cleaned their teeth at least twice the day before the survey.
- ❑ 1% (1%) of pupils responded that they did not clean their teeth at all on the day before the survey.

- ❑ 90% (86%) of pupils responded that they last visited the dentist in the last 6 months.
- ❑ 4% (6%) of pupils responded that they last visited the dentist more than a year ago.

#### MEDICATION AND DOCTORS

- ❑ 38% (37%) of pupils reported taking painkillers in the 7 days before the survey.
- ❑ 56% (57%) of pupils responded that they felt 'at ease' with the doctor on their last visit.
- ❑ 14% (15%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

#### SLEEPING PATTERNS

- ❑ 8% (8%) of pupils got less than 6 hours sleep the night before the survey.
- ❑ 67% (66%) of pupils got at least 8 hours sleep the night before the survey.
- ❑ 71% (71%) of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 11% (11%) said it isn't enough.
- ❑ 62% (62%) of pupils responded that the amount of sleep they normally get is enough for their health; 8% (9%) said it isn't enough.

#### School

- ❑ 74% (74%) of pupils responded that their work is marked so they can see how to improve it.

#### Sexual Health

- ❑ 44% (42%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 12% (11%) correctly identified that genital herpes can also be treated but not cured.
- ❑ 36% (38%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 76% (75%) of pupils responded that they think condoms are reliable at stopping pregnancy; 47% (42%) said the same of female condoms, as did 37% (34%) of emergency contraception.
- ❑ 19% (18%) of pupils responded that they think none of the contraceptive methods listed are reliable to stop STIs.
- ❑ 21% (20%) of pupils responded that they know where they can get emergency contraception free of charge.
- ❑ 50% (49%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.
- ❑ 19% (23%) of pupils responded that they believe most males first have sex when they are under 16.
- ❑ 18% (22%) of pupils responded that they believe most females first have sex when they are under 16.
- ❑ 18% (20%) of pupils responded that at least one of the negative behaviours in Q77 has happened to them.

- ❑ 67% (67%) of pupils responded that if any of the things in Q77 happened to them, they would know what to do for themselves.
- ❑ 72% (71%) of pupils responded that if any of the things in Q77 happened to them, they could get some help.

## School

- ❑ 29% (33%) of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well; 88% (87%) said the same about internet safety.

### SCHOOL NURSE

- ❑ 40% (42%) of pupils responded that they know how to contact the school nurse, while 38% (35%) said they don't know how to and 3% (3%) said they don't have a school nurse.
- ❑ 17% (17%) of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse, while 51% (49%) said they think they wouldn't.

## Leisure and Money

### AFTER-SCHOOL ACTIVITIES

- ❑ 45% (44%) of pupils responded that they met with friends after school on the day before the survey, while 50% (47%) said they did sport or other physical activity.

### JOBS

- ❑ 16% (13%) of pupils responded that they have a regular paid job during term-time.
- ❑ 6% (4%) of pupils responded that they have a paper/leaflet round.

- ❑ 28% (28%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

## Physical Activity

### EXERCISE

- ❑ 6% (8%) of pupils responded that they don't enjoy physical activities at all.
- ❑ 73% (70%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
- ❑ 14% (18%) of pupils responded that they think they are 'unfit' or 'very unfit'.
- ❑ 42% (38%) of pupils responded that they think they are 'fit' or 'very fit'.
- ❑ 5% (6%) of pupils responded that they were not physically active for an hour or more at all in the week before the survey.
- ❑ 71% (66%) of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.
- ❑ 19% (15%) of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
- ❑ 42% (49%) of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.

### SPORTS

- ❑ 89% (86%) of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.
- ❑ 48% (43%) of pupils responded that they go for walks at least 'weekly', while 33% (32%) said they go jogging and 21% (22%) ride a bicycle.

## Significant Differences

### Significant differences

Where differences can be seen between your school and the reference sample, you may find the enclosed table of some use in deciding if the differences seen are significant. The 'standard error' of a proportion is an assessment of how reliable our figures are, that is, the margin of error.

Two points in particular should be made:

1. when the sample size is small, it may be that just one individual voting a different way would make a large percentage difference to the results (so, one in twenty is 5%)
2. even if your sample is small, you may have a very high proportion of your available population – if, say, you sample every single pupil of your year 8 class. In this case, the notion of 'margin of error' doesn't really apply to the sampling, only to the process of collecting the responses.

TABLE OF STANDARD ERRORS OF PROPORTION

		Percentage seen in sample				
		10%	20%	30%	40%	50%
Number In sample	20	6.7	8.9	10.2	11.0	11.2
	30	5.5	7.3	8.4	8.9	9.1
	40	4.7	6.3	7.2	7.7	7.9
	50	4.2	5.7	6.5	6.9	7.1
	60	3.9	5.2	5.9	6.3	6.5
	80	3.4	4.5	5.1	5.5	5.6
	100	3.0	4.0	4.6	4.9	5.0
	150	2.4	3.3	3.7	4.0	4.1
	200	2.1	2.8	3.2	3.5	3.5
	300	1.7	2.3	2.6	2.8	2.9
500	1.3	1.8	2.0	2.2	2.2	

So, if you have a sample of 50 students and 30% of them think that the school needs a new swimming pool, we can see from the table that standard error of the percentage is about  $\pm 6.5\%$ .

## The sample

Below we have listed some statistically significant differences between Synergy Collaborative and Solihull Secondary.

This survey involved pupils from the following years. The numbers in each group are shown below.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	301	276	555	424
Girls	296	274	561	402

Sig	Collab.	Solihull	Question
***	17%	26%	of pupils responded that at least one person smokes on most days indoors at home.
***	15%	22%	of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.
***	60%	51%	of pupils responded that they eat vegetables 'on most days'.
***	10%	14%	of pupils responded that they enjoy 'hardly any' of their lessons at school.
***	49%	42%	of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
***	30%	37%	of pupils responded that they 'rarely or never' eat any fish/fish fingers.
***	72%	66%	of pupils responded that they live with their mother and father together.
***	9%	13%	of pupils rated their safety when going out after dark as 'poor' or 'very poor'.
***	42%	49%	of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.
***	51%	57%	of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
***	5%	8%	of pupils responded that they didn't drink any water on the day before the survey.
***	20%	25%	of pupils responded that they look after, or help to look after, someone at home on a regular basis.
***	5%	8%	of pupils responded that there are one or two bedrooms in their home.
***	4%	6%	of pupils responded that they last visited the dentist more than a year ago.
***	50%	44%	of pupils responded that they eat fresh fruit 'on most days'.
***	71%	66%	of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.
***	14%	18%	of pupils responded that they think they are 'unfit' or 'very unfit'.
***	7%	10%	of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
***	19%	15%	of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
***	57%	52%	of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.
**	10%	13%	of pupils responded that they have a close friend who smokes on most days.
**	41%	45%	of pupils responded that they want to find a job as soon as they can after leaving school.
**	90%	86%	of pupils responded that they last visited the dentist in the last 6 months.
**	19%	23%	of pupils responded that they believe most males first have sex when they are under 16.
**	48%	43%	of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).
**	89%	86%	of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.
**	48%	43%	of pupils responded that they go for walks at least 'weekly'.
*	29%	33%	of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well.
*	11%	14%	of pupils responded that they live 'mainly or only' with their mother.
*	61%	56%	of pupils responded that they had a school lunch on the day before the survey.
*	16%	13%	of pupils responded that they have a regular paid job during term-time.
*	42%	38%	of pupils responded that they think they are 'fit' or 'very fit'.
*	6%	4%	of pupils responded that they have a paper/leaflet round.

- \* 73% 70% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
  - \* 18% 22% of pupils responded that they believe most females first have sex when they are under 16.
  - \* 21% 18% said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
- Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%) \*\* =  $p < 0.01$  (1%) \*\*\* =  $p < 0.001$  (0.1%).

## 2018/2016 Comparisons

	2018		2016	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	301	276	423	295
Girls	296	274	335	295

Your School's data for 2018 compared with your 2016 data in brackets; see notes on interpreting differences.

### Personal Background

#### SPECIAL NEEDS

- ❑ 9% (8%) of pupils responded that they have a long-standing illness, disability or special needs, while 10% (9%) said they 'don't know'.
- ❑ 2% (2%) of pupils responded that they have special needs, but their school does not support them, while 3% (2%) said they are only 'partly' supported.
- ❑ This works out as 53% (54%) of the 99 (107) pupils with special needs responding that they are, at best, only 'partly' supported.
- ❑ 3% (2%) of pupils responded that they have special needs and they are supported at school.
- ❑ This works out as 29% (21%) of the pupils with special needs responding that they are supported.

#### HOME LIFE

- ❑ 72% (76%) of pupils responded that they live with their mother and father together.
- ❑ 11% (10%) of pupils responded that they live 'mainly or only' with their mother, while 1% (1%) said they live 'mainly or only' with their father.
- ❑ 14% (16%) of pupils responded that more than five people live in their home.
- ❑ 5% (5%) of pupils responded that there are one or two bedrooms in their home, while 21% (22%) said their home has at least five bedrooms.

#### ETHNICITY

- ❑ 66% (79%) of pupils responded that they are White English ('White UK' in 2016).

#### YOUNG CARERS

- ❑ 20% (20%) of pupils responded that they look after, or help to look after, someone at home on a regular basis.
- ❑ 4% (4%) of pupils responded that they think they are a 'young carer', while 4% (6%) said they 'don't know' if they are.
- ❑ 6% (1%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 2% (1%) said it takes up more than 2 hours and 3% (1%) said it takes up some time, but they don't do it every day.

#### SCHOOL LESSONS

- ❑ 49% (45%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

- ❑ 10% (10%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

#### FUTURE PLANS

- ❑ 64% (66%) of pupils responded that they want to continue in full-time education (e.g. college, Uni) after leaving school.
- ❑ 41% (38%) of pupils responded that they want to find a job as soon as they can after leaving school.
- ❑ 39% (38%) of pupils responded that they want to get training for a skilled job after leaving school.
- ❑ 41% (38%) of pupils responded that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.

#### GCSEs

- ❑ 1% (0%) of pupils responded that they don't expect to take any GCSEs, while 6% (7%) don't know what GCSEs they'll take (if any).
- ❑ 48% (57%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

### Emotional Health and Wellbeing

#### HAPPINESS

- ❑ 3% (2%) of pupils responded that they are 'not at all' satisfied with their life at the moment.
- ❑ 63% (73%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

#### SELF-ESTEEM

- ❑ 16% (11%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 46% (52%) of pupils had a high self-esteem score (15 or more).
- ❑ 37% (42%) of pupils responded that they do not want to change lots of things about themselves.
- ❑ 73% (74%) of pupils responded that their parents/carers like to hear their ideas.
- ❑ 54% (56%) of pupils responded that their teachers listen to them at school.

#### CONTROL OVER HEALTH

- ❑ 89% (90%) agreed with at least one statement about being in control of their health (Q10a&c).
- ❑ 43% (40%) agreed with at least one statement saying that they weren't in control of their health (Q10b&d).
- ❑ 78% (82%) of the pupils in your survey had a net positive score for these questions (Q10a-d).

- ❑ 71% (70%) of pupils responded that they are in charge of their health, while 37% (33%) said that even if they look after themselves, they can still easily fall ill.

#### CONFIDENCE AND TRUST

- ❑ 2% (5%) of pupils responded that there are no adults that they can trust.
- ❑ 50% (54%) of pupils responded that there are at least six adults that they can trust.
- ❑ 30% (32%) of pupils responded that they usually feel 'at ease' meeting people of their own age for the first time.
- ❑ 23% (21%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

#### WORRYING

- ❑ 78% (76%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 57% (55%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.
- ❑ 30% (27%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 37% (34%) said the same of the way they look.

### Food and Diet

#### WEIGHT

- ❑ 9% (8%) of pupils responded that they would like to put on weight.
- ❑ 30% (27%) of boys and 45% (48%) of girls responded that they would like to lose weight.
- ❑ 53% (55%) of pupils responded that they are happy with their weight as it is.
- ❑ 37% (34%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

#### LUNCH

- ❑ 61% (57%) of pupils responded that they had a school lunch on the day before the survey.
- ❑ 8% (6%) of pupils responded that they didn't have any lunch on the day before the survey.

#### BREAKFAST

- ❑ 11% (7%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 6% (5%) said they had a cooked breakfast.
- ❑ 7% (7%) of pupils responded that they only had a drink for breakfast on the day of the survey.
- ❑ 41% (45%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 27% (29%) said they had toast, bread, bagels or croissants.
- ❑ 1% (1%) of pupils responded that they had pop tarts, cakes, muffins for breakfast on the day of the survey.

#### HEALTHY CHOICES

- ❑ 51% (52%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- ❑ 22% (22%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

#### WATER

- ❑ 5% (8%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 34% (34%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

#### FOOD

- ❑ 60% (58%) of pupils responded that they eat vegetables 'on most days'; 50% (47%) said the same of fresh fruit.
- ❑ 30% (27%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

#### 5-A-DAY

- ❑ 7% (6%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 21% (24%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

### Smoking, Drinking, Drugs

#### SMOKING

- ❑ 9% (12%) of pupils responded that they have smoked in the past or smoke now.
- ❑ 1% (2%) of pupils responded that they smoke 'regularly'.
- ❑ Of the 11 (22) pupils who smoke regularly, 36% (27%) said they would like to give up.
- ❑ 2% (3%) of pupils responded that they have smoked at least one cigarette in the last week.
- ❑ 4% (5%) of pupils responded that they smoke and feel they could give up.
- ❑ Of the 97 (164) pupils who have ever smoked, 44% (44%) feel they could give up.
- ❑ 0% (0%) of pupils responded that they would like parents/carers to help them give up smoking.
- ❑ Of the 97 (164) pupils who have ever smoked, they were on average 12 (11) years old when they had their first cigarette.
- ❑ 10% (13%) of pupils responded that they have a close friend who smokes on most days.
- ❑ 17% (20%) of pupils responded that at least one person smokes on most days indoors at home; 3% (4%) said at least three people do.

#### ALCOHOL

- ❑ 47% (55%) of pupils responded that they have had an alcoholic drink at some point in their life.

- ❑ Of the 536 (746) pupils who said that they have had an alcoholic drink, they were on average 11 (11) years old when they had their first drink.
- ❑ 10% (12%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 3% (4%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey; 1% (1%) said they drank on at least three days.
- ❑ 3% (4%) of pupils responded that they got drunk on at least one day in the last 7 days; 0% (1%) said they did so on more than one day.
- ❑ 0% (1%) of boys and 0% (0%) of girls responded that they drank over the advised weekly limit of alcohol for adults of 14 units.
- ❑ 4% (5%) of pupils responded that they drank spirits in the 7 days before the survey, while 3% (4%) said they drank beer or lager and 3% (2%) drank pre-mixed drinks.
- ❑ 7% (8%) of pupils responded that they have drunk alcohol at home in the 7 days before the survey and 4% (5%) said they have at a friend's or relation's home.
- ❑ 1% (1%) of pupils responded that they bought alcoholic drink from an off-licence in the 7 days before the survey and 1% (1%) said they bought it from a pub or bar.
- ❑ 55% (50%) of pupils responded that they 'never' drink alcohol, while 7% (9%) said they do not drink alcohol at home.
- ❑ 28% (32%) of pupils responded that they do drink alcohol at home and their parents 'always' know, while 6% (5%) said their parents 'usually' know.
- ❑ 5% (4%) of pupils responded that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

## DRUGS

- ❑ 21% (22%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.
- ❑ 16% (17%) of pupils responded that they have been offered cannabis.
- ❑ 4% (6%) of pupils responded that they have been offered other drugs listed in the questionnaire (not cannabis).
- ❑ 5% (6%) of pupils reported that they have taken at least one of the drugs listed in the questionnaire.
- ❑ 2% (3%) of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 4% (5%) of pupils responded that they have taken at least one of the drugs listed during the last year.
- ❑ 4% (5%) of pupils responded that they have ever taken cannabis.
- ❑ Of the 58 (81) pupils who have ever taken drugs, they were on average 12 (12) years old when they first tried them.

- ❑ 1% (1%) of pupils responded that they have taken more than one type of drug listed on the same occasion, while 1% (1%) said they 'don't know' if they have.
- ❑ 2% (2%) of pupils responded that they have taken drugs and alcohol on the same occasion, while 0% (1%) said they 'don't know' if they have.

## Safety

### PERSONAL SAFETY

- ❑ 1% (1%) of pupils responded that their personal safety has been at risk when they have used drugs listed in Q41, while 1% (1%) said they 'don't know' if it has been at risk.
- ❑ 0% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 1% (1%) said they 'don't know' if it has been at risk.
- ❑ 7% (7%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 5% (8%) said they 'don't know' if it has been at risk.

### INTERNET SAFETY

- ❑ 63% (61%) of pupils responded that their parents/carers are always aware when they use the Internet.
- ❑ 99% (99%) of pupils responded that they used the internet at home in the week before the survey; 75% (80%) said they used it at school.
- ❑ 83% (84%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 91% (81%) use it for chatting.
- ❑ 22% (19%) of pupils responded that they have met someone in real life whom they first met online and 35% (31%) said they have seen pictures online that upset them.
- ❑ 64% (72%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 25% (19%) said they don't share images of themselves and 11% (9%) said they don't use social media.
- ❑ 6% (6%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.
- ❑ 8% (10%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.
- ❑ 15% (13%) of pupils responded that someone has shared an image of them via social media which has made them feel unhappy.

### FEELING SAFE

- ❑ 84% (88%) of pupils rated their safety at school as 'good' or 'very good', while 61% (65%) said the same of going out after dark.
- ❑ 9% (8%) of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

## VIOLENCE AND AGGRESSION

- ❑ 8% (7%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months, while 6% (7%) said they 'don't know' if they have been.
- ❑ 6% (5%) of pupils responded that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.

## BULLYING

- ❑ 28% (20%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% (4%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 19% (14%) of pupils responded that they have been bullied at school in the last 12 months, while 5% (4%) said they have been bullied near school.
- ❑ 9% (7%) of pupils responded that they have been bullied online or on a mobile phone in the last 12 months, while 3% (3%) said they have been bullied on school transport.
- ❑ 52% (60%) of pupils responded that they haven't been picked on or bullied, while 17% (16%) said they have for their size or weight.
- ❑ 3% (3%) of pupils responded that they have bullied someone else at school in the last 12 months, while 11% (10%) said they 'don't know' if they have.

## Health and Hygiene

### DENTAL HEALTH

- ❑ 87% (89%) of pupils responded that they cleaned their teeth at least twice the day before the survey.
- ❑ 1% (1%) of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 90% (89%) of pupils responded that they last visited the dentist in the last 6 months.
- ❑ 4% (4%) of pupils responded that they last visited the dentist more than a year ago.

### MEDICATION AND DOCTORS

- ❑ 38% (37%) of pupils reported taking painkillers in the 7 days before the survey.
- ❑ 56% (61%) of pupils responded that they felt 'at ease' with the doctor on their last visit.
- ❑ 14% (11%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

### SLEEPING PATTERNS

- ❑ 8% (5%) of pupils got less than 6 hours sleep the night before the survey.
- ❑ 67% (76%) of pupils got at least 8 hours sleep the night before the survey.
- ❑ 71% (74%) of pupils responded that the amount of sleep they normally get is enough for them to stay

alert and concentrate on their school work; 11% (8%) said it isn't enough.

- ❑ 62% (68%) of pupils responded that the amount of sleep they normally get is enough for their health; 8% (7%) said it isn't enough.

## School

- ❑ 74% (74%) of pupils responded that their work is marked so they can see how to improve it.

## Sexual Health

- ❑ 44% (48%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 12% (12%) correctly identified that genital herpes can also be treated but not cured.
- ❑ 36% (28%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 76% (77%) of pupils responded that they think condoms are reliable at stopping pregnancy; 47% (41%) said the same of female condoms, as did 37% (29%) of emergency contraception.
- ❑ 19% (21%) of pupils responded that they think none of the contraceptive methods listed are reliable to stop STIs.
- ❑ 21% (16%) of pupils responded that they know where they can get emergency contraception free of charge.
- ❑ 50% (49%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.
- ❑ 19% (20%) of pupils responded that they believe most males first have sex when they are under 16.
- ❑ 18% (18%) of pupils responded that they believe most females first have sex when they are under 16.
- ❑ 18% (17%) of pupils responded that at least one of the negative behaviours in Q77 has happened to them.
- ❑ 67% (68%) of pupils responded that if any of the things in Q77 happened to them, they would know what to do for themselves.
- ❑ 72% (72%) of pupils responded that if any of the things in Q77 happened to them, they could get some help.

## School

- ❑ 29% (35%) of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well; 88% (86%) said the same about internet safety.

### SCHOOL NURSE

- ❑ 40% (50%) of pupils responded that they know how to contact the school nurse, while 38% (30%) said they don't know how to and 3% (1%) said they don't have a school nurse.
- ❑ 17% (20%) of pupils responded that, if they wanted support, information or advice, they think they would

go to the school nurse, while 51% (46%) said they think they wouldn't.

## Leisure and Money

### AFTER-SCHOOL ACTIVITIES

- ❑ 45% (41%) of pupils responded that they met with friends after school on the day before the survey, while 50% (53%) said they did sport or other physical activity.

### JOBS

- ❑ 16% (17%) of pupils responded that they have a regular paid job during term-time.
- ❑ 6% (7%) of pupils responded that they have a paper/leaflet round.
- ❑ Of the 159 (216) pupils who responded that they have a paid job, the mean amount of time they spent working in the week before the survey was 4 (5) hours.
- ❑ 28% (24%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

## Physical Activity

### EXERCISE

- ❑ 6% (6%) of pupils responded that they don't enjoy physical activities at all.

- ❑ 73% (78%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
- ❑ 14% (15%) of pupils responded that they think they are 'unfit' or 'very unfit'.
- ❑ 42% (47%) of pupils responded that they think they are 'fit' or 'very fit'.
- ❑ 5% (3%) of pupils responded that they were not physically active for an hour or more at all in the week before the survey.
- ❑ 71% (76%) of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.
- ❑ 19% (9%) of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
- ❑ 42% (61%) of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.

### SPORTS

- ❑ 89% (89%) of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.
- ❑ 48% (40%) of pupils responded that they go for walks at least 'weekly', while 33% (34%) said they go jogging and 21% (23%) ride a bicycle.

## Significant differences between Your School's 2018 and 2016 data

Below we have listed some statistically significant differences between the data collected in the 2018 survey and that collected in 2016.

	2018		2016	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	301	276	423	295
Girls	296	274	335	295

Sig	2018	2016	Question
***	42%	61%	of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.
***	91%	81%	of pupils responded that they use the Internet for chatting.
***	19%	9%	of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
***	63%	73%	of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.
***	67%	76%	of pupils got at least 8 hours sleep the night before the survey.
***	40%	50%	of pupils responded that they know how to contact the school nurse.
***	48%	57%	of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).
***	28%	20%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
***	36%	28%	of pupils responded that they know where they can get condoms free of charge.
***	64%	72%	of pupils responded that they use social media (e.g. Facebook) and share images of themselves.
***	47%	55%	of pupils responded that they have had an alcoholic drink at some point in their life.
***	48%	40%	of pupils responded that they go for walks at least 'weekly'.
***	19%	14%	of pupils responded that they have been bullied at school in the last 12 months.
***	11%	7%	of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey.
***	8%	5%	of pupils got less than 6 hours sleep the night before the survey.
***	2%	5%	of pupils responded that there are no adults that they can trust.
***	21%	16%	of pupils responded that they know where they can get emergency contraception free of charge.
***	62%	68%	of pupils responded that the amount of sleep they normally get is enough for their health.
***	16%	11%	of pupils had a med-low self-esteem score (9 or less).
***	29%	35%	of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well.
***	5%	8%	of pupils responded that they didn't drink any water on the day before the survey.
***	9%	12%	of pupils responded that they have smoked in the past or smoke now.
***	84%	88%	of pupils rated their safety at school as 'good' or 'very good'.
***	75%	80%	of pupils responded that they used the internet at school in the week before the survey.
***	46%	52%	of pupils had a high self-esteem score (15 or more).
***	10%	13%	of pupils responded that they have a close friend who smokes on most days.
***	71%	76%	of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.
***	56%	61%	of pupils responded that they felt 'at ease' with the doctor on their last visit.
**	55%	50%	of pupils responded that they 'never' drink alcohol
**	37%	42%	of pupils responded that they do not want to change lots of things about themselves.
**	42%	47%	of pupils responded that they think they are 'fit' or 'very fit'.
*	28%	24%	of pupils responded that they worry 'quite a lot' or 'a lot' about money.
*	35%	31%	of pupils responded that they have seen pictures online that upset them.
*	73%	78%	of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
*	8%	6%	of pupils responded that they didn't have any lunch on the day before the survey.
*	17%	20%	of pupils responded that at least one person smokes on most days indoors at home.

*	5%	3%	of pupils responded that they were not physically active for an hour or more at all in the week before the survey.
*	14%	11%	of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.
*	17%	20%	of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse.
*	3%	4%	of pupils responded that they got drunk on at least one day in the last 7 days.
*	3%	2%	of pupils responded that they drank pre-mixed drinks in the 7 days before the survey.
*	30%	27%	of pupils responded that they 'rarely or never' eat any fish/fish fingers.
*	21%	24%	said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%)      \*\* =  $p < 0.01$  (1%)      \*\*\* =  $p < 0.001$  (0.1%).

## Personal Background

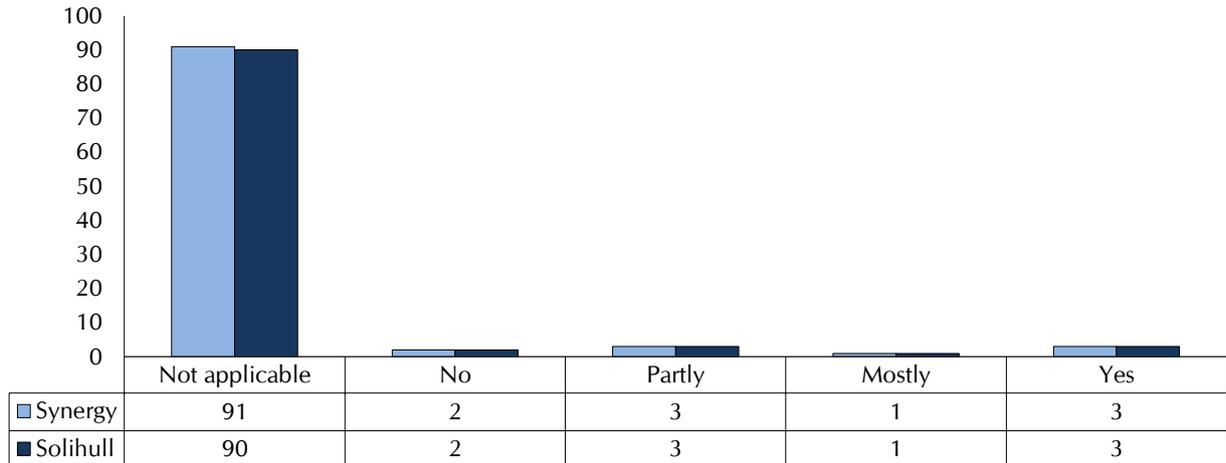
### Special needs

9% (10%) of pupils responded that they have a long-standing illness, disability or special needs, while 10% (12%) said they 'don't know'.

**QDa.** Percentage answering that they have a long-standing illness, disability or special needs.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	11	10	12	11
Girls	4	7	6	10

**QDb.** If yes, does your school support you with them?



2% (2%) of pupils responded that they have special needs, but their school does not support them, while 3% (3%) said they are only 'partly' supported.

This works out as 53% (53%) of the 99 (198) pupils with special needs responding that they are, at best, only 'partly' supported.

**QDb.** Percentage answering that they have special needs, but their school doesn't support them.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	3	2	4
Girls	1	2	1	3

3% (3%) of pupils responded that they have special needs and they are supported at school.

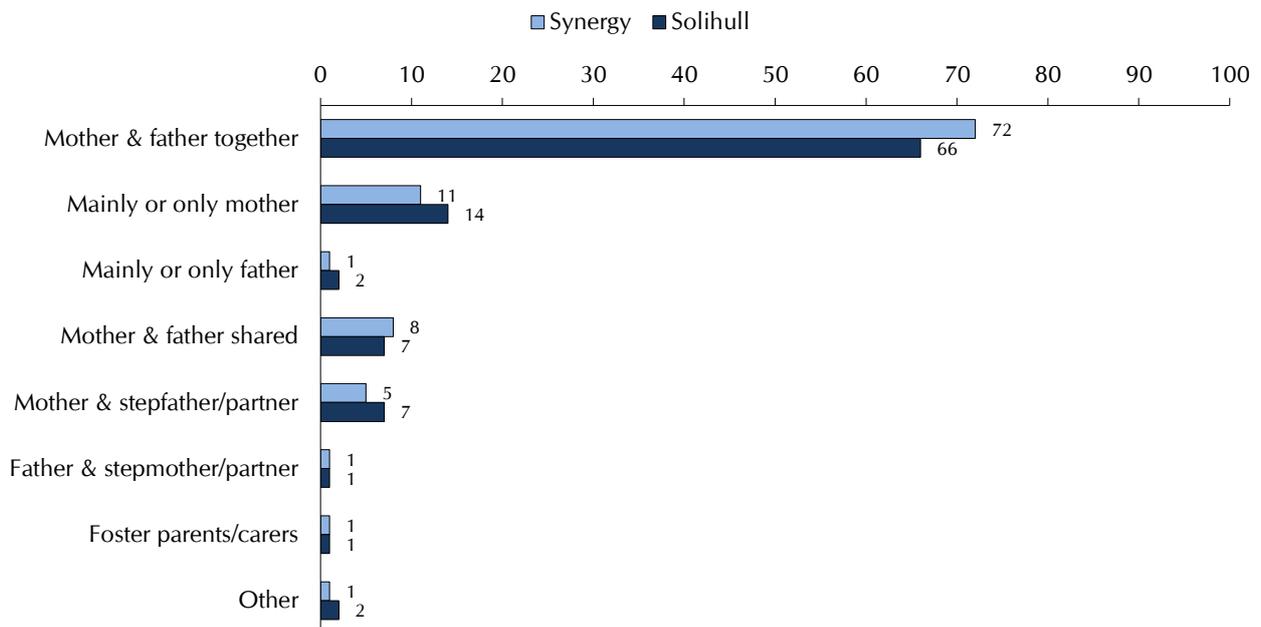
This works out as 29% (34%) of the pupils with special needs responding that they are supported.

**QDb.** Percentage answering that they have special needs and they are supported at school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	3	3	5	4
Girls	1	2	2	3

## Home life

Q2. Which adults do you live with?



72% (66%) of pupils responded that they live with their mother and father together.

Q2. Percentage answering that they live with their mother and father together.

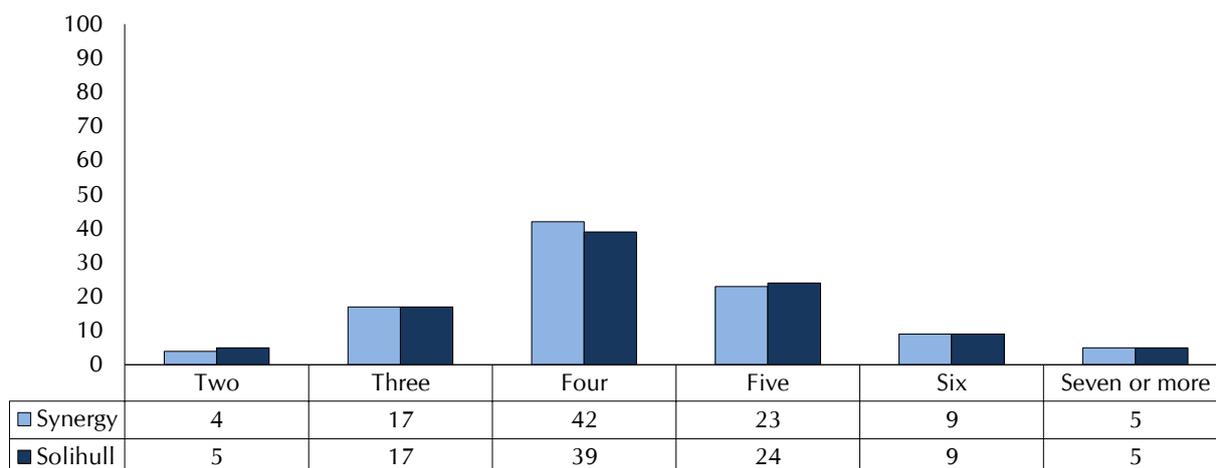
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	71	72	67	66
Girls	76	72	68	65

11% (14%) of pupils responded that they live 'mainly or only' with their mother, while 1% (2%) said they live 'mainly or only' with their father.

Q2. Percentage answering that they live mainly or only with their mother.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	9	12	13
Girls	10	15	15	16

**Q3. How many people live in your home (include yourself)?**

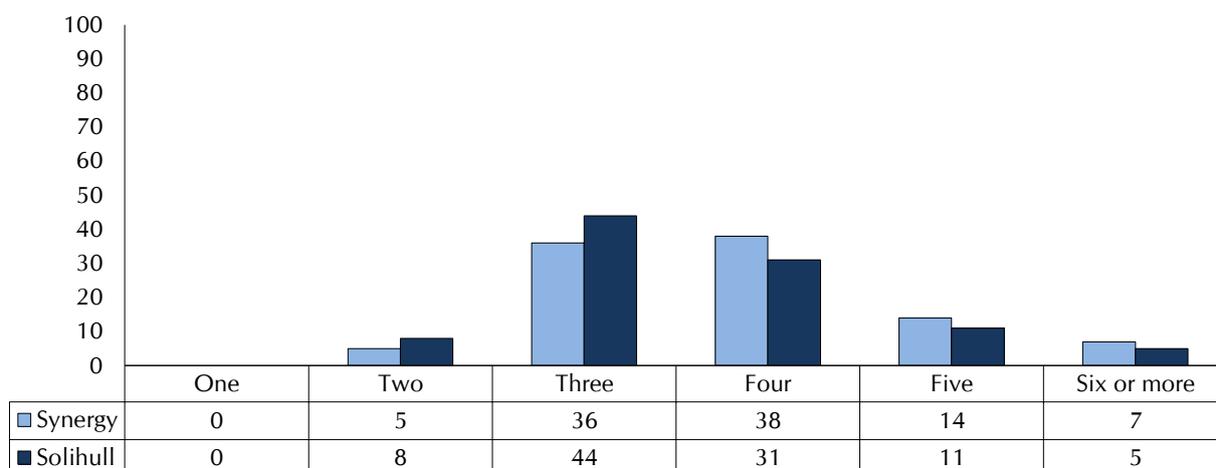


14% (15%) of pupils responded that more than five people live in their home.

**Q3. Percentage answering that more than five people live in their home.**

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	16	13	15	13
Girls	12	14	15	15

**Q4. How many bedrooms are there in your home?**



5% (8%) of pupils responded that there are one or two bedrooms in their home, while 21% (16%) said their home has at least five bedrooms.

**Q4. Percentage answering that their home has one or two bedrooms.**

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	5	5	9	7
Girls	7	4	9	7

15% (22%) of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.

**Q3/4. Percentage living in a home where at least 2 more people live than there are bedrooms.**

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	21	8	25	14
Girls	17	14	27	21

## Ethnicity

66% (67%) of pupils responded that they are White English.

**Q5.** Percentage answering that they are White English.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	64	71	65	68
Girls	64	68	66	68

**Q5.** Percentage of pupils responding that the following most nearly describes them (top 5 – Solihull Secondary data in brackets):

Boys			Girls		
1	White English	67 (67)	1	White English	66 (67)
2	Indian Asian or British Indian	6 (5)	2	Indian Asian or British Indian	6 (4)
3	Pakistani Asian or British Pakistani	5 (6)	3	Pakistani Asian or British Pakistani	4 (5)
4	White Irish	4 (4)	4	Other White background	4 (3)
5	Other White background	2 (2)	5	White Irish	4 (3)

## Young carers

20% (25%) of pupils responded that they look after, or help to look after, someone at home on a regular basis.

**Q82.** Percentage responding that they look after, or help to look after, someone at home on a regular basis.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	23	17	28	21
Girls	21	19	27	22

4% (5%) of pupils responded that they think they are a 'young carer', while 4% (7%) said they 'don't know' if they are.

**Q83a.** Percentage responding that they think they are a 'young carer'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	3	4	4
Girls	3	6	5	6

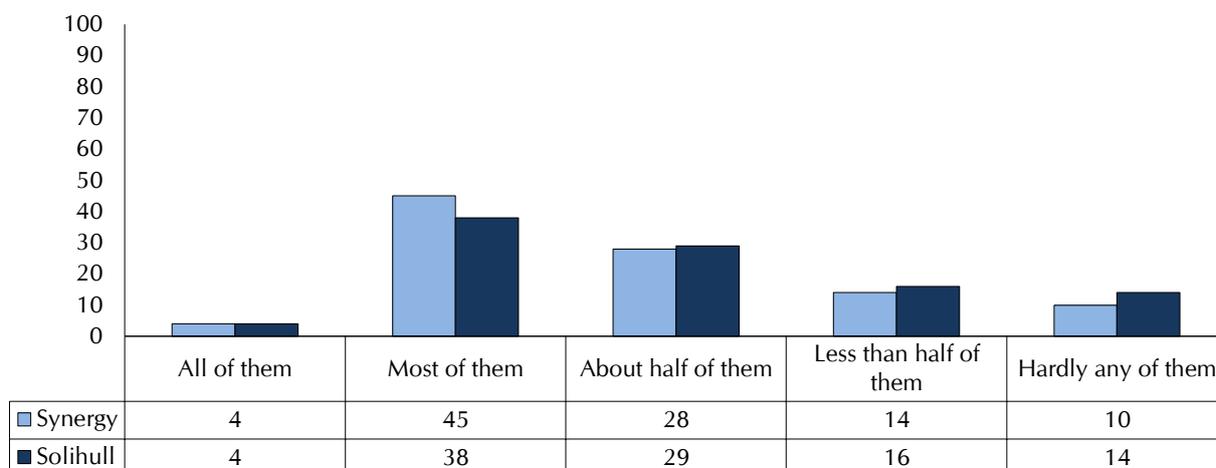
6% (8%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 2% (3%) said it takes up more than 2 hours and 3% (5%) said it takes up some time, but they don't do it every day.

**Q83c.** Percentage responding that being a young carer takes up more than 2 hours of their time each day.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	2	2	3
Girls	2	2	3	3

## School lessons

**Q7.** How many lessons do you enjoy at school?



49% (42%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

**Q7.** Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	45	50	38	43
Girls	54	47	44	44

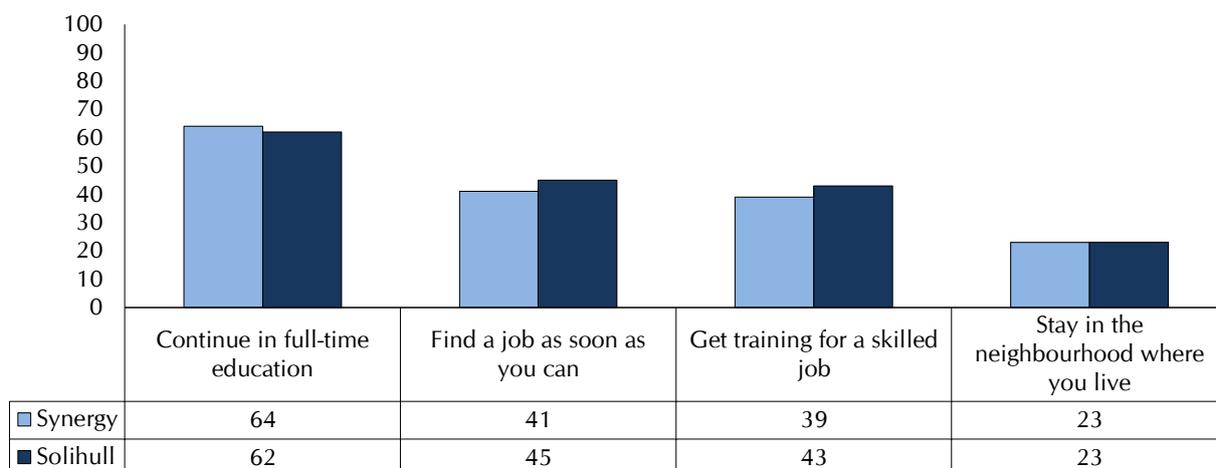
10% (14%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

**Q7.** Percentage answering that they enjoy 'hardly any' of their lessons at school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	11	10	16	17
Girls	7	9	11	12

## Future plans

**Q8.** After leaving school, do you want to...?



64% (62%) of pupils responded that they want to continue in full-time education (e.g. college, Uni) after leaving school.

41% (45%) of pupils responded that they want to find a job as soon as they can after leaving school.

39% (43%) of pupils responded that they want to get training for a skilled job after leaving school.

86% (87%) of pupils responded that after school they want to stay in full-time education, find a job as soon as they can or get training for a skilled job. 0% (1%) did not want to do any of these.

41% (41%) of pupils responded that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.

**Q8.** Percentage answering that they want to continue in full-time education after leaving school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	56	47	52	47
Girls	79	73	75	75

**Q8.** Percentage answering that they want to find a job as soon as they can after leaving school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	35	44	42	46
Girls	38	47	45	50

**Q8.** Percentage answering that they want to get training for a skilled job after leaving school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	47	41	49	44
Girls	40	30	45	30

**Q8.** Percentage answering that after school they want to stay in full-time education, find a job as soon as they can or get training for a skilled job.

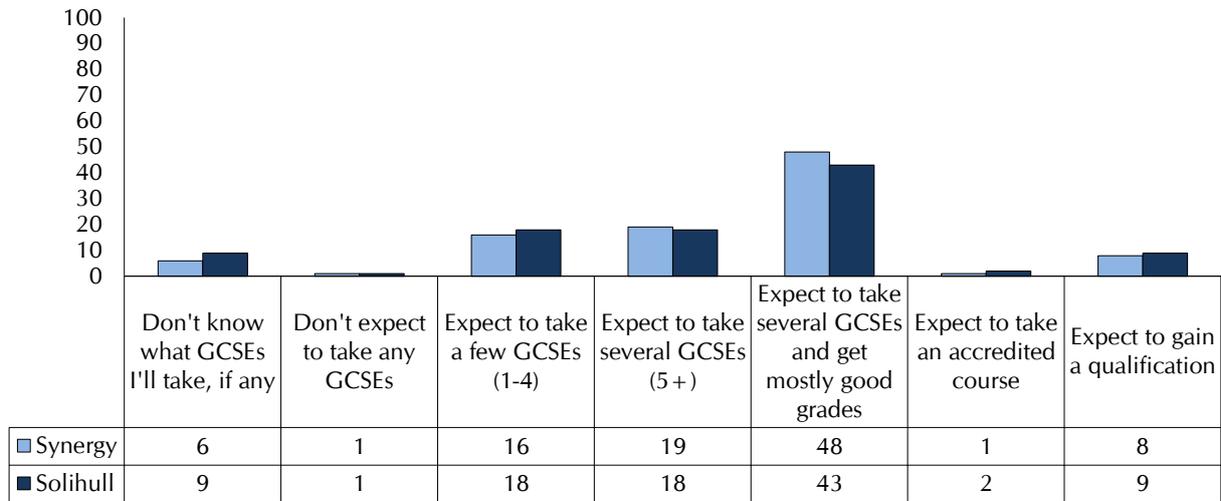
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	82	80	83	82
Girls	91	90	92	91

**Q69.** Percentage answering that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	34	38	33	38
Girls	36	53	38	54

## GCSEs

**Q11.** GCSEs: Which of these statements best describes you?



1% (1%) of pupils responded that they don't expect to take any GCSEs, while 6% (9%) don't know what GCSEs they'll take (if any).

**Q11.** Percentage answering that they don't expect to take any GCSEs.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	1	2	1
Girls	0	0	0	1

48% (43%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

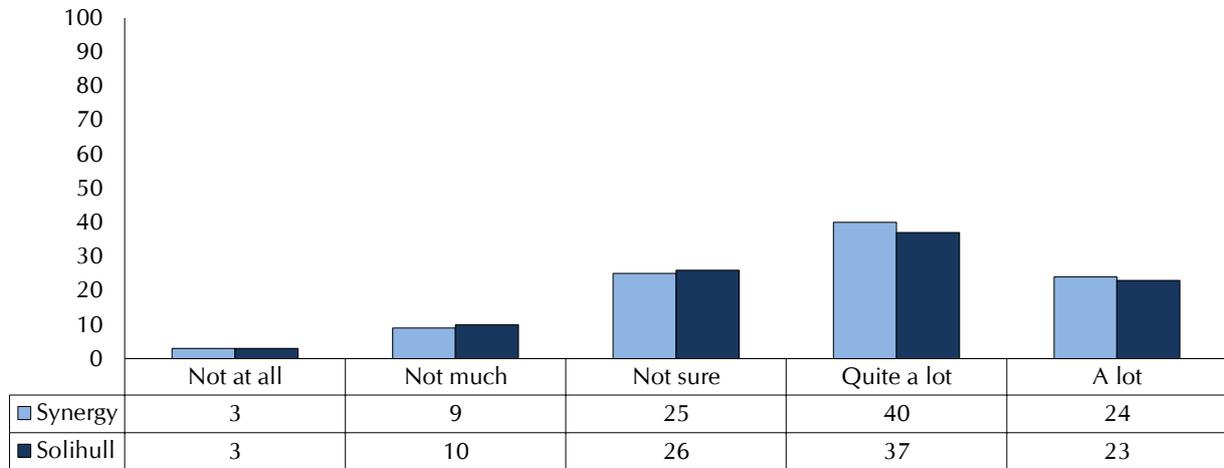
**Q11.** Percentage answering that they expect to take several GCSEs and get mostly good grades (A – C).

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	35	53	33	49
Girls	46	59	41	55

# Emotional Health and Wellbeing

## Happiness

**Q6.** In general, how satisfied do you feel with your life at the moment?



3% (3%) of pupils responded that they are 'not at all' satisfied with their life at the moment.

**Q6.** Percentage answering that they are 'not at all' satisfied with their life at the moment.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	4	3	3
Girls	1	5	1	5

63% (60%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

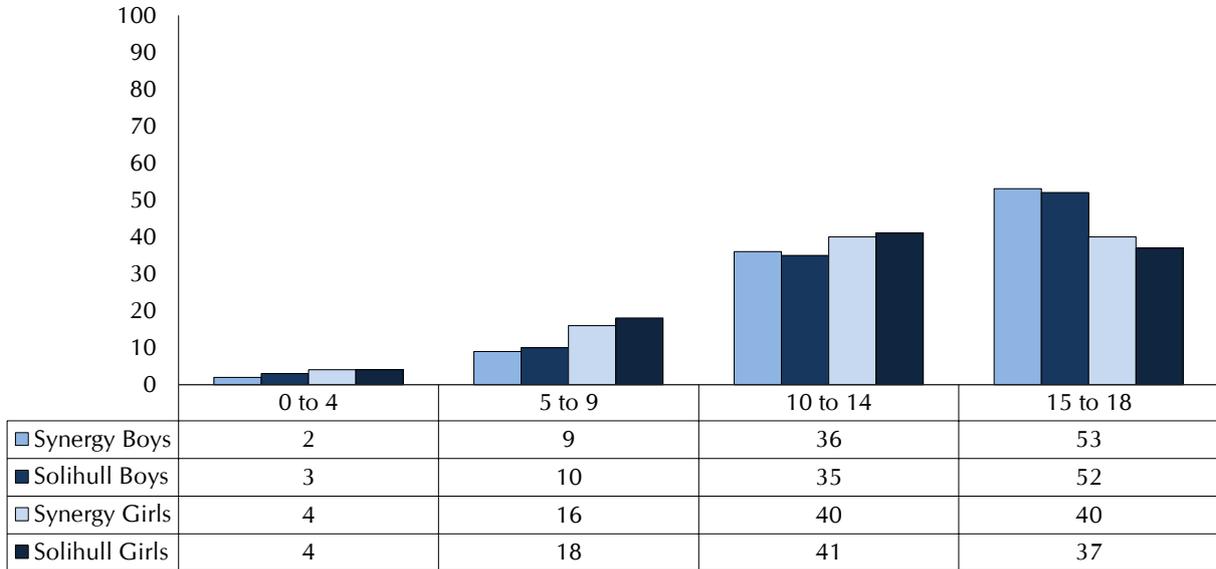
**Q6.** Percentage answering that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	65	62	61	59
Girls	69	57	66	53

## Self-esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends. Overall the levels of esteem compared with wider data are:

**Q9.** Composite self-esteem score:



16% (18%) of pupils had a med-low self-esteem score (9 or less).

**Q9.** Percentage with a med-low self-esteem score (9 or less).

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	11	11	14	12
Girls	21	19	23	20

46% (44%) of pupils had a high self-esteem score (15 or more).

**Q9.** Percentage with a high self-esteem score (15 or more).

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	54	52	51	53
Girls	40	41	38	37

37% (34%) of pupils responded that they do not want to change lots of things about themselves.

**Q9.** (Individual self-esteem items) Percentage in each group giving a high esteem response (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school	86 (85)	78 (78)	84 (81)	74 (70)	80 (78)
Pupils who do not want to change lots of things about themselves	37 (34)	36 (34)	43 (40)	32 (27)	37 (34)
Pupils who do not usually feel uncomfortable saying things in front of teachers in class	54 (52)	38 (37)	50 (48)	35 (36)	44 (43)
Pupils who do not often fall out with other pupils at school	69 (66)	67 (59)	76 (74)	77 (71)	72 (66)
Pupils who do not often feel lonely at school	82 (81)	76 (75)	83 (83)	80 (79)	80 (79)
Pupils who do not think that other pupils usually say nasty things about them	55 (50)	45 (42)	52 (55)	48 (47)	50 (48)
Pupils who do not usually feel shy when they want to tell a teacher something	61 (62)	41 (44)	71 (73)	47 (46)	55 (56)
Pupils who do not often have find new friends because their old ones are with somebody else	80 (81)	75 (73)	83 (84)	86 (84)	81 (80)
Pupils who do not usually feel foolish when talking to their parents	80 (78)	77 (77)	75 (76)	74 (74)	76 (76)

73% (71%) of pupils responded that their parents/carers like to hear their ideas.

**Q9.** Percentage answering that their parents/carers like to hear their ideas.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	75	67	71	67
Girls	78	71	76	69

54% (51%) of pupils responded that their teachers listen to them at school.

**Q9.** Percentage answering that their teachers listen to them at school.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	60	55	55	53
Girls	57	47	52	46

## Control over health

89% (88%) agreed with at least one statement about being in control of their health (Q10a&c).

**Q10.** Percentage agreeing with statements Q10a and/or Q10c.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	89	92	87	91
Girls	85	89	87	88

43% (46%) agreed with at least one statement saying that they weren't in control of their health (Q10b&d).

**Q10.** Percentage agreeing with statements Q10b and/or Q10d.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	41	44	43	43
Girls	41	47	45	51

For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a + c) and take away the score for the two 'chance' items (b + d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

78% (76%) of the pupils in your survey had a net positive score for these questions. SHEU know from other studies that such scores are related to higher levels of participation in health-promoting behaviour, and lower levels of health-risky behaviour.

**Q10.** Percentage having a positive health locus of control score.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	79	78	76	79
Girls	78	78	76	77

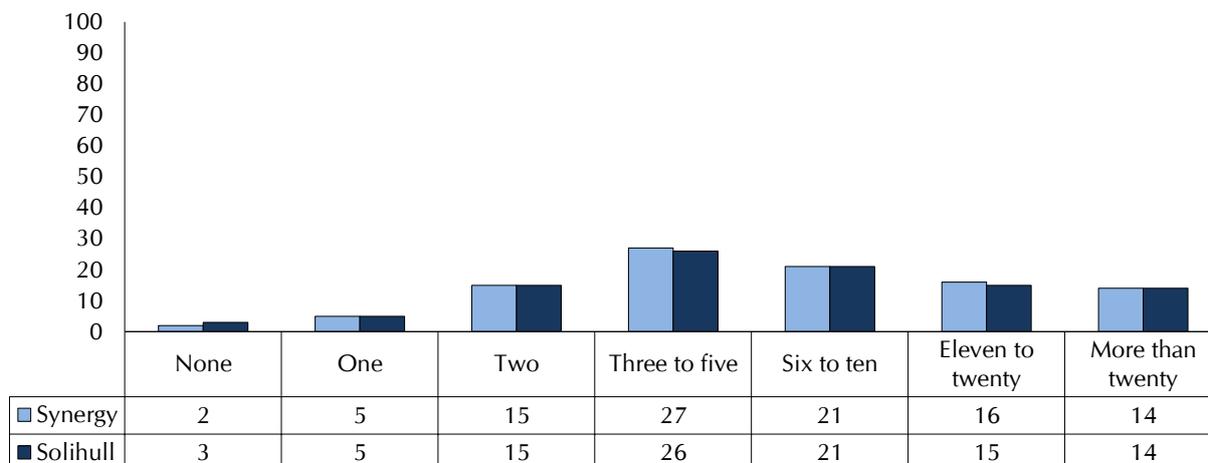
71% (71%) of pupils responded that they are in charge of their health, while 37% (38%) said that even if they look after themselves, they can still easily fall ill.

**Q10.** Percentage of pupils responding that they 'agree' with the following statements (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
a. "I am in charge of my health"	68 (68)	65 (67)	81 (79)	73 (73)	71 (71)
b. "If I keep healthy, I've just been lucky"	11 (15)	10 (15)	16 (16)	16 (17)	14 (16)
c. "If I take care of myself I'll stay healthy"	80 (78)	77 (77)	83 (82)	81 (79)	80 (78)
d. "Even if I look after myself I can still easily fall ill"	35 (36)	36 (37)	35 (34)	41 (43)	37 (38)

## Confidence and trust

### Q63. How many adults can you really trust?



2% (3%) of pupils responded that there are no adults that they can trust.

**Q63.** Percentage answering that there are no adults that they can trust.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	3	3	3
Girls	3	1	2	4

50% (51%) of pupils responded that there are at least six adults that they can trust.

**Q63.** Percentage answering that there are at least six adults that they can trust.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	65	49	63	50
Girls	54	36	54	32

30% (31%) of pupils responded that they usually feel 'at ease' meeting people of their own age for the first time.

**Q64.** Percentage answering that they usually feel 'at ease' when meeting people their own age for the first time.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	31	36	35	40
Girls	24	27	25	25

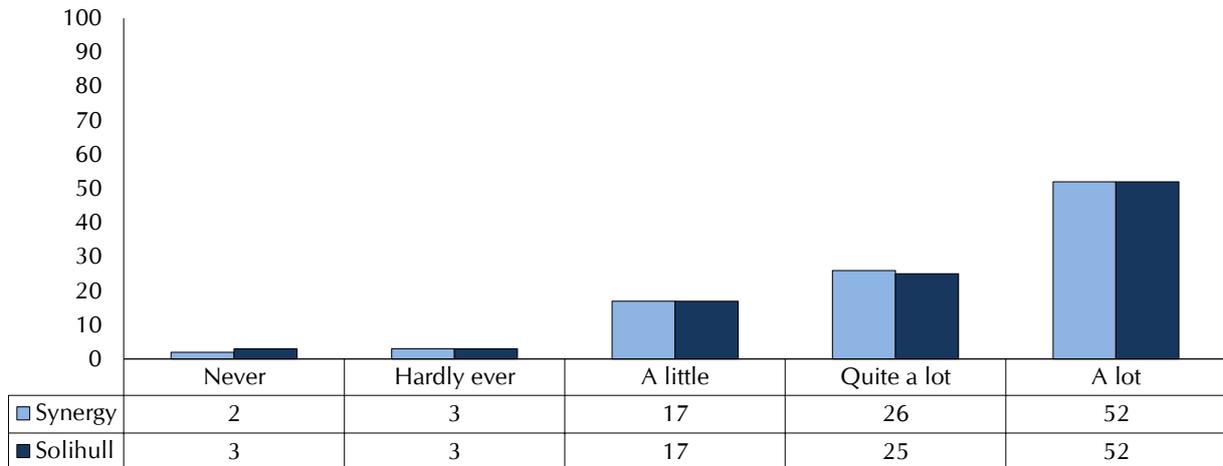
23% (25%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

**Q64.** Percentage answering that they usually feel 'quite' or 'very' uneasy when meeting people their own age for the first time.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	23	19	23	20
Girls	29	23	28	26

## Worrying

**Q69.** Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...



Most frequent worry recorded.

78% (76%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

**Q69.** Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	73	72	67	72
Girls	80	88	80	88

18% (16%) of boys and 28% (27%) of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'; while 28% (31%) of boys and 16% (17%) of girls said that they don't worry about any of them.

**Q69.** Percentage answering that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	20	16	16	17
Girls	31	25	28	27

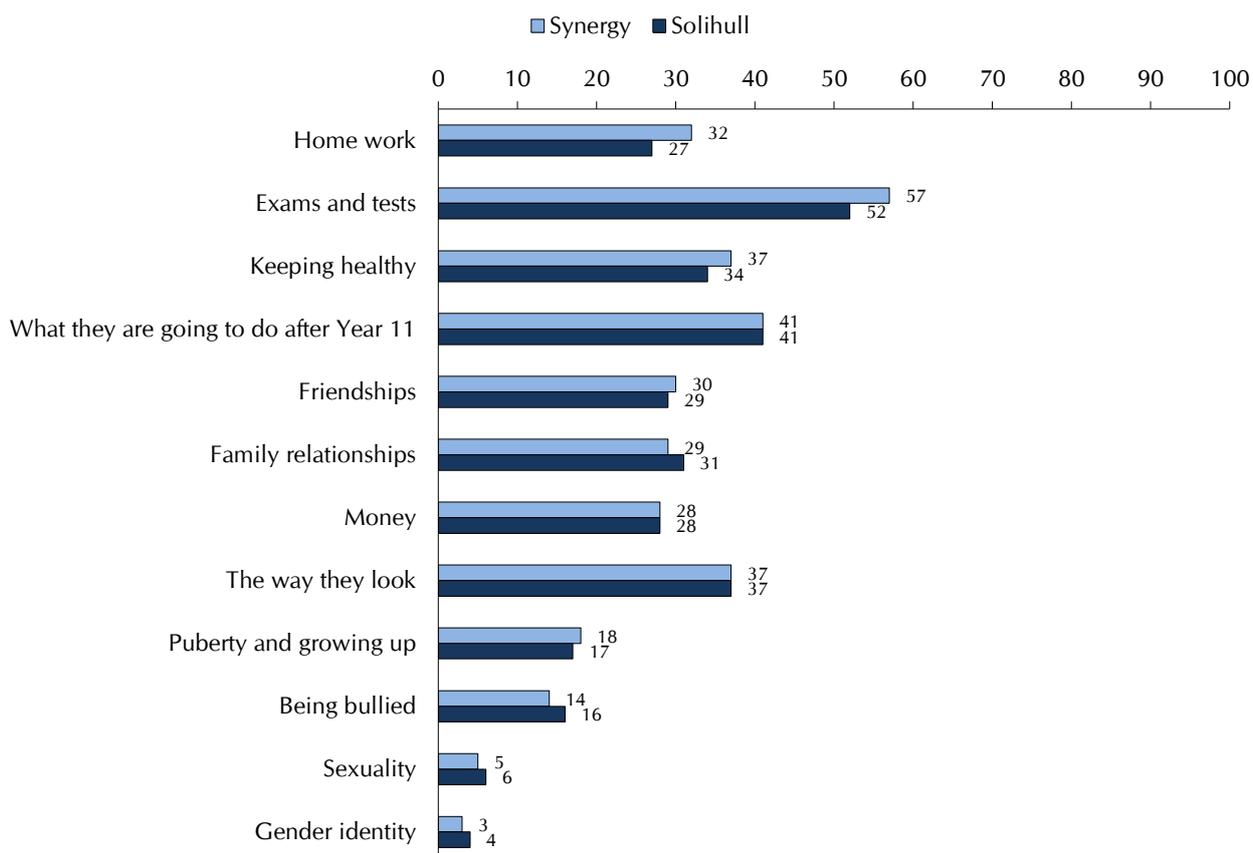
57% (52%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.

**Q69.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10 – Solihull Secondary data in brackets):

Boys			Girls		
1	Exams and tests	46 (40)	1	Exams and tests	68 (63)
2	What you are going to do after Year 11	36 (35)	2	The way you look	49 (49)
3	Keeping healthy	33 (30)	3	What you are going to do after Year 11	45 (45)
4	Money	29 (28)	4	Keeping healthy	41 (39)
5	Family relationships	28 (28)	5	Friendships	36 (35)
6	Home work	27 (21)	6	Home work	36 (33)
7	The way you look	24 (25)	7	Family relationships	31 (33)
8	Friendships	24 (22)	8	Money	27 (28)
9	Puberty and growing up	16 (14)	9	Puberty and growing up	20 (19)
10	Being bullied	11 (12)	10	Being bullied	17 (19)

30% (29%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 37% (37%) said the same of the way they look.

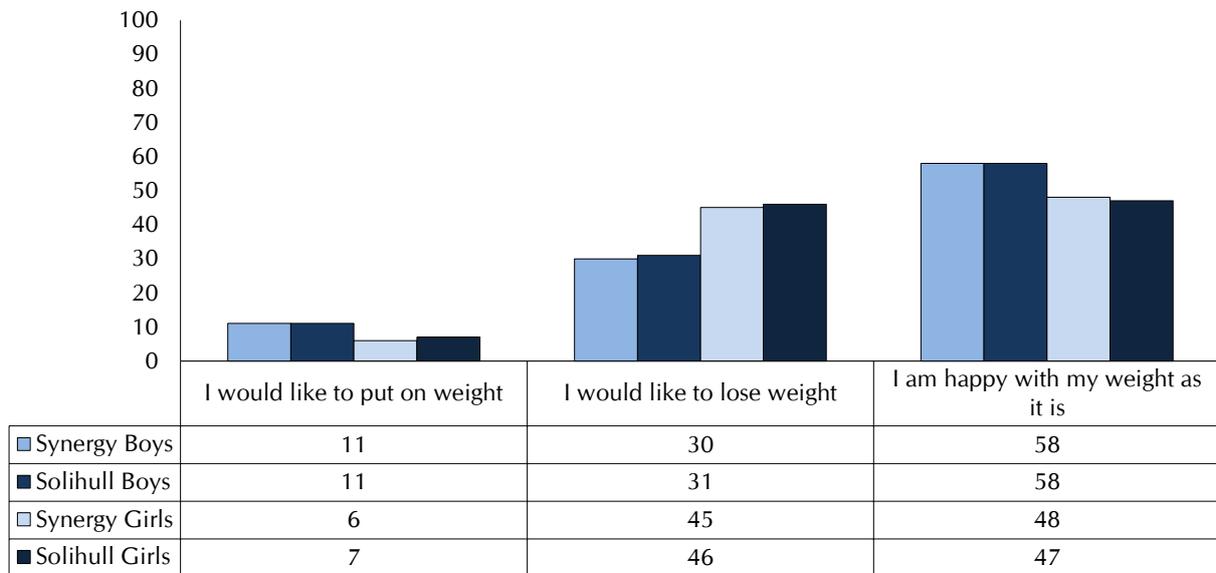
**Q69.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



# Food and Diet

## Weight

**Q12.** Weight: Which statement describes you best?



9% (9%) of pupils responded that they would like to put on weight.

**Q12.** Percentage answering that they would like to put on weight.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	7	16	8	16
Girls	3	9	4	11

30% (31%) of boys and 45% (46%) of girls responded that they would like to lose weight.

**Q12.** Percentage answering that they would like to lose weight.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	32	29	32	30
Girls	45	46	45	48

53% (52%) of pupils responded that they are happy with their weight as it is.

**Q12.** Percentage answering that they are happy with their weight as it is.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	62	55	60	55
Girls	52	45	51	41

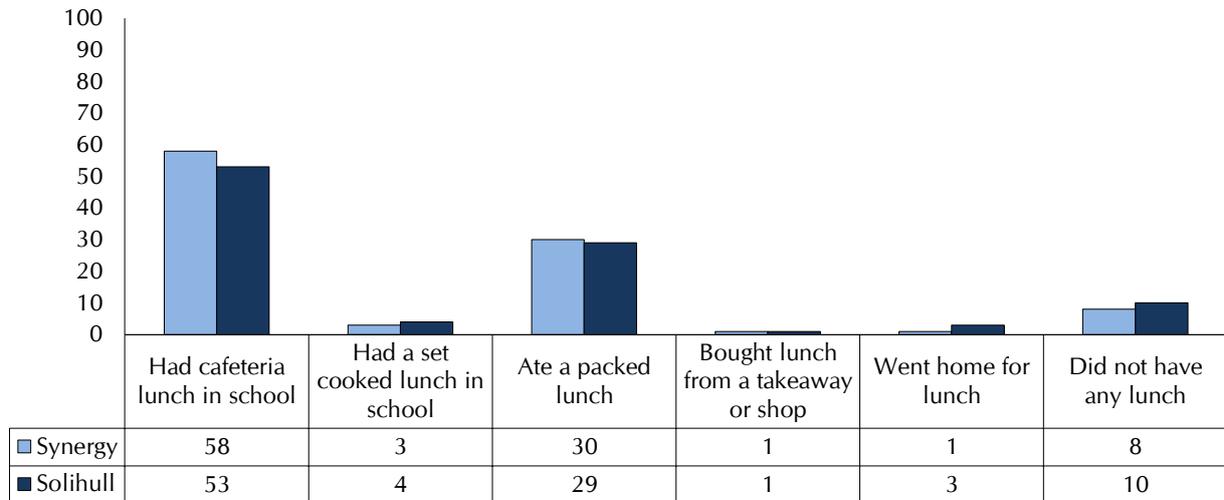
37% (37%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

**Q69.** Percentage answering that they worry 'quite a lot' or 'a lot' about the way they look.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	23	25	23	27
Girls	49	50	47	51

## Lunch

**Q13.** What did you do for lunch yesterday?



61% (56%) of pupils responded that they had a school lunch on the day before the survey.

**Q13.** Percentage answering that they had a school lunch on the day before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	59	63	59	57
Girls	61	60	58	53

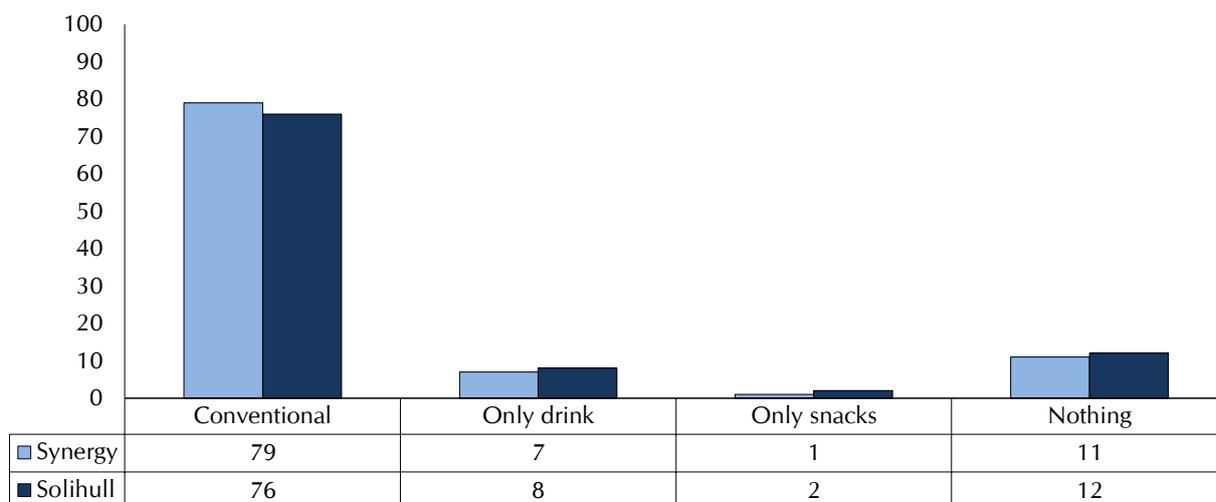
8% (10%) of pupils responded that they didn't have any lunch on the day before the survey.

**Q13.** Percentage answering that they didn't have any lunch on the day before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	8	6	8	8
Girls	10	7	10	12

## Breakfast

**Q15.** Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; porridge, Ready brek; toast, bread, bagels or croissants; cooked breakfast; fruit; yoghurt or a breakfast bar. Only snacks means: chocolate bar or sweets; pop-tarts, cakes or muffins; crisp-type snack but not conventional breakfast.

11% (12%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 6% (6%) said they had a cooked breakfast.

**Q15.** Percentage answering that they didn't have anything to eat or drink for breakfast on the day of the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	13	9	12
Girls	9	13	10	16

7% (8%) of pupils responded that they only had a drink for breakfast on the day of the survey.

**Q15.** Percentage answering that they only had a drink for breakfast on the day of the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	5	5	7
Girls	7	10	9	12

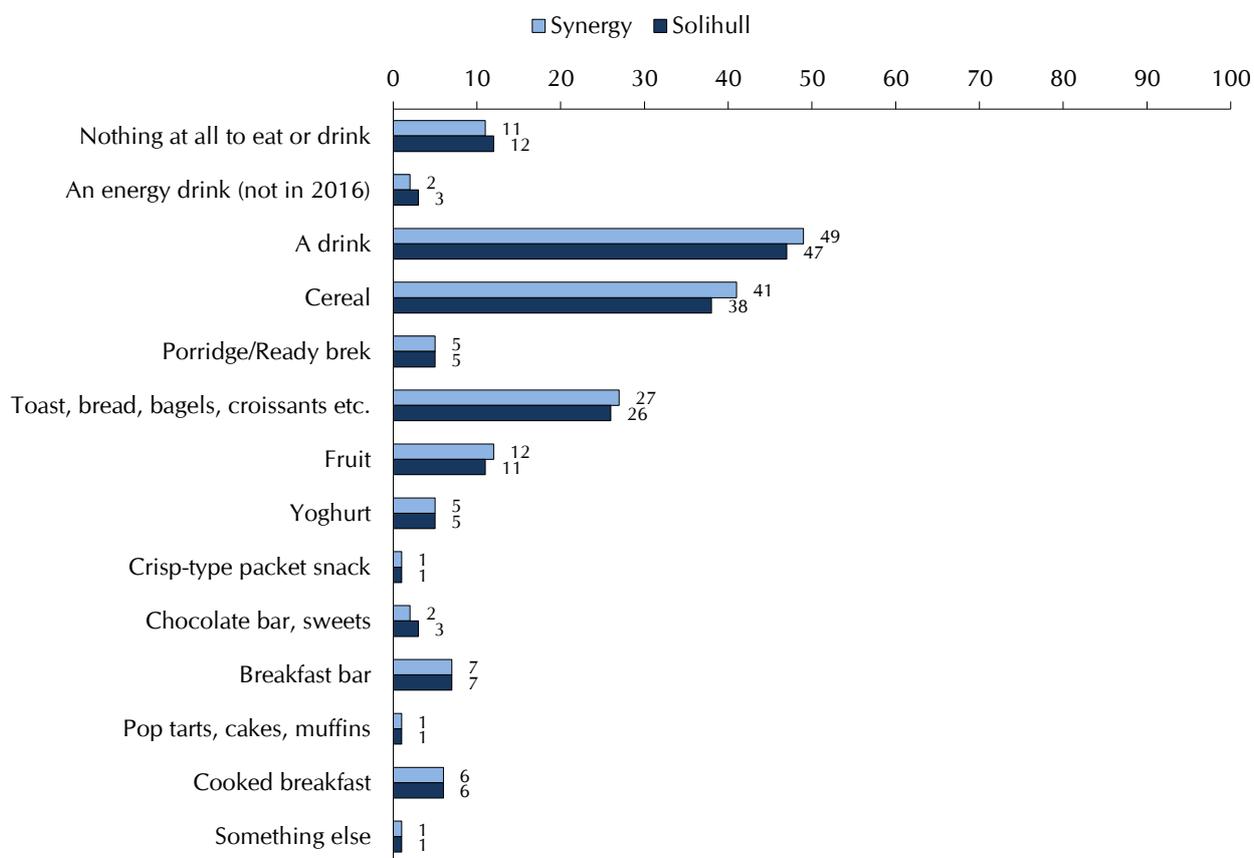
41% (38%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 27% (26%) said they had toast, bread, bagels or croissants.

**Q15.** Percentage of pupils responding that they had the following to eat or drink for breakfast on the morning of the survey (top 5 – Solihull Secondary data in brackets):

Boys			Girls		
1	Cereal	49 (46)	1	A drink	52 (50)
2	A drink	47 (46)	2	Cereal	33 (31)
3	Toast, bread, bagels, croissants etc.	26 (25)	3	Toast, bread, bagels, croissants etc.	29 (27)
4	Fruit	10 (9)	4	Fruit	14 (12)
5	Breakfast bar	6 (7)	5	Breakfast bar	7 (7)

1% (1%) of pupils responded that they had pop tarts, cakes, muffins for breakfast on the day of the survey.

**Q15.** Percentage of pupils responding that they had the following to eat or drink for breakfast on the day of the survey:

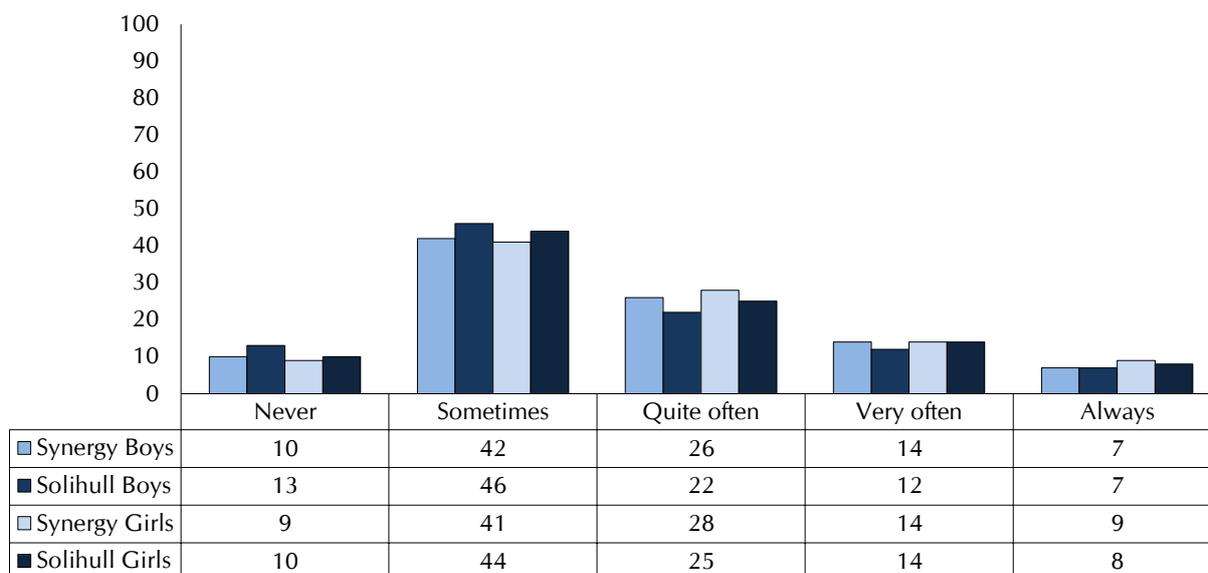


**Q14.** Percentage of pupils responding that they had something to eat or drink for breakfast at the following on the morning of the survey (Solihull Secondary data in brackets):

Boys			Girls		
1	At home	77 (75)	1	At home	71 (66)
2	At school	9 (12)	2	At school	11 (12)
3	On the way to school	5 (7)	3	On the way to school	8 (10)

## Healthy choices

**Q16.** When choosing what to eat, do you consider your health?



51% (57%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

**Q16.** Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	51	53	60	58
Girls	47	51	52	56

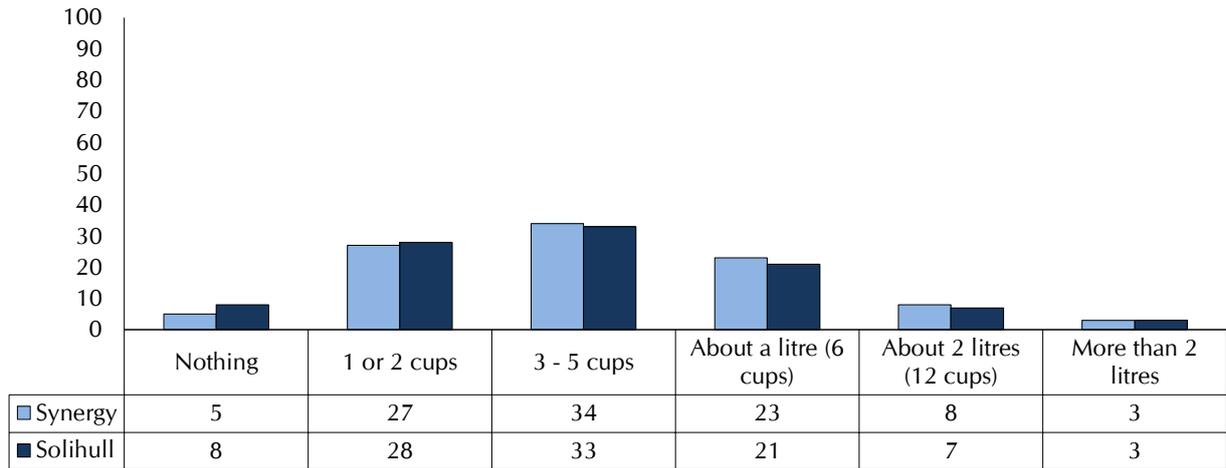
22% (20%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

**Q16.** Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	23	20	19	18
Girls	25	22	22	21

## Water

**Q17.** How much water did you drink yesterday?



5% (8%) of pupils responded that they didn't drink any water on the day before the survey.

**Q17.** Percentage answering that they didn't drink any water on the day before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	5	5	7	7
Girls	4	4	8	7

34% (32%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

**Q17.** Percentage answering that they drank at least 'about a litre' of water on the day before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	35	44	33	41
Girls	30	28	26	28

## Food

60% (51%) of pupils responded that they eat vegetables 'on most days'; 50% (44%) said the same of fresh fruit.

**Q18.** Percentage of pupils responding that they eat or drink the following 'on most days' (top 10 – Solihull Secondary data in brackets):

Boys			Girls		
1	Any dairy produce	59 (59)	1	Vegetables	66 (55)
2	Vegetables	55 (48)	2	Any dairy produce	58 (57)
3	Any meat	54 (51)	3	Fresh fruit	53 (48)
4	Fresh fruit	47 (41)	4	Any meat	47 (47)
5	Wholemeal bread	27 (25)	5	Sweets, chocolate, choc bars	26 (31)
6	Crisps	23 (27)	6	Wholemeal bread	26 (26)
7	Sweets, chocolate, choc bars	22 (26)	7	Salads	26 (24)
8	Rice or pasta	18 (19)	8	Rice or pasta	20 (19)
9	Salads	17 (17)	9	Crisps	19 (26)
10	Sugar-coated cereals (incl. chocolate flavoured cereals)	16 (16)	10	Chips or roast potatoes	15 (19)

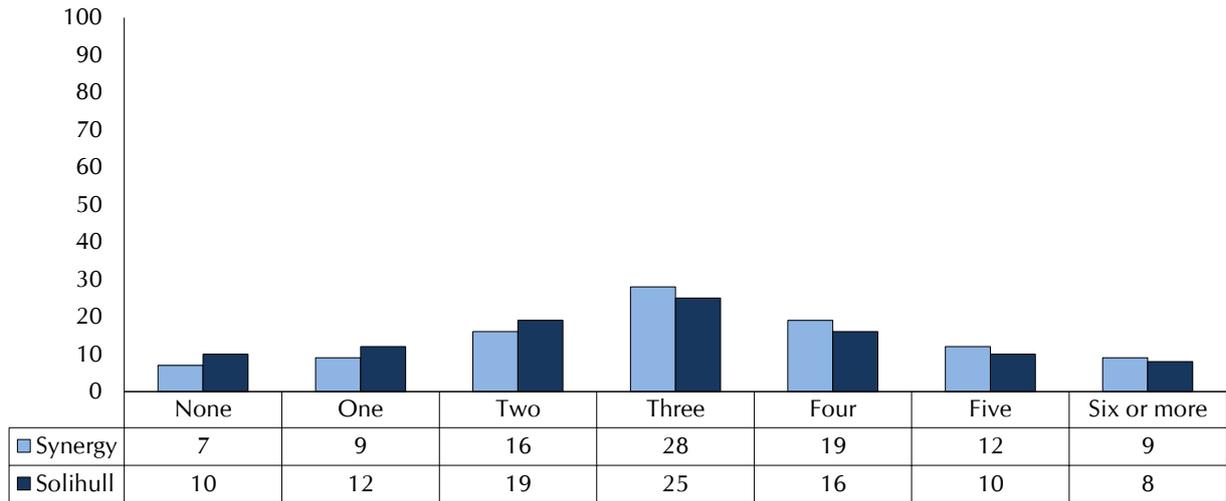
30% (37%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

**Q18.** Percentage of pupils responding that they 'rarely or never' eat or drink the following (top 10 – Solihull Secondary data in brackets):

Boys			Girls		
1	Energy drinks (e.g. Red Bull etc.)	67 (60)	1	Energy drinks (e.g. Red Bull etc.)	78 (73)
2	Vegetarian main meal	60 (64)	2	Sugar-coated cereals (incl. chocolate flavoured cereals)	53 (48)
3	High-fibre cereals or muesli	45 (48)	3	Vegetarian main meal	51 (55)
4	Sugar-coated cereals (incl. chocolate flavoured cereals)	43 (41)	4	High-fibre cereals or muesli	51 (53)
5	Fizzy drinks (not low-calorie)	36 (30)	5	Fizzy drinks (not low-calorie)	47 (40)
6	Low-calorie drinks (e.g. diet coke)	35 (34)	6	Low-calorie drinks (e.g. diet coke)	45 (42)
7	Any fish/fish fingers	28 (35)	7	Any fish/fish fingers	32 (39)
8	Salads	28 (30)	8	Wholemeal bread	23 (27)
9	Wholemeal bread	25 (26)	9	Salads	17 (19)
10	Crisps	15 (14)	10	Crisps	16 (13)

## 5-a-day

**Q19.** How many portions of fruit and vegetables did you eat yesterday?



7% (10%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

**Q19.** Percentage answering that they didn't eat any portions of fruit or vegetables yesterday.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	7	9	9	13
Girls	3	10	8	11

21% (18%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

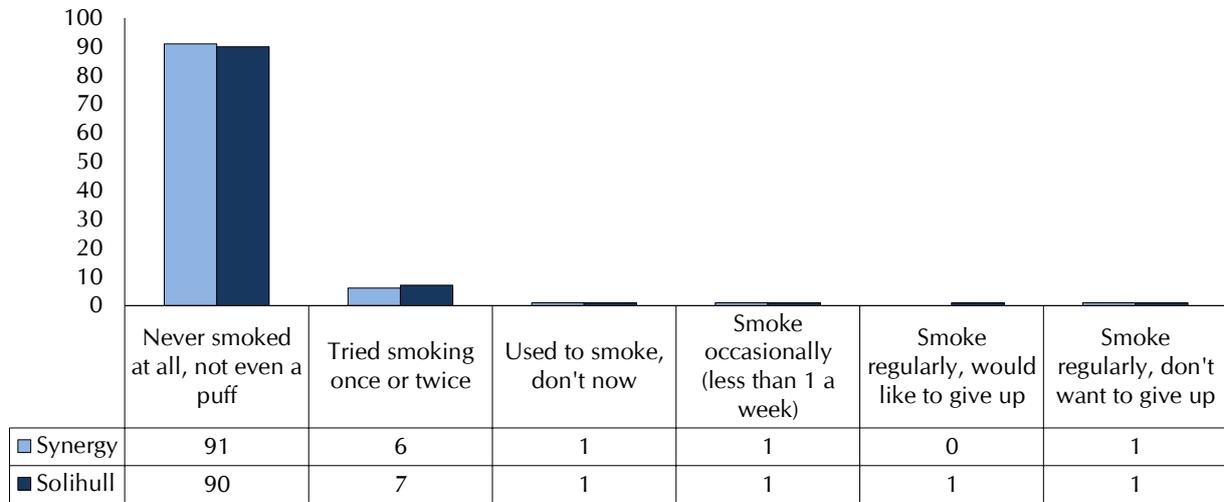
**Q19.** Percentage answering that they had at least 5 portions of fruit and vegetables yesterday.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	23	20	20	18
Girls	24	15	19	13

# Smoking, Drinking, Drugs

## Smoking

**Q20.** Smoking: Which statement describes you best?



9% (10%) of pupils responded that they have smoked in the past or smoke now.

**Q20.** Percentage answering that they have smoked in the past or smoke now.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	12	6	14
Girls	4	15	4	19

1% (1%) of pupils responded that they smoke 'regularly'.

**Q20.** Percentage answering that they smoke 'regularly'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	0	1	1	2
Girls	0	2	0	2

Of the 11 (27) pupils who smoke regularly, 36% (44%) said they would like to give up.

2% (2%) of pupils responded that they have smoked at least one cigarette in the last week.

**Q21.** Percentage answering that they have smoked at least one cigarette in the last week.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	1	1	1
Girls	1	4	1	4

4% (5%) of pupils responded that they smoke and feel they could give up.

Of the 97 (197) pupils who have ever smoked, 44% (49%) feel they could give up.

**Q23a.** Percentage answering that they smoke and feel they could give up.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	6	3	7
Girls	1	7	2	9

0% (1%) of pupils responded that they would like parents/carers to help them give up smoking.

**Q23b.** Percentage of pupils responding that they would like the following people to help them give up smoking (top 3 - Solihull Secondary data in brackets):

Boys			Girls		
1	No one, I can do it myself	2 (2)	1	No one, I can do it myself	2 (3)
2	Parents/carers	1 (1)	2	Don't want to give up	1 (1)
3	Friend/boy/girlfriend	0 (1)	3	Friend/boy/girlfriend	1 (1)

Of the 97 (197) pupils who have ever smoked, they were on average 12 (11) years old when they had their first cigarette.

**Q23c.** Mean age of pupils when they had their first cigarette.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	10	12	10	12
Girls	11	12	11	13

10% (13%) of pupils responded that they have a close friend who smokes on most days.

**Q24.** Percentage of pupils responding that the following people smoke on most days (Solihull Secondary data in brackets):

Boys			Girls		
1	Father/carers	13 (18)	1	Father/carers	13 (21)
2	Mother/carers	9 (14)	2	Close friend	11 (12)
3	Close friend	8 (13)	3	Mother/carers	9 (16)
4	Brother	5 (6)	4	Brother	5 (6)
5	Sister	3 (5)	5	Sister	4 (5)

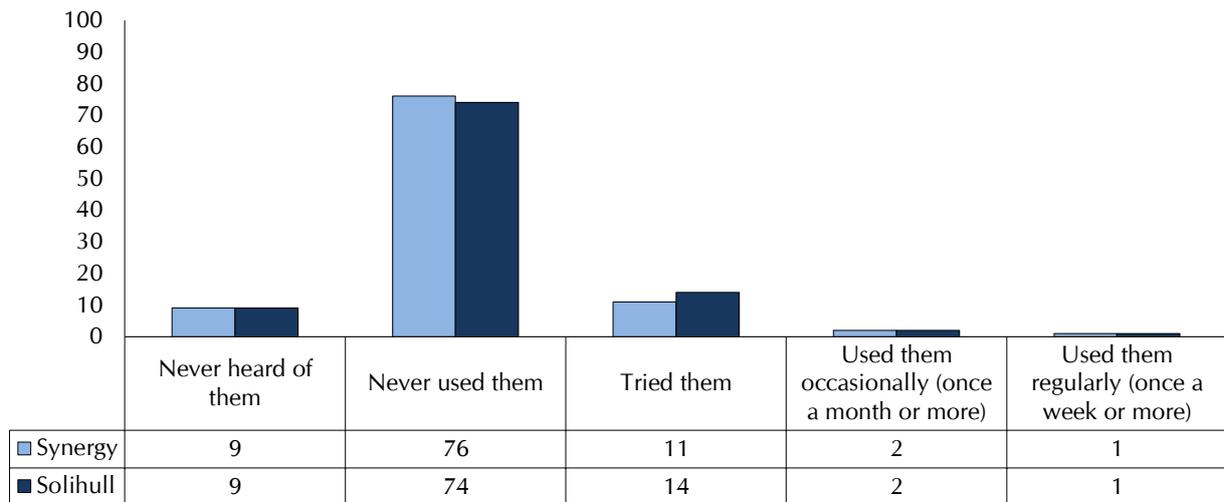
17% (26%) of pupils responded that at least one person smokes on most days indoors at home; 3% (5%) said at least three people do.

**Q25.** Percentage answering that at least one person smokes on most days indoors at home.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	20	16	28	22
Girls	16	14	28	25

## E-cigarettes

**Q26.** E-cigarettes: What best describes your knowledge or use of electronic cigarettes, 'e-cigarettes' or vaporisers?



86% (83%) of pupils responded that they have never used an e-cigarette or have never heard of them, while 1% (1%) said they have used them regularly (once a week or more).

**Q26.** Percentage answering that they have never used an e-cigarette or have never heard of them.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	92	74	88	71
Girls	96	79	93	77

3% (3%) of pupils responded that they use e-cigarettes at least 'occasionally'.

**Q26.** Percentage answering that they use e-cigarettes at least 'occasionally'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	5	2	5
Girls	1	5	1	6

## Alcohol

47% (48%) of pupils responded that they have had an alcoholic drink at some point in their life.

Of the 536 (923) pupils who said that they have had an alcoholic drink, they were on average 11 (11) years old when they had their first drink.

10% (9%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.

**Q27.** Percentage answering that they have had an alcoholic drink at some point in their life.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	30	66	35	66
Girls	28	66	32	67

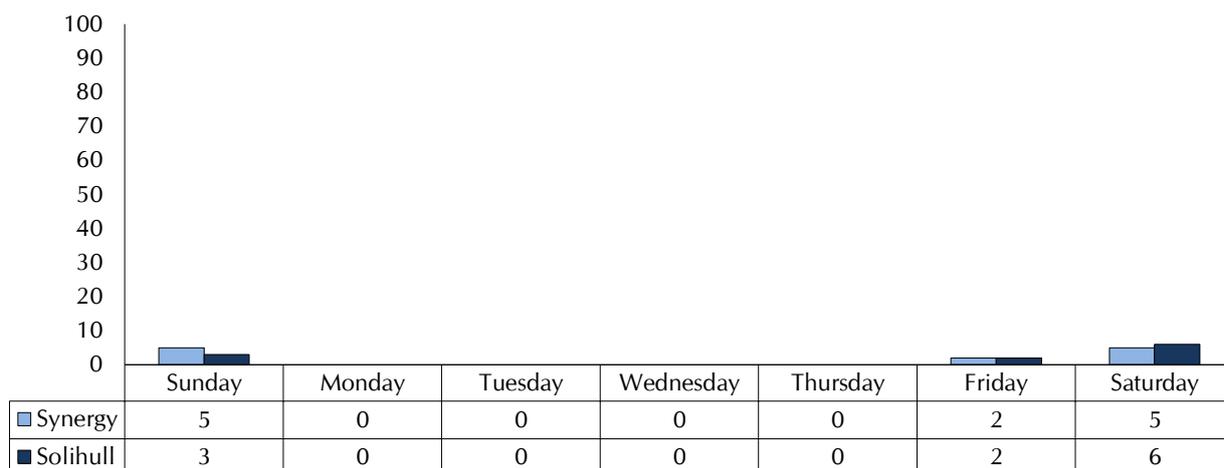
**Q28.** Mean age of pupils when they had their first alcoholic drink.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	10	12	10	11
Girls	10	12	10	12

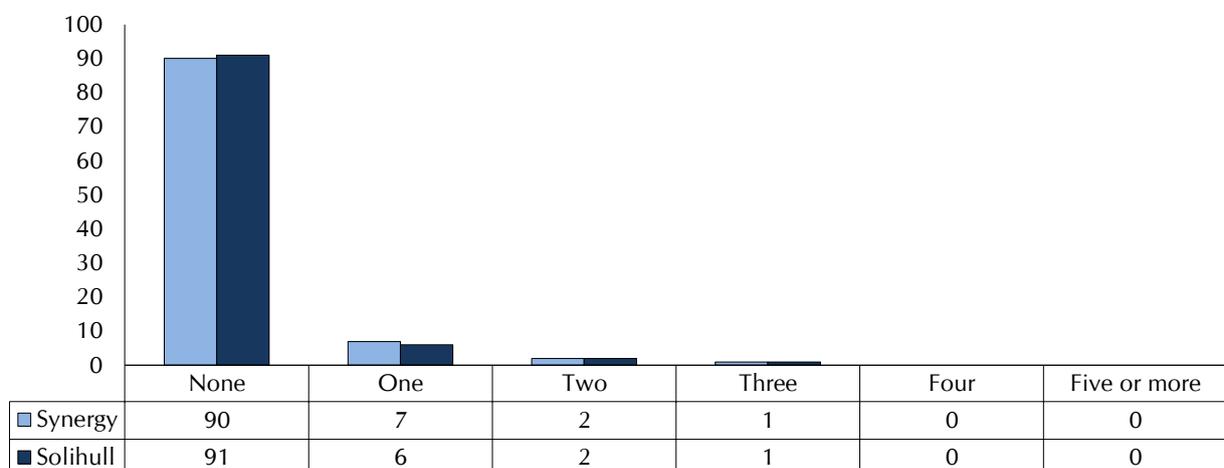
**Q29.** Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	3	14	4	14
Girls	5	19	4	18

**Q30.** On which days did you drink alcohol, in the last 7 days?



**Q30.** On how many days did you drink alcohol, in the last 7 days?

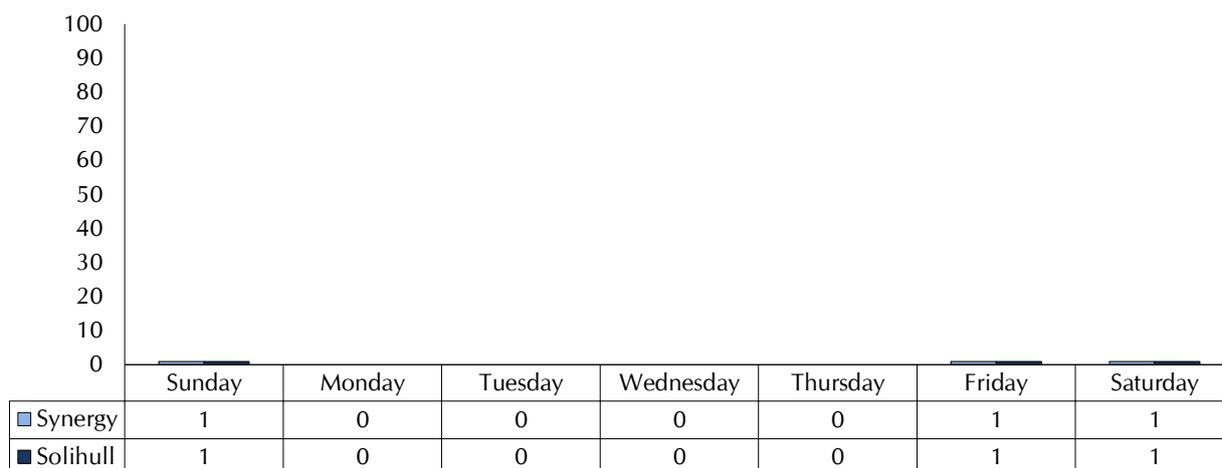


3% (3%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey; 1% (1%) said they drank on at least three days.

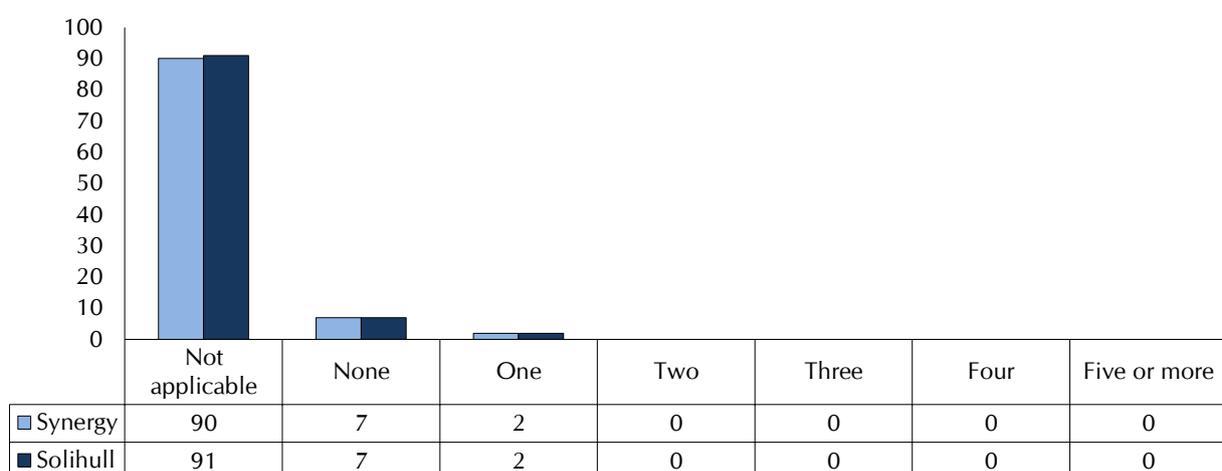
**Q30.** Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	3	1	4
Girls	1	6	1	6

**Q31.** On which days did you get drunk, in the last 7 days?



**Q31.** On how many days did you get drunk, in the last 7 days?

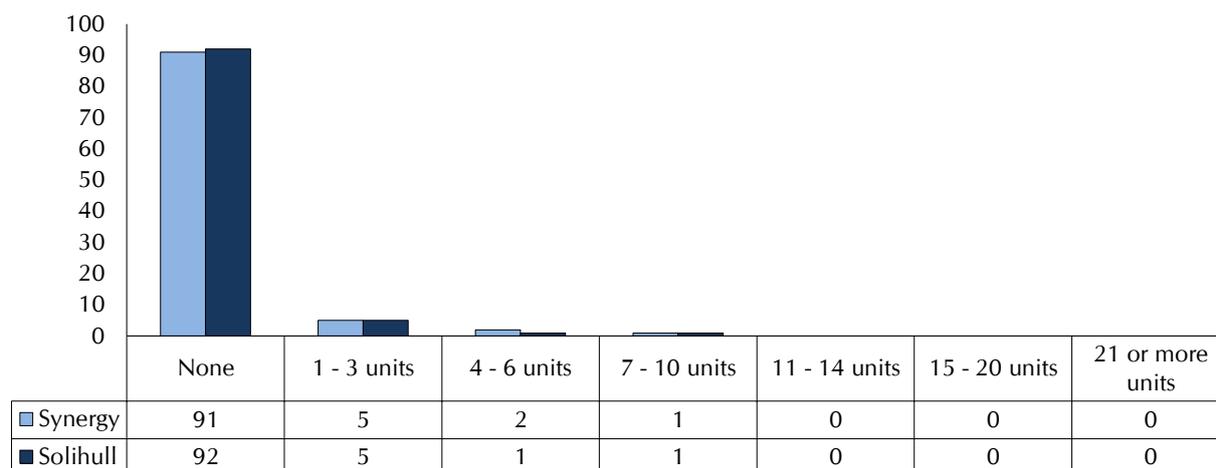


3% (2%) of pupils responded that they got drunk on at least one day in the last 7 days; 0% (1%) said they did so on more than one day.

**Q31.** Percentage answering that they got drunk on at least one day in the last 7 days.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	1	1	1
Girls	1	8	1	7

**Q32.** Total units of alcohol pupils reported drinking in the last 7 days:



0% (0%) of boys and 0% (0%) of girls responded that they drank over the advised weekly limit of alcohol for adults of 14 units.

**Q32.** Percentage answering that they drank over 14 units of alcohol in the 7 days before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	0	0	0	0
Girls	0	0	0	1

4% (3%) of pupils responded that they drank spirits in the 7 days before the survey, while 3% (2%) said they drank beer or lager and 3% (3%) drank pre-mixed drinks.

**Q32.** Most popular alcoholic drinks from the 7 days before the survey (top 5 – Solihull Secondary data in brackets):

Boys			Girls		
1	Cider	3 (2)	1	Spirits	5 (4)
2	Beer or lager	3 (2)	2	Pre-mixed drinks	5 (4)
3	Spirits	2 (2)	3	Cider	3 (2)
4	Pre-mixed drinks	2 (2)	4	Wine	2 (2)
5	Shandy (mixed)	1 (1)	5	Beer or lager	2 (2)

7% (7%) of pupils responded that they have drunk alcohol at home in the 7 days before the survey and 4% (4%) said they have at a friend's or relation's home.

**Q33.** Percentage of pupils responding that they have drunk alcoholic drink at the following places in the 7 days before the survey (Solihull Secondary data in brackets):

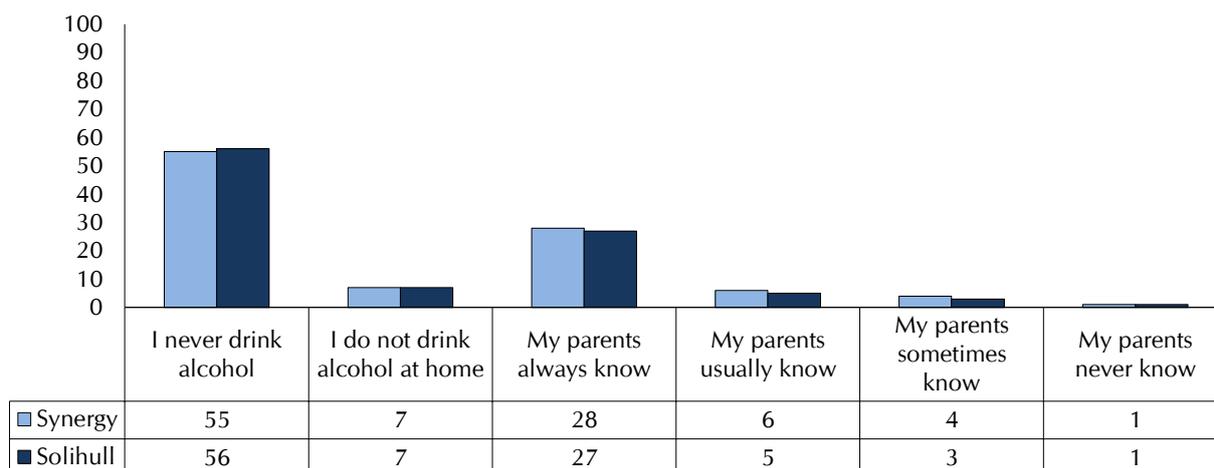
Boys			Girls		
1	At home	7 (6)	1	At home	8 (7)
2	At a party	4 (3)	2	At a party	6 (5)
3	At a friend's or relation's home	3 (3)	3	At a friend's or relation's home	4 (4)
4	In a pub, bar or nightclub	3 (2)	4	In a pub, bar or nightclub	4 (3)
5	Outside in a public place	1 (1)	5	Outside in a public place	3 (2)

1% (1%) of pupils responded that they bought alcoholic drink from an off-licence in the 7 days before the survey and 1% (1%) said they bought it from a pub or bar.

**Q34.** Percentage of pupils responding that they have bought alcoholic drink from the following in the 7 days before the survey (Solihull Secondary data in brackets):

Boys		Girls	
1	Pub or bar	2	(2)
2	Supermarket	1	(1)
3	Off-licence	1	(1)
4	Nightclub	1	(1)

**Q35.** If you ever drink alcohol at home, do your parents know?



55% (56%) of pupils responded that they 'never' drink alcohol, while 7% (7%) said they do not drink alcohol at home.

28% (27%) of pupils responded that they do drink alcohol at home and their parents 'always' know, while 6% (5%) said their parents 'usually' know.

5% (4%) of pupils responded that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

**Q35.** Percentage answering that they either never drink alcohol, or don't drink it at home.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	74	51	75	50
Girls	76	44	76	44

**Q35.** Percentage answering that they drink alcohol at home and their parents 'always' know.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	22	35	20	37
Girls	18	36	20	36

**Q35.** Percentage answering that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	6	3	6
Girls	2	10	1	9

## Drugs

21% (20%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.

16% (16%) of pupils responded that they have been offered cannabis.

4% (4%) of pupils responded that they have been offered other drugs listed in the questionnaire (not cannabis).

5% (5%) of pupils reported that they have taken at least one of the drugs listed in the questionnaire.

**Q37.** Percentage answering that they know someone who uses drugs listed in the questionnaire.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	34	10	32
Girls	8	31	10	32

**Q38.** Percentage answering that they have been offered cannabis.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	27	9	27
Girls	4	25	4	25

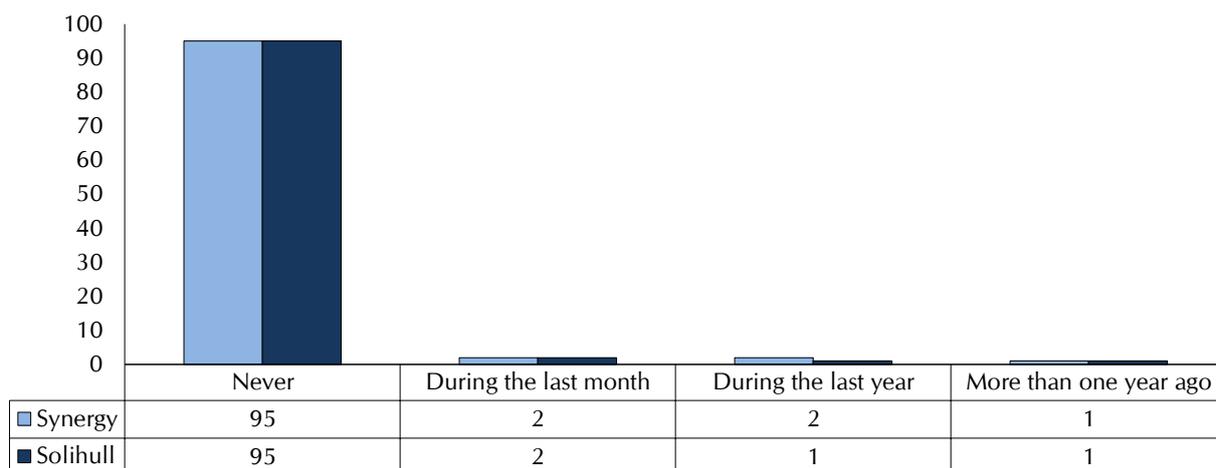
**Q39.** Percentage answering that they have been offered other drugs listed in the questionnaire.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	3	7	2	6
Girls	1	5	1	5

**Q40.** Percentage answering that they have taken at least one of the drugs listed in the questionnaire.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	9	2	9
Girls	2	7	2	9

**Q41.** Drugs summary: Percentage of pupils responding that they have tried at least one of the recreational drugs listed:



2% (2%) of pupils responded that they have taken at least one of the drugs listed during the last month.

**Q41.** Percentage answering that they have taken one of the drugs listed during the last month.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	3	1	3
Girls	1	3	1	3

4% (3%) of pupils responded that they have taken at least one of the drugs listed during the last year.

**Q41.** Percentage answering that they have taken one of the drugs listed during the last year.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	6	1	6
Girls	2	5	1	6

4% (4%) of pupils responded that they have ever taken cannabis.

**Q36/41.** Summary of some of the most common recreational drugs (Solihull Secondary data in brackets):

Year 8	Never heard of or know little about them	Believe safe if used properly	Have used in last month	Have used
Amphetamines	77 (78)	2 ( 1)	0 ( 0)	0 ( 0)
Cannabis	50 (48)	18 (18)	0 ( 0)	1 ( 1)
Ecstasy	75 (73)	2 ( 2)	0 ( 0)	0 ( 0)
Synthetic hallucinogens	78 (75)	2 ( 2)	0 ( 0)	0 ( 0)
Solvents	59 (60)	20 (18)	0 ( 0)	0 ( 0)
'Legal highs'/New Psychoactive Substances	75 (76)	11 ( 9)	0 ( 0)	0 ( 0)

Year 10	Never heard of or know little about them	Believe safe if used properly	Have used in last month	Have used
Amphetamines	71 (70)	1 ( 2)	0 ( 0)	1 ( 0)
Cannabis	38 (35)	36 (37)	3 ( 3)	6 ( 7)
Ecstasy	53 (55)	4 ( 5)	1 ( 0)	1 ( 1)
Synthetic hallucinogens	63 (60)	7 ( 6)	0 ( 0)	1 ( 1)
Solvents	54 (54)	21 (19)	1 ( 1)	2 ( 2)
'Legal highs'/New Psychoactive Substances	67 (64)	13 (11)	0 ( 0)	0 ( 0)

Of the 58 (91) pupils who have ever taken drugs, they were on average 12 (12) years old when they first tried them.

1% (1%) of pupils responded that they have taken more than one type of drug listed on the same occasion, while 1% (1%) said they 'don't know' if they have.

2% (2%) of pupils responded that they have taken drugs and alcohol on the same occasion, while 0% (0%) said they 'don't know' if they have.

**Q42.** Mean age of pupils when they first took drugs:

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	10	13	10	12
Girls	10	12	11	12

**Q43.** Percentage answering that they have taken more than one type of drug listed on the same occasion.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	1	0	1
Girls	0	1	0	1

**Q44.** Percentage answering that they have taken drugs and alcohol on the same occasion.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	3	1	3
Girls	1	4	1	4

## Safety

### Personal safety

1% (1%) of pupils responded that their personal safety has been at risk when they have used drugs listed in Q41, while 1% (1%) said they 'don't know' if it has been at risk.

0% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 1% (1%) said they 'don't know' if it has been at risk.

7% (9%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 5% (6%) said they 'don't know' if it has been at risk.

**Q45a.** Percentage answering that their personal safety has been at risk when they have used drugs listed in Q41.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	0	1	0	1
Girls	0	1	0	2

**Q45b.** Percentage answering that their personal safety has been at risk when they have used drugs and alcohol at the same time.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	0	0	0	0
Girls	0	1	0	1

**Q45c.** Percentage answering that their personal safety has been at risk when they have used alcohol.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	8	7	13
Girls	2	15	4	16

## Internet safety

63% (67%) of pupils responded that their parents/carers are always aware when they use the Internet.

**Q46.** Percentage of pupils responding 'yes' to the following questions (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Do you have a computer/tablet etc. at home?	99 (99)	100 (100)	99 (99)	99 (100)	99 (99)
Do you access the Internet outside of school?	95 (94)	94 (90)	97 (97)	98 (98)	96 (94)
Do you access the Internet when your parents/carers are not in the room?	94 (94)	93 (92)	97 (98)	99 (99)	96 (95)
Are your parents/carers always aware when you use the Internet?	70 (68)	71 (75)	50 (55)	62 (67)	63 (67)

99% (99%) of pupils responded that they used the internet at home in the week before the survey; 75% (73%) said they used it at school.

**Q47.** Percentage of pupils responding that they have used the Internet at the following places in the past week (Solihull Secondary data in brackets):

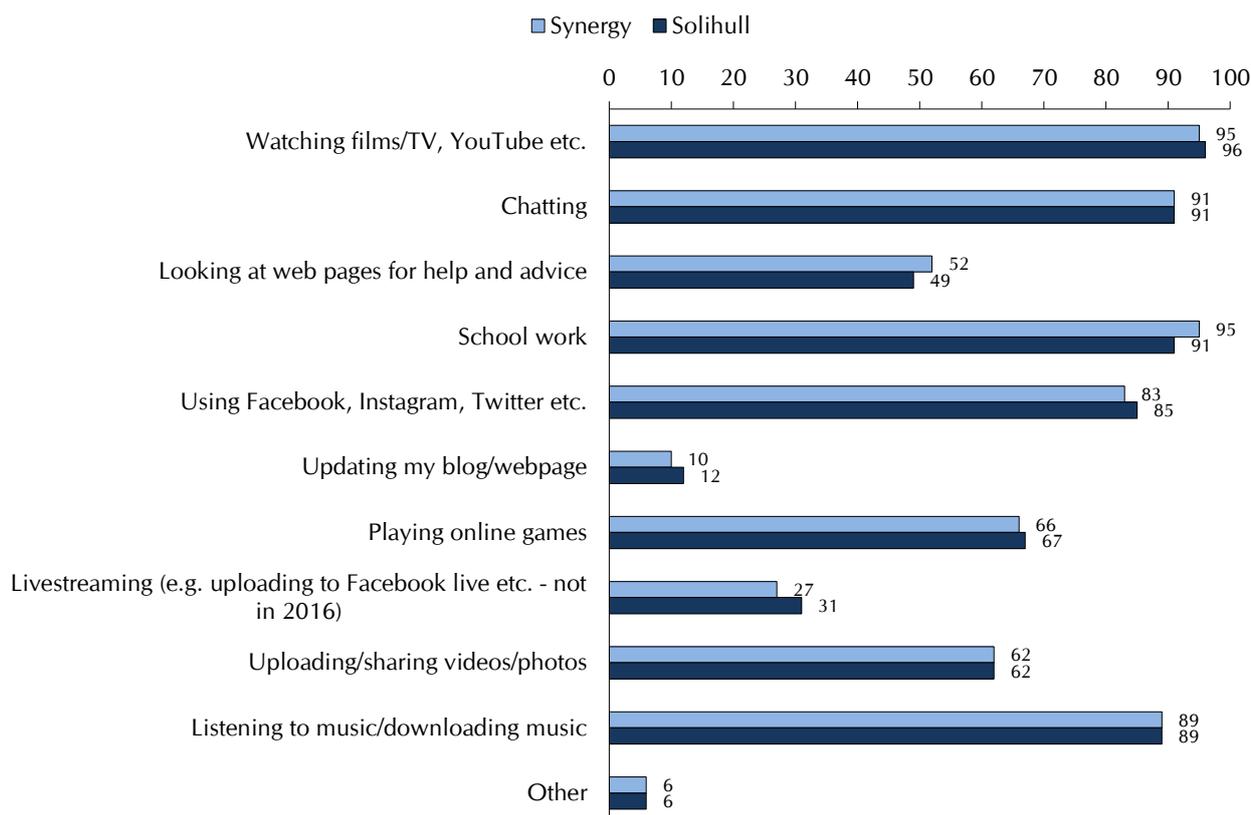
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
At home	99 (98)	100 (99)	99 (99)	99 (99)	99 (99)
At school	67 (67)	66 (65)	84 (84)	82 (82)	75 (73)
Elsewhere	41 (48)	40 (47)	54 (54)	36 (42)	43 (48)

83% (85%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 91% (91%) use it for chatting.

**Q48.** Percentage of pupils responding that they use the Internet for the following (top 5 – Solihull Secondary data in brackets):

Boys			Girls		
1	Watching films/TV, YouTube etc.	95 (95)	1	School work	97 (95)
2	School work	93 (88)	2	Watching films/TV, YouTube etc.	96 (96)
3	Playing online games	88 (89)	3	Chatting	95 (95)
4	Chatting	87 (88)	4	Listening to music/downloading music	94 (93)
5	Listening to music/downloading music	84 (85)	5	Using Facebook, Instagram, Twitter etc.	86 (86)

**Q48.** Percentage of pupils responding that they use the Internet for the following:



22% (22%) of pupils responded that they have met someone in real life whom they first met online and 35% (35%) said they have seen pictures online that upset them.

**Q49.** Percentage of pupils responding 'yes' to the following questions (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Have you ever used the Internet for chatting?	91 (92)	96 (96)	95 (95)	99 (99)	95 (95)
Have you ever been told how to stay safe while chatting online?	97 (96)	100 (99)	96 (97)	98 (98)	98 (97)
Have you ever met someone in real life whom you first met online?	17 (20)	14 (14)	26 (27)	30 (31)	22 (22)
Have you ever seen pictures online that were for adults only?	25 (30)	21 (21)	58 (55)	35 (36)	35 (35)
Have you ever looked online for adults-only pictures/videos?	10 (12)	3 (3)	44 (42)	5 (5)	16 (15)
Have you ever seen pictures online that upset you?	25 (24)	38 (39)	29 (29)	47 (48)	35 (35)
<i>If yes, did these involve violence?</i>	14 (13)	19 (19)	21 (19)	33 (32)	22 (21)
<i>If yes, did these involve bullying?</i>	6 (8)	21 (21)	14 (12)	28 (26)	17 (17)
<i>If yes, did these involve sexual activity?</i>	5 (4)	6 (6)	8 (8)	12 (11)	8 (7)
<i>If yes, did these involve 'happy slapping'?</i>	1 (3)	2 (3)	5 (4)	5 (5)	4 (4)

64% (63%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 25% (27%) said they don't share images of themselves and 11% (9%) said they don't use social media.

6% (6%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.

8% (9%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.

15% (13%) of pupils responded that someone has shared an image of them via social media which has made them feel unhappy.

**Q50a.** Percentage answering that they use social media and share images of themselves.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	49	58	50	55
Girls	69	82	70	82

**Q50b.** Percentage answering that they share images of themselves which they wouldn't show their parents/carers.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	5	7	5	8
Girls	4	8	4	9

**Q50c.** Percentage answering that they share images of themselves which they wouldn't show their teachers or headteacher.

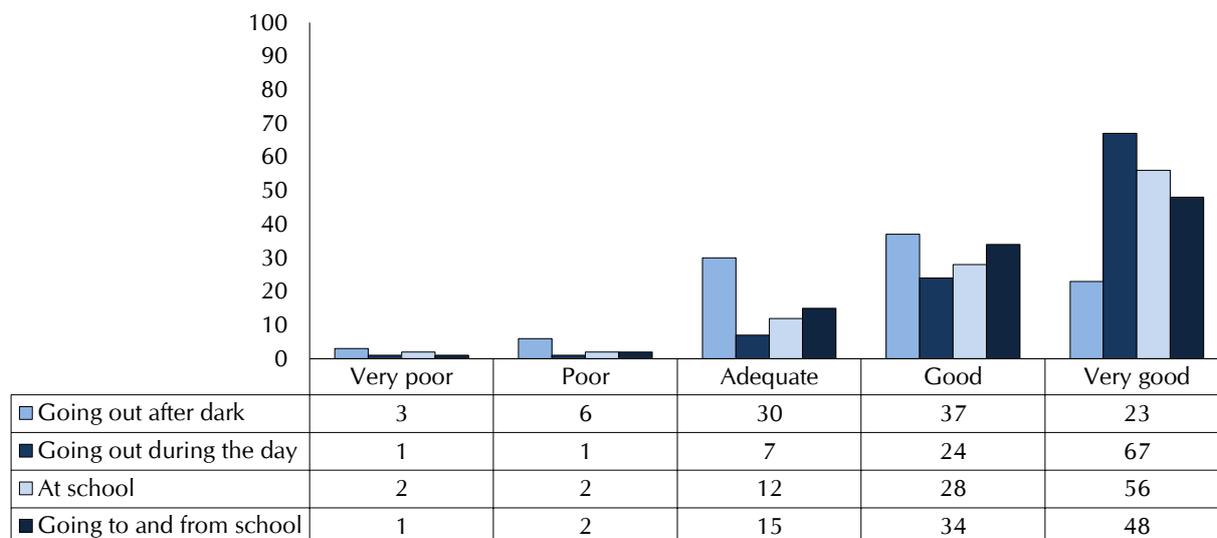
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	7	9	7	9
Girls	6	11	9	12

**Q51.** Percentage answering that someone has shared an image of them via social media which has made them feel unhappy.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	7	11	6	11
Girls	16	24	15	22

## Feeling safe

**Q58.** Feeling safe summary: How do you rate your safety at the following times in the area where you live?



*N.B. Figures shown are for Synergy Collaborative only.*

84% (82%) of pupils rated their safety at school as 'good' or 'very good', while 61% (56%) said the same of going out after dark.

**Q58.** Percentage of pupils rating their safety as 'good' or 'very good' at the following times (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	58 (55)	61 (55)	68 (63)	56 (50)	61 (56)
Going out during the day	93 (90)	93 (88)	91 (88)	88 (87)	91 (88)
At school	85 (82)	87 (82)	87 (84)	80 (79)	84 (82)
Going to and from school	83 (81)	81 (79)	87 (84)	79 (78)	82 (80)

9% (13%) of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

**Q58.** Percentage of pupils rating their safety as 'poor' or 'very poor' at the following times (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	10 (13)	9 (13)	8 (12)	8 (14)	9 (13)
Going out during the day	1 (2)	1 (1)	2 (2)	2 (3)	2 (2)
At school	3 (4)	2 (3)	4 (6)	6 (7)	4 (5)
Going to and from school	3 (3)	2 (3)	4 (5)	2 (3)	3 (4)

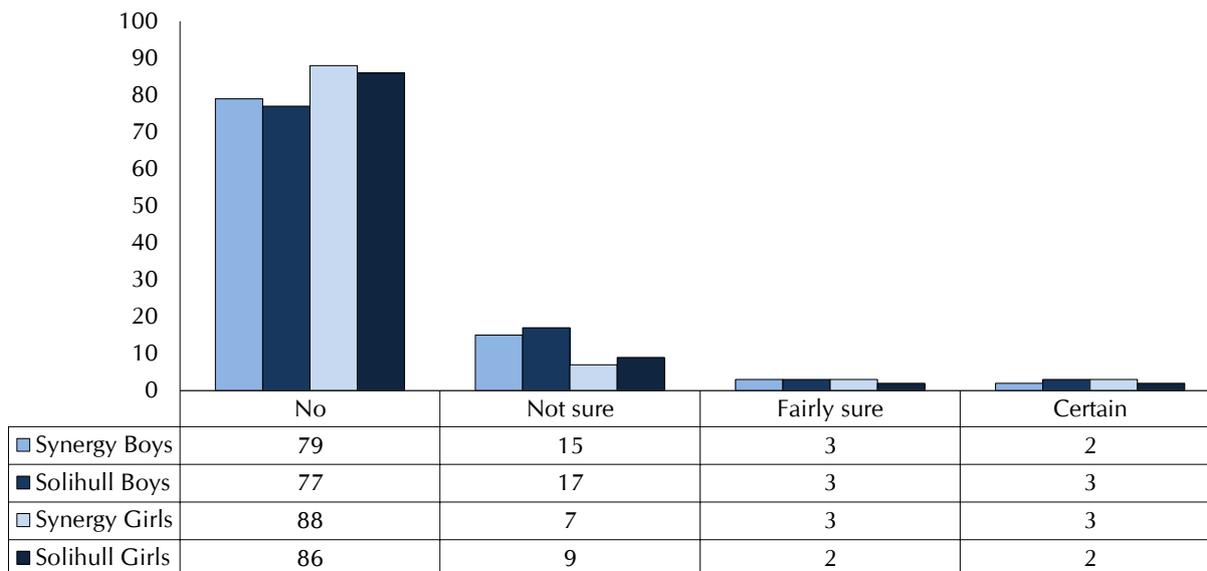
## Violence and aggression

8% (9%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months, while 6% (7%) said they 'don't know' if they have been.

**Q59.** Percentage answering that they have been the victim of violence or aggression in the area where they live in the last 12 months.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	8	12	11	13
Girls	5	6	5	8

**Q60.** Do you or your friends carry weapons or other things for protection when going out?



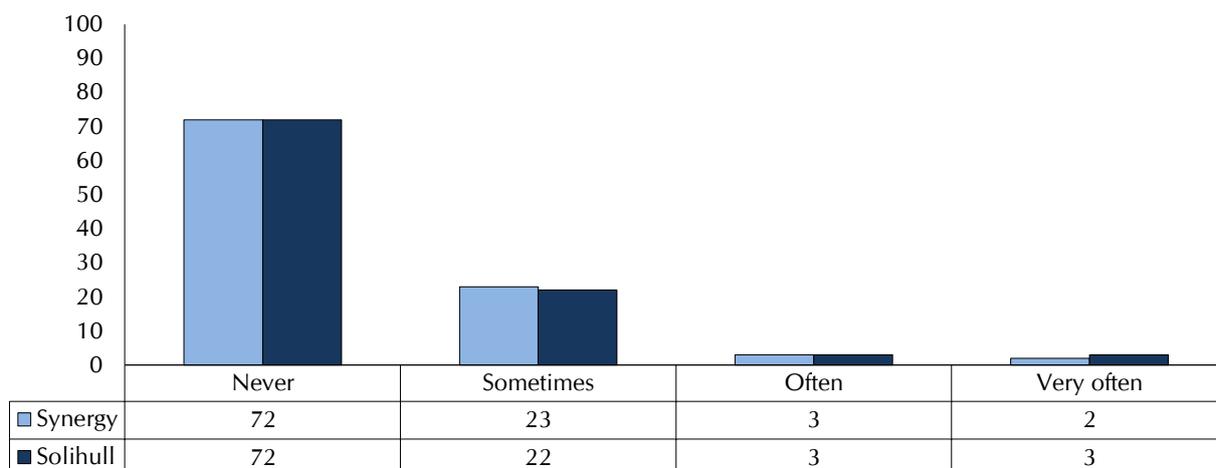
6% (6%) of pupils responded that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.

**Q60.** Percentage answering that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	8	4	9
Girls	4	7	3	8

## Bullying

**Q65.** Do you ever feel afraid of going to school because of bullying?



28% (28%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

**Q65.** Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	24	18	24	17
Girls	38	32	38	31

5% (6%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

**Q65.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	3	4	3
Girls	7	7	7	8

19% (21%) of pupils responded that they have been bullied at school in the last 12 months, while 5% (6%) said they have been bullied near school.

**Q66a.** Percentage answering that they have been bullied at school in the last 12 months.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	19	18	18	18
Girls	21	19	25	20

9% (10%) of pupils responded that they have been bullied online or on a mobile phone in the last 12 months, while 3% (3%) said they have been bullied on school transport.

**Q66c.** Percentage answering that they have been bullied online or on a mobile phone in the last 12 months.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	6	4	7
Girls	14	10	14	13

52% (52%) of pupils responded that they haven't been picked on or bullied, while 17% (18%) said they have for their size or weight.

**Q67.** Percentage of pupils responding that they think they have been picked on or bullied for the following (top 10 – Solihull Secondary data in brackets):

Boys			Girls		
1	The way they look	17 (18)	1	The way they look	32 (33)
2	Their size or weight	15 (15)	2	Their size or weight	19 (21)
3	Being different	9 (10)	3	Being different	13 (12)
4	Their race	6 (6)	4	Academic achievement (being better or worse)	13 (11)
5	Other	6 (6)	5	Other	7 (7)
6	Academic achievement (being better or worse)	6 (6)	6	Family income/background	6 (6)
7	People think they are gay, lesbian, bisexual or transgender	6 (6)	7	Their race	5 (6)
8	A learning difficulty	5 (4)	8	People think they are gay, lesbian, bisexual or transgender	4 (4)
9	A disability	3 (3)	9	Their gender	4 (3)
10	Their religion	3 (3)	10	Their religion	3 (4)

3% (4%) of pupils responded that they have bullied someone else at school in the last 12 months, while 11% (10%) said they 'don't know' if they have.

**Q68.** Percentage answering that they have bullied someone else at school in the last 12 months.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	2	4	3	4
Girls	2	2	4	3

## Health and Hygiene

### Dental health

87% (85%) of pupils responded that they cleaned their teeth at least twice the day before the survey.

**Q52.** Percentage answering that they cleaned their teeth at least twice on the day before the survey.

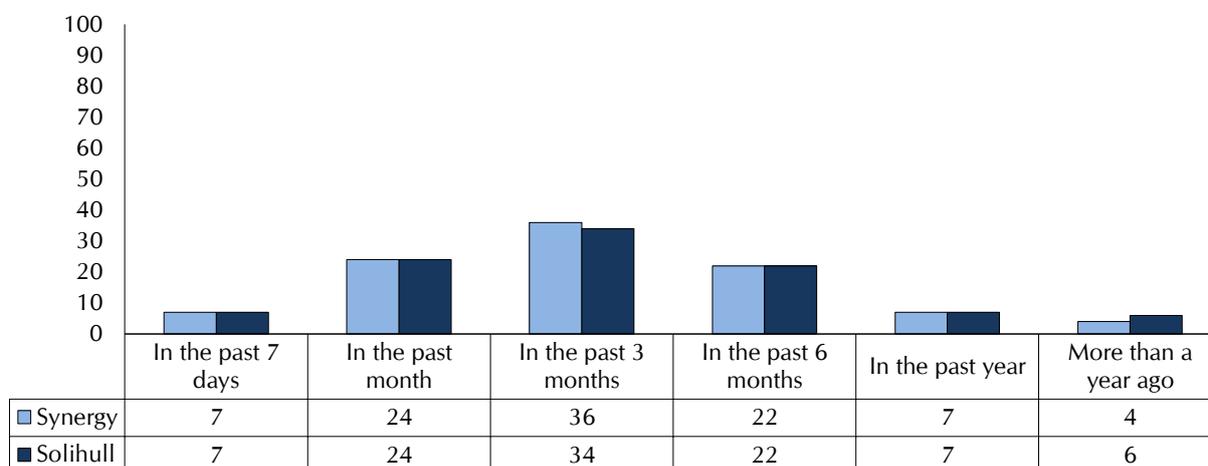
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	83	81	80	81
Girls	93	91	89	92

1% (1%) of pupils responded that they did not clean their teeth at all on the day before the survey.

**Q52.** Percentage answering that they did not clean their teeth at all on the day before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	1	1	1	1
Girls	1	0	1	0

**Q53.** How long ago did you last visit the dentist?



90% (86%) of pupils responded that they last visited the dentist in the last 6 months.

**Q53.** Percentage answering that they last visited the dentist in the last 6 months.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	88	88	86	84
Girls	91	93	88	90

4% (6%) of pupils responded that they last visited the dentist more than a year ago.

**Q53.** Percentage answering that they last visited the dentist more than a year ago.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	3	6	6	9
Girls	3	3	6	4

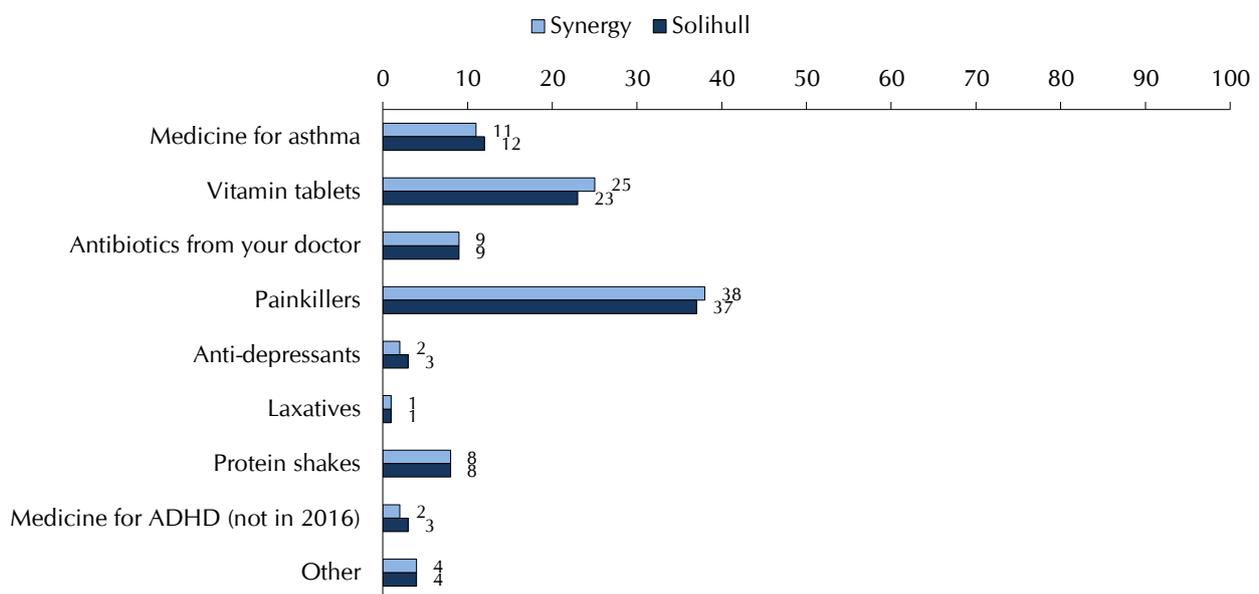
## Medication and doctors

38% (37%) of pupils reported taking painkillers in the 7 days before the survey.

**Q54.** Percentage of pupils responding that they have taken the following remedies or medications in the 7 days before the survey (top 5 – Solihull Secondary data in brackets):

Boys				Girls			
1	Painkillers	28	(26)	1	Painkillers	47	(47)
2	Vitamin tablets	23	(21)	2	Vitamin tablets	28	(25)
3	Medicine for asthma	12	(13)	3	Medicine for asthma	10	(12)
4	Protein shakes	11	(11)	4	Antibiotics from your doctor	10	(9)
5	Antibiotics from your doctor	7	(8)	5	Other	5	(5)

**Q54.** Percentage of pupils responding that they have taken the following remedies or medications in the 7 days before the survey:



56% (57%) of pupils responded that they felt 'at ease' with the doctor on their last visit.

**Q55.** Percentage answering that they felt 'at ease' with the doctor on their last visit.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	57	67	57	66
Girls	52	49	54	50

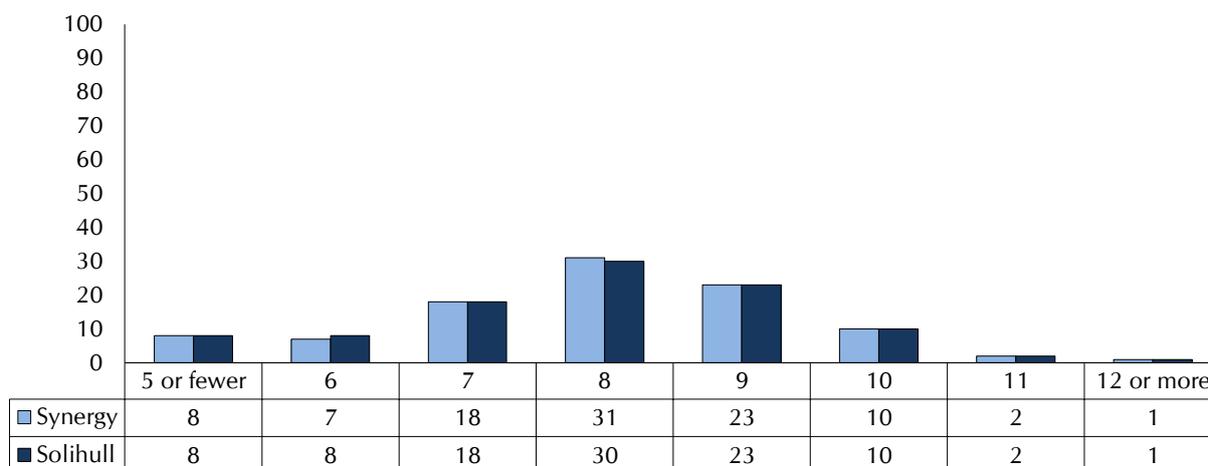
14% (15%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

**Q55.** Percentage answering that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	14	10	16	12
Girls	14	17	15	17

## Sleeping patterns

**Q56.** How many hours sleep did you get last night?



8% (8%) of pupils got less than 6 hours sleep the night before the survey.

**Q56.** Percentage answering that they got less than 6 hours sleep the night before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	8	9	8	9
Girls	4	9	5	11

67% (66%) of pupils got at least 8 hours sleep the night before the survey.

**Q56.** Percentage answering that they got at least 8 hours sleep the night before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	79	62	75	60
Girls	74	55	72	54

71% (71%) of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 11% (11%) said it isn't enough.

**Q57a.** Percentage answering that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	81	70	79	71
Girls	72	60	74	59

62% (62%) of pupils responded that the amount of sleep they normally get is enough for their health; 8% (9%) said it isn't enough.

**Q57b.** Percentage answering that the amount of sleep they normally get is enough for their health.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	73	59	73	62
Girls	65	51	64	48

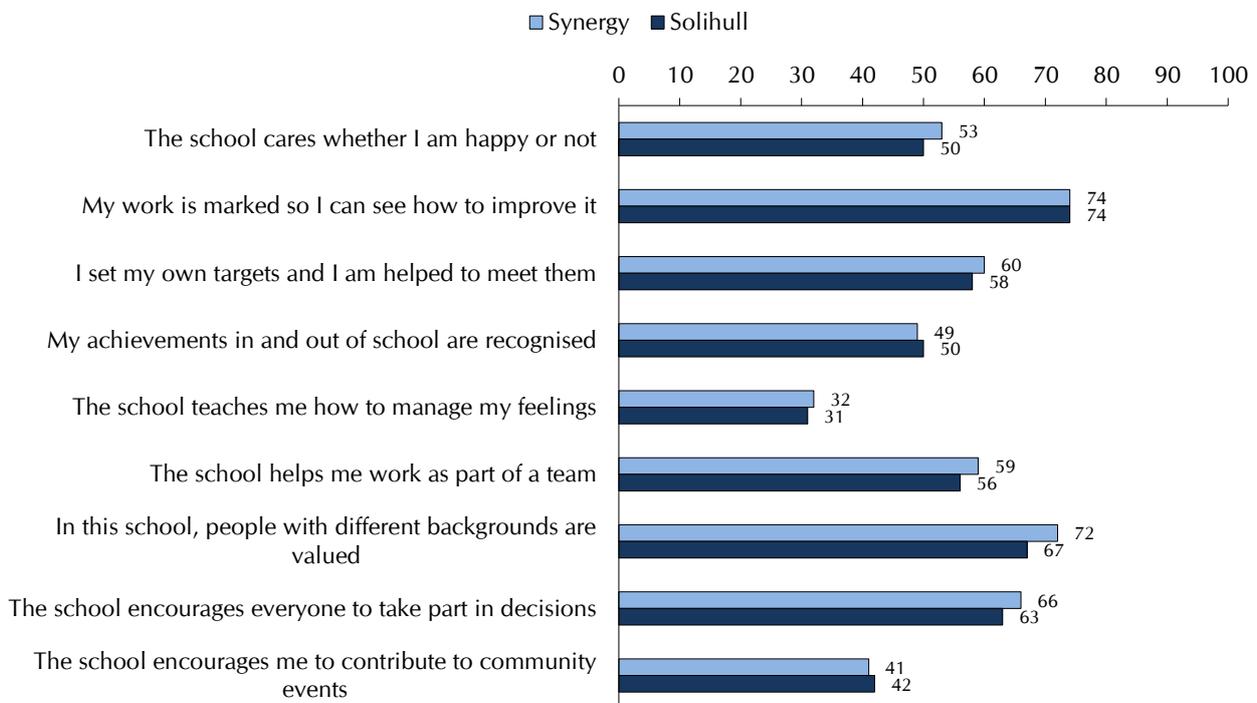
## School

74% (74%) of pupils responded that their work is marked so they can see how to improve it.

**Q61.** Percentage of pupils responding that they 'agree with the following statements (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
The school cares whether I am happy or not	58 (53)	57 (53)	54 (52)	46 (44)	53 (50)
My work is marked so I can see how to improve it	78 (76)	75 (74)	75 (77)	70 (69)	74 (74)
I set my own targets and I am helped to meet them	63 (59)	63 (58)	58 (59)	57 (58)	60 (58)
My achievements in and out of school are recognised	58 (53)	50 (52)	46 (47)	44 (47)	49 (50)
The school teaches me how to manage my feelings	35 (33)	36 (33)	31 (32)	24 (25)	32 (31)
The school helps me work as part of a team	63 (59)	67 (61)	56 (55)	51 (46)	59 (56)
In this school, people with different backgrounds are valued	73 (65)	80 (72)	67 (65)	70 (67)	72 (67)
The school encourages everyone to take part in decisions	71 (66)	72 (68)	59 (58)	61 (61)	66 (63)
The school encourages me to contribute to community events	46 (45)	47 (46)	39 (42)	32 (34)	41 (42)

**Q61.** Percentage of pupils responding that they 'agree with the following statements:



## Help and information

Family is generally the most common source of support. School work problems are typically one of the most worried about issues reported by young people; in your survey 49% (47%) of pupils would seek help or information from family about school work problems/exams/tests.

**Q62.** Percentage of pupils responding that they would go to the following first for help or information about the corresponding issues (Solihull Secondary data in brackets):

	Family	Friends	Someone at school	Doctor, nurse, other health worker	Local advice centre	Books and magazines	Internet	Telephone helpline
School-work problems/exams/tests	49 (47)	14 (14)	28 (30)	0 (0)	0 (0)	0 (0)	7 (7)	0 (0)
Health	75 (73)	4 (4)	1 (1)	13 (16)	0 (0)	0 (0)	5 (5)	0 (0)
Career	74 (72)	6 (6)	10 (11)	0 (0)	2 (2)	0 (0)	6 (6)	0 (0)
Friendships	43 (41)	51 (52)	4 (4)	0 (0)	0 (0)	0 (0)	1 (1)	0 (0)
Parents/carers not getting on with each other	33 (36)	42 (40)	11 (11)	1 (1)	2 (3)	0 (0)	3 (3)	4 (4)
Problems between children and parents/carers in their family	36 (39)	38 (36)	12 (12)	1 (1)	2 (2)	0 (0)	2 (2)	4 (4)
Feeling sad or upset a lot of the time	60 (61)	28 (27)	3 (3)	1 (1)	1 (1)	0 (0)	4 (4)	1 (1)
Sex and relationships	44 (46)	40 (39)	2 (2)	3 (3)	1 (1)	0 (0)	5 (5)	1 (1)
Drugs	53 (54)	26 (24)	3 (3)	6 (7)	1 (2)	0 (0)	6 (5)	2 (2)
Healthy eating	77 (76)	6 (7)	2 (2)	6 (8)	0 (0)	0 (1)	7 (6)	0 (0)
Helping and volunteering	61 (58)	10 (11)	15 (17)	0 (0)	3 (4)	1 (1)	7 (7)	0 (0)
Money	89 (90)	5 (5)	1 (1)	0 (0)	1 (1)	0 (0)	2 (2)	0 (0)
The way they look	49 (51)	42 (41)	0 (0)	1 (1)	0 (0)	1 (1)	5 (4)	0 (0)
Puberty and growing up	63 (66)	22 (21)	2 (2)	2 (3)	0 (0)	1 (1)	7 (5)	0 (0)
Being bullied	64 (65)	21 (20)	8 (10)	0 (0)	0 (0)	0 (0)	2 (2)	1 (1)
Sexuality	66 (67)	21 (20)	2 (2)	1 (2)	1 (1)	0 (0)	4 (3)	0 (1)
Gender identity	68 (70)	19 (18)	1 (1)	1 (2)	1 (1)	0 (0)	4 (4)	1 (1)

## Sexual Health

### Sexually transmitted infections

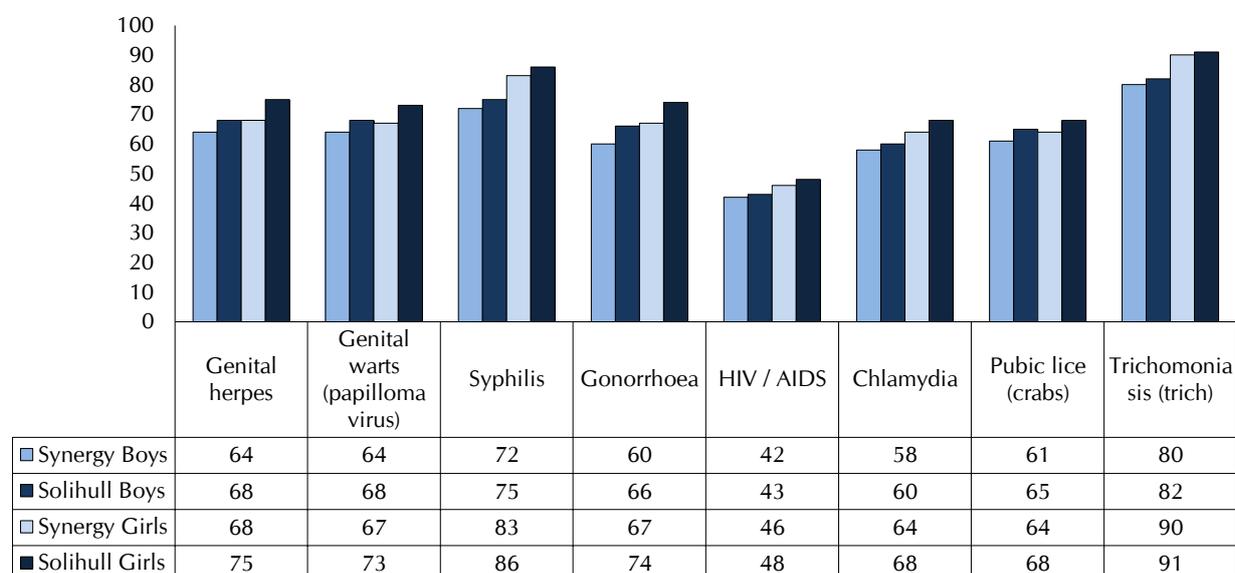
In Q69 the students were asked about their knowledge of sexually transmitted infections. They were offered four options for each: "Never heard of it"; "Know nothing about it"; "Can be treated but not cured"; "Can be treated and cured". The correct answers are that Genital herpes, Genital warts and HIV/AIDS can be treated but not cured whereas Syphilis, Gonorrhoea, Chlamydia, Pubic lice and Trichomoniasis can be cured. The percentages in the table are for those correctly answering whether the condition could be cured or not.

44% (42%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 12% (11%) correctly identified that genital herpes can also be treated but not cured.

**Q70.** Knowledge of sexually transmitted infections (Solihull Secondary data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Genital herpes	11 ( 8)	13 ( 8)	16 (17)	10 (13)	12 (11)
Genital warts (papilloma virus)	8 ( 7)	6 ( 3)	11 (12)	6 ( 8)	8 ( 7)
Syphilis	9 ( 7)	5 ( 3)	23 (21)	14 (15)	13 (11)
Gonorrhoea	15 (13)	10 ( 6)	38 (33)	33 (31)	24 (19)
HIV/AIDS	38 (37)	34 (34)	51 (48)	52 (52)	44 (42)
Chlamydia	15 (13)	13 (10)	31 (34)	32 (33)	23 (21)
Pubic lice (crabs)	22 (18)	24 (18)	45 (43)	37 (40)	32 (28)
Trichomoniasis (trich)	6 ( 5)	3 ( 3)	18 (17)	9 ( 9)	9 ( 8)

**Q70.** Percentage of pupils responding that they have 'never heard of' or 'know nothing about' the following sexually transmitted infections:



36% (38%) of pupils responded that they know where they can get condoms free of charge.

**Q71.** Percentage answering that they know where they can get condoms free of charge.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	22	56	27	62
Girls	17	48	17	55

76% (75%) of pupils responded that they think condoms are reliable at stopping pregnancy; 47% (42%) said the same of female condoms, as did 37% (34%) of emergency contraception.

**Q72.** Knowledge of different contraceptive methods (Solihull Secondary data in brackets):

Year 8	Never heard of it/ know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy	Reliable to stop STIs
Condoms	12 (14)	17 (17)	71 (69)	66 (68)
Diaphragm (Cap)	76 (82)	8 ( 7)	15 (11)	9 ( 9)
Pill (contraceptive pill or mini-pill)	36 (41)	15 (14)	49 (44)	20 (20)
Female condom (Femidom)	46 (57)	15 (12)	38 (31)	38 (38)
Emergency contraception (morning-after pill)	51 (59)	22 (18)	26 (23)	11 (11)
Long Acting Reversible Contraception (LARC)	76 (81)	7 ( 5)	16 (13)	7 ( 6)
Safe period/rhythm method	76 (79)	15 (13)	8 ( 7)	6 ( 7)
Sex without penetration (‘outercourse’)	68 (71)	16 (15)	15 (13)	17 (19)

Year 10	Never heard of it/ know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy	Reliable to stop STIs
Condoms	6 ( 5)	12 (13)	81 (82)	87 (87)
Diaphragm (Cap)	58 (60)	10 (10)	31 (29)	14 (14)
Pill (contraceptive pill or mini-pill)	17 (16)	14 (17)	69 (67)	14 (14)
Female condom (Femidom)	30 (28)	15 (15)	55 (56)	49 (53)
Emergency contraception (morning-after pill)	23 (23)	28 (28)	48 (49)	7 ( 8)
Long Acting Reversible Contraception (LARC)	58 (57)	9 ( 9)	32 (33)	6 ( 5)
Safe period/rhythm method	56 (56)	33 (32)	10 (11)	3 ( 4)
Sex without penetration (‘outercourse’)	44 (45)	25 (24)	30 (31)	21 (20)

19% (18%) of pupils responded that they think none of the contraceptive methods listed are reliable to stop STIs.

**Q72b.** Percentage answering that they think none of the contraceptive methods listed are reliable to stop STIs.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	25	9	23	8
Girls	30	12	28	11

21% (20%) of pupils responded that they know where they can get emergency contraception free of charge.

**Q73.** Percentage answering that they know where they can get emergency contraception free of charge.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	11	31	10	33
Girls	11	29	10	33

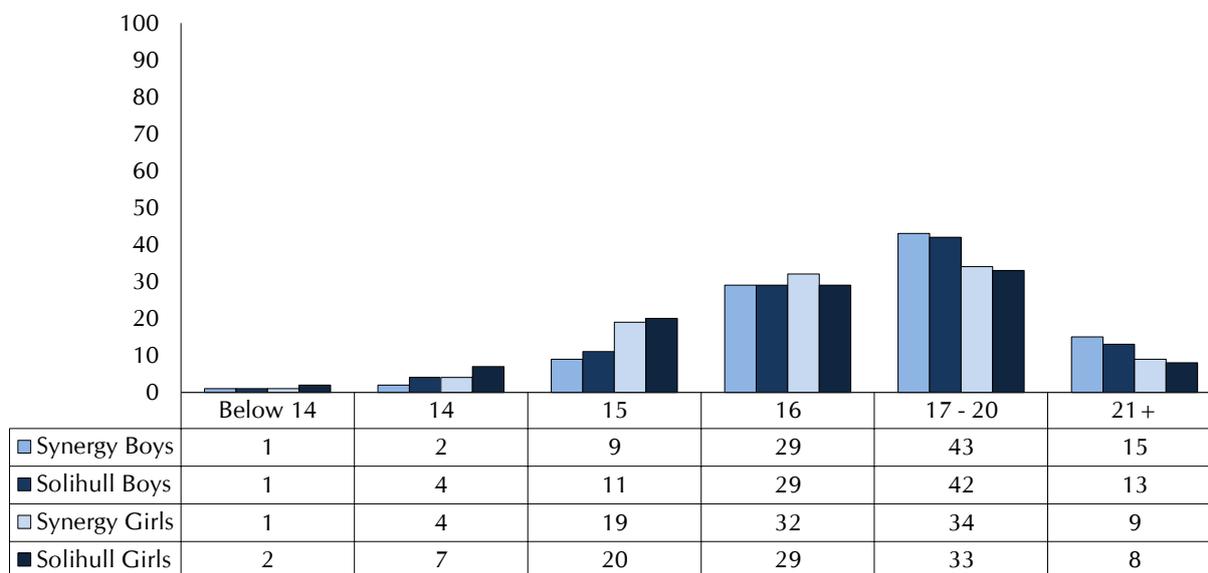
50% (49%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.

**Q74.** Percentage answering that if they had a sexual health concern, they would know where to go to get help.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	37	53	37	57
Girls	52	56	46	60

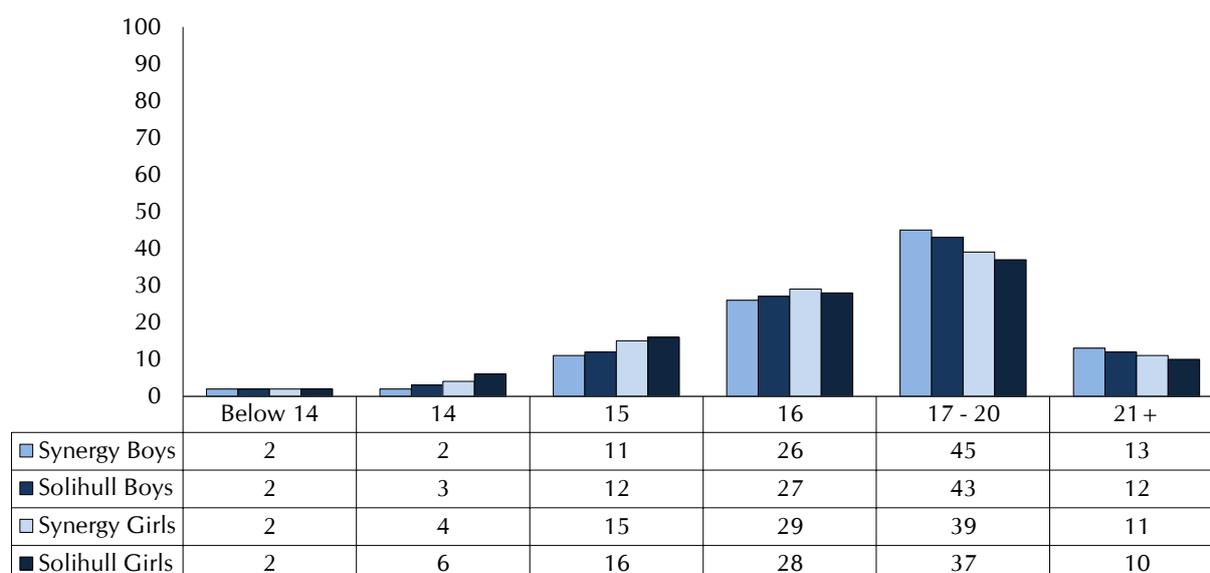
19% (23%) of pupils responded that they believe most males first have sex when they are under 16.

**Q75.** At what age do you think most males first have sex?



18% (22%) of pupils responded that they believe most females first have sex when they are under 16.

**Q76.** At what age do you think most females first have sex?



**Q77.** Have any of these things happened to you in a relationship with a boyfriend/girlfriend? (Solihull Secondary data in brackets):

Boys	No, never	Yes, in the past	Yes, with my current boyfriend/girlfriend
Used hurtful or threatening language to me	96 (94)	4 (5)	0 (0)
Was angry or jealous when I wanted to spend time with friends	88 (87)	10 (12)	1 (1)
Kept checking my phone	90 (89)	9 (9)	1 (1)
Put pressure on me to have sex or do other sexual things	98 (98)	2 (2)	0 (1)
Threatened to tell people things about me	96 (96)	3 (3)	1 (1)
Threatened to hit me	97 (97)	2 (3)	0 (0)
Hit me	97 (96)	3 (3)	1 (0)
Girls	No, never	Yes, in the past	Yes, with my current boyfriend/girlfriend
Used hurtful or threatening language to me	94 (92)	5 (7)	1 (1)
Was angry or jealous when I wanted to spend time with friends	90 (88)	9 (10)	1 (2)
Kept checking my phone	93 (92)	5 (6)	2 (2)
Put pressure on me to have sex or do other sexual things	95 (94)	4 (5)	1 (1)
Threatened to tell people things about me	96 (94)	4 (5)	0 (0)
Threatened to hit me	98 (96)	2 (3)	0 (0)
Hit me	98 (97)	1 (2)	1 (1)

18% (20%) of pupils responded that at least one of the negative behaviours in Q77 has happened to them.

**Q77.** Percentage answering that at least one of the negative behaviours in Q77 has happened to them.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	17	22	20	23
Girls	11	22	15	25

67% (67%) of pupils responded that if any of the things in Q77 happened to them, they would know what to do for themselves.

**Q78a.** Percentage answering that if any of the things in Q77 happened to them, they would know what to do for themselves.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	67	71	64	71
Girls	60	70	64	70

72% (71%) of pupils responded that if any of the things in Q77 happened to them, they could get some help.

**Q78b.** Percentage answering that if any of the things in Q77 happened to them, they could get some help.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	63	71	63	70
Girls	74	78	76	77

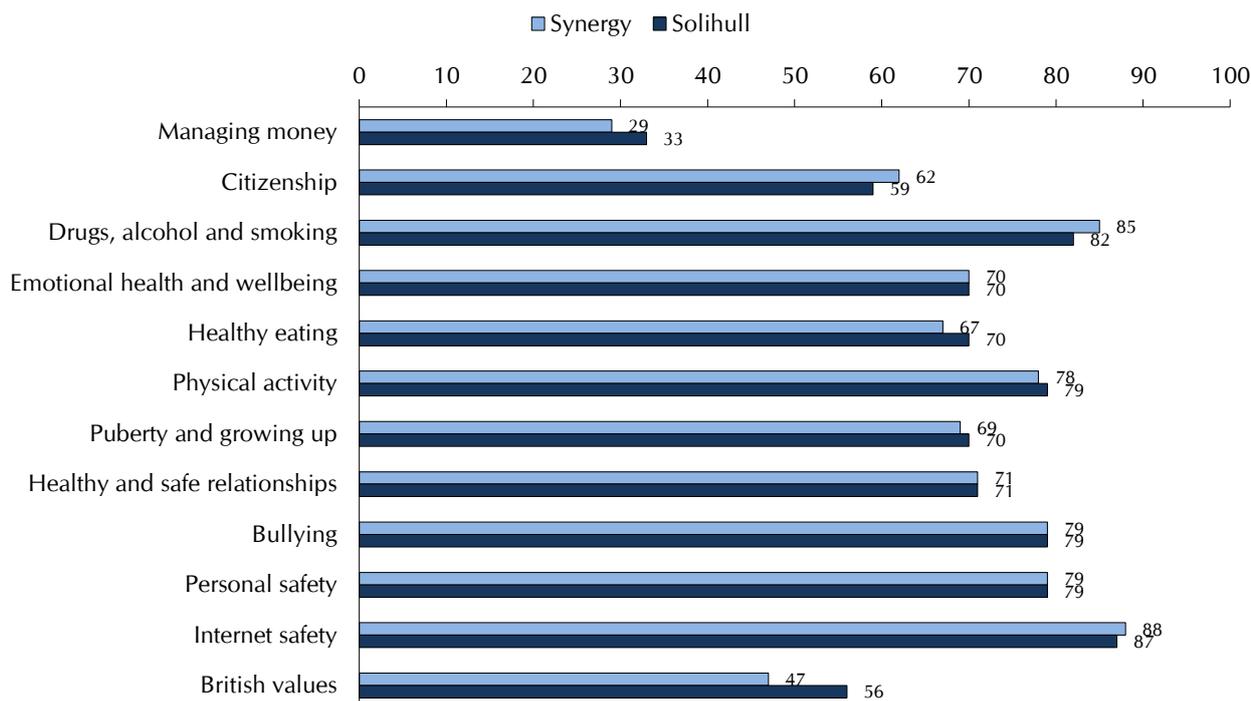
## School

29% (33%) of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well; 88% (87%) said the same about internet safety.

**Q79.** How well do you feel your school teaches you about the following? (Solihull Secondary data in brackets)

Year 8	Very well	Fairly well	Not very well	Not at all well	Don't know	Not been taught
Managing money	8 (13)	22 (24)	19 (16)	6 (6)	9 (10)	35 (30)
Citizenship	19 (22)	46 (40)	12 (11)	3 (4)	8 (11)	10 (12)
Drugs, alcohol and smoking	45 (43)	43 (41)	7 (7)	2 (3)	3 (4)	1 (2)
Emotional health and wellbeing	33 (35)	42 (39)	14 (11)	4 (4)	5 (7)	3 (5)
Healthy eating	32 (36)	42 (41)	13 (10)	5 (4)	3 (5)	4 (4)
Physical activity	41 (43)	42 (41)	8 (6)	3 (3)	3 (4)	3 (3)
Puberty and growing up	31 (33)	44 (40)	14 (14)	4 (5)	3 (4)	3 (3)
Healthy and safe relationships	31 (35)	39 (35)	15 (13)	6 (5)	5 (6)	4 (5)
Bullying	54 (52)	27 (29)	7 (7)	6 (6)	3 (4)	3 (3)
Personal safety	45 (47)	36 (34)	9 (9)	4 (3)	4 (5)	2 (3)
Internet safety	59 (58)	31 (31)	4 (5)	1 (1)	3 (3)	2 (2)
British values	23 (30)	27 (28)	17 (14)	6 (5)	7 (8)	21 (15)
Year 10	Very well	Fairly well	Not very well	Not at all well	Don't know	Not been taught
Managing money	8 (10)	19 (18)	20 (19)	13 (13)	8 (8)	31 (32)
Citizenship	14 (16)	44 (40)	13 (12)	7 (8)	11 (11)	11 (12)
Drugs, alcohol and smoking	33 (33)	49 (49)	8 (9)	4 (4)	3 (3)	3 (4)
Emotional health and wellbeing	24 (25)	41 (40)	17 (17)	8 (7)	4 (4)	5 (7)
Healthy eating	22 (21)	39 (40)	22 (21)	9 (8)	4 (5)	4 (6)
Physical activity	29 (29)	44 (44)	15 (15)	5 (5)	4 (3)	3 (4)
Puberty and growing up	21 (23)	42 (43)	21 (19)	8 (7)	5 (4)	3 (4)
Healthy and safe relationships	26 (27)	45 (45)	16 (15)	6 (5)	4 (3)	4 (4)
Bullying	37 (36)	40 (40)	11 (11)	6 (6)	3 (3)	3 (4)
Personal safety	33 (33)	44 (43)	12 (12)	5 (5)	3 (3)	4 (4)
Internet safety	41 (41)	44 (45)	7 (7)	2 (2)	3 (2)	2 (3)
British values	14 (22)	29 (30)	19 (16)	9 (7)	10 (8)	19 (16)

**Q79.** How well do you feel your school teaches you about the following? % responding 'fairly' or 'very' well



## School nurse

40% (42%) of pupils responded that they know how to contact the school nurse, while 38% (35%) said they don't know how to and 3% (3%) said they don't have a school nurse.

**Q80a.** Percentage answering that they know how to contact the school nurse.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	39	44	39	49
Girls	36	42	39	42

17% (17%) of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse, while 51% (49%) said they think they wouldn't.

**Q80b.** Percentage answering that, if they wanted support, information or advice, they think they would go to the school nurse.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	19	15	18	17
Girls	16	16	16	15

## Leisure and Money

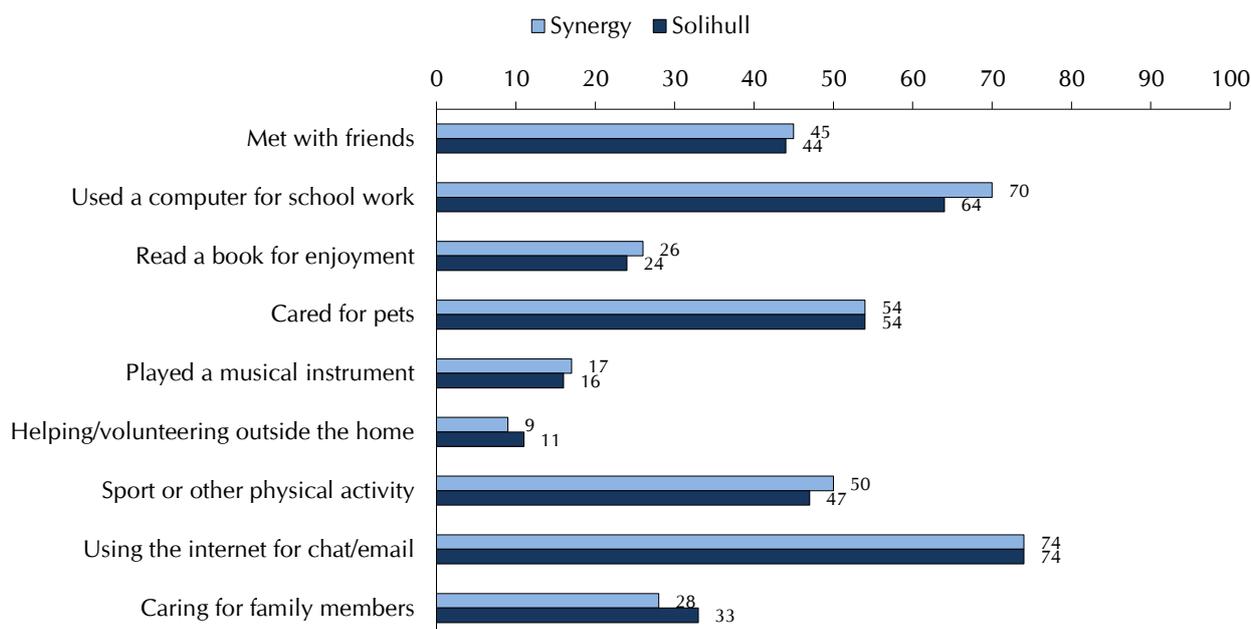
### After-school activities

45% (44%) of pupils responded that they met with friends after school on the day before the survey, while 50% (47%) said they did sport or other physical activity.

**Q81.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey (Solihull Secondary data in brackets):

Boys				Girls			
1	Used a computer for school work/ homework	70	(62)	1	Using the Internet for chat/e-mail	80	(78)
2	Using the Internet for chat/e-mail	68	(69)	2	Used a computer for school work/ homework	72	(67)
3	Sport or other physical activity	56	(54)	3	Cared for pets	56	(55)
4	Cared for pets	52	(53)	4	Met with friends	47	(44)
5	Met with friends	44	(45)	5	Sport or other physical activity	45	(41)
6	Caring for family members	30	(34)	6	Read a book for enjoyment	31	(28)
7	Read a book for enjoyment	21	(19)	7	Caring for family members	26	(32)
8	Played a musical instrument	17	(15)	8	Played a musical instrument	18	(16)
9	Helping/volunteering outside the home	9	(12)	9	Helping/volunteering outside the home	9	(11)

**Q81.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey:



## Jobs

16% (13%) of pupils responded that they have a regular paid job during term-time.

**Q84.** Percentage answering that they have a regular paid job during term-time.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	26	9	21
Girls	10	20	8	16

6% (4%) of pupils responded that they have a paper/leaflet round.

**Q85.** Percentage of pupils responding that the following best describes their regular term-time job (Solihull Secondary data in brackets):

Boys				Girls			
1	Paper/leaflet round	7	( 5)	1	Paper/leaflet round	6	( 4)
2	Other work	5	( 4)	2	Babysitting	3	( 2)
3	Working in a shop	2	( 2)	3	Paid housework	2	( 2)
4	Paid housework	1	( 2)	4	Other work	2	( 2)
5	Babysitting	1	( 1)	5	Hairdressing	1	( 1)

Of the 159 (224) pupils who responded that they have a paid job, the mean amount of time they spent working in the week before the survey was 4 (4) hours.

**Q86.** Mean number of hours spent working in the week before the survey by those who have a paid job.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	8	3	6	4
Girls	3	4	3	4

28% (28%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

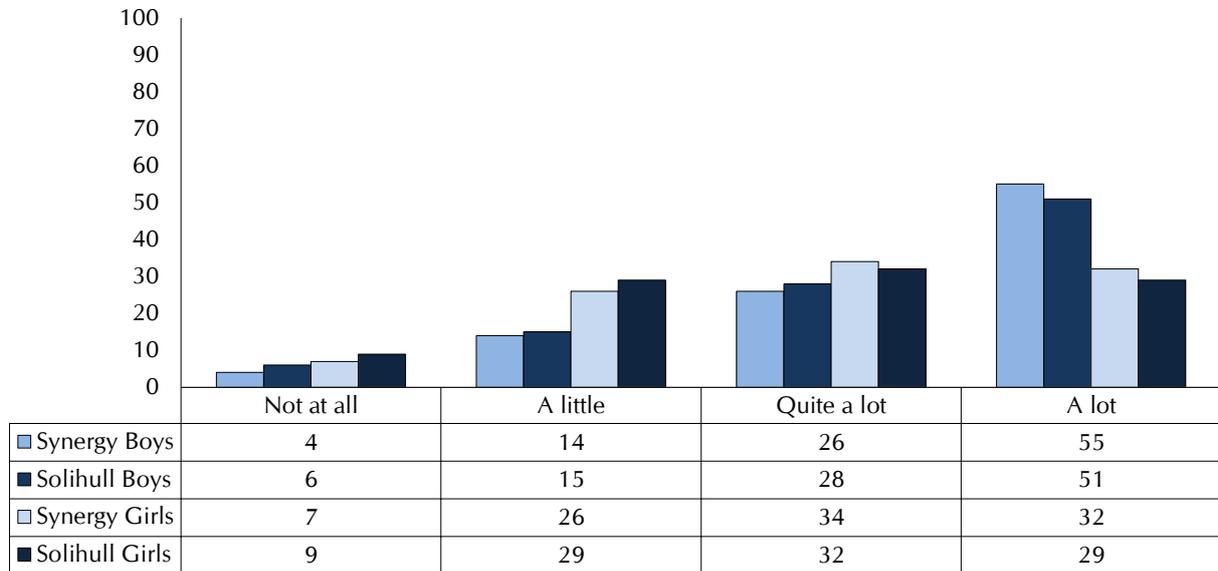
**Q69.** Percentage answering that they worry 'quite a lot' or 'a lot' about money.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	30	28	27	30
Girls	25	30	24	32

# Physical Activity

## Exercise

**Q87.** How much do you enjoy physical activities?



6% (8%) of pupils responded that they don't enjoy physical activities at all.

**Q87.** Percentage answering that they don't enjoy physical activities at all.

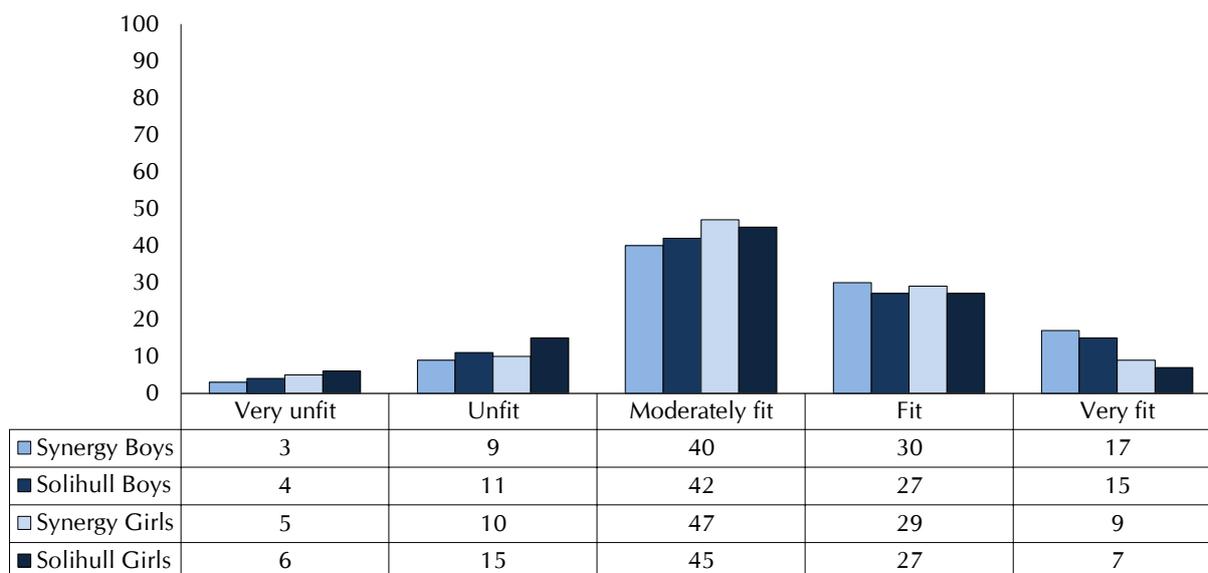
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	4	5	5	6
Girls	4	11	6	14

73% (70%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

**Q87.** Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	85	78	81	76
Girls	76	57	72	49

**Q88.** How fit do you think you are?



14% (18%) of pupils responded that they think they are 'unfit' or 'very unfit'.

**Q88.** Percentage answering that they think they are 'unfit' or 'very unfit'.

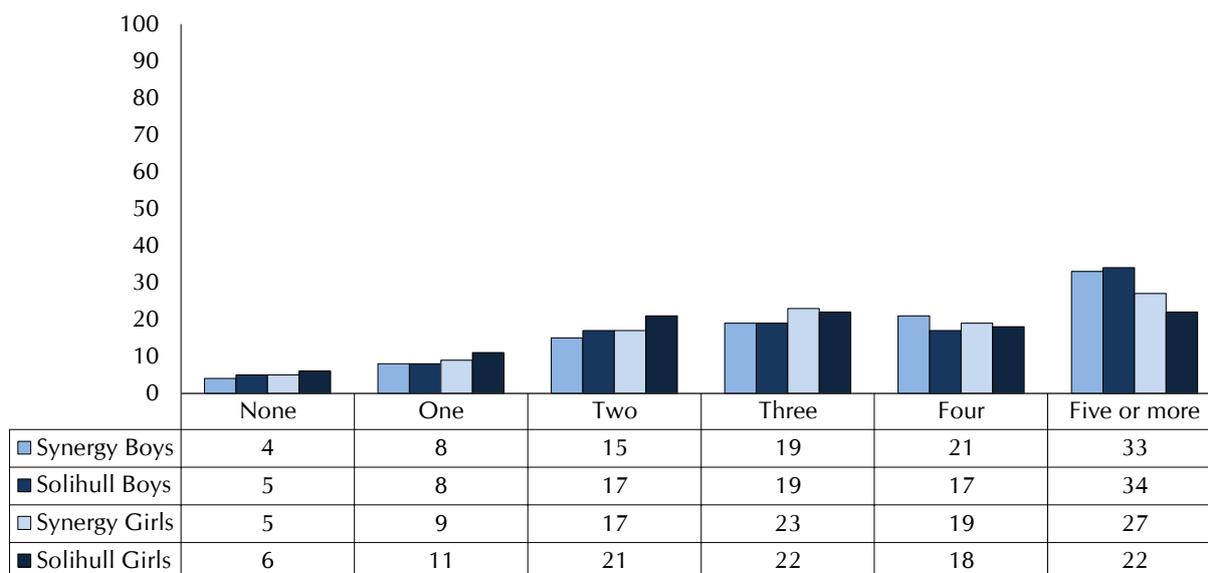
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	9	16	13	19
Girls	12	18	17	24

42% (38%) of pupils responded that they think they are 'fit' or 'very fit'.

**Q88.** Percentage answering that they think they are 'fit' or 'very fit'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	49	46	43	41
Girls	44	31	40	27

**Q89.** On how many days in the last week have you been physically active for an hour or more?



5% (6%) of pupils responded that they were not physically active for an hour or more at all in the week before the survey.

**Q89.** Percentage answering that they were not physically active for an hour or more at all in the week before the survey.

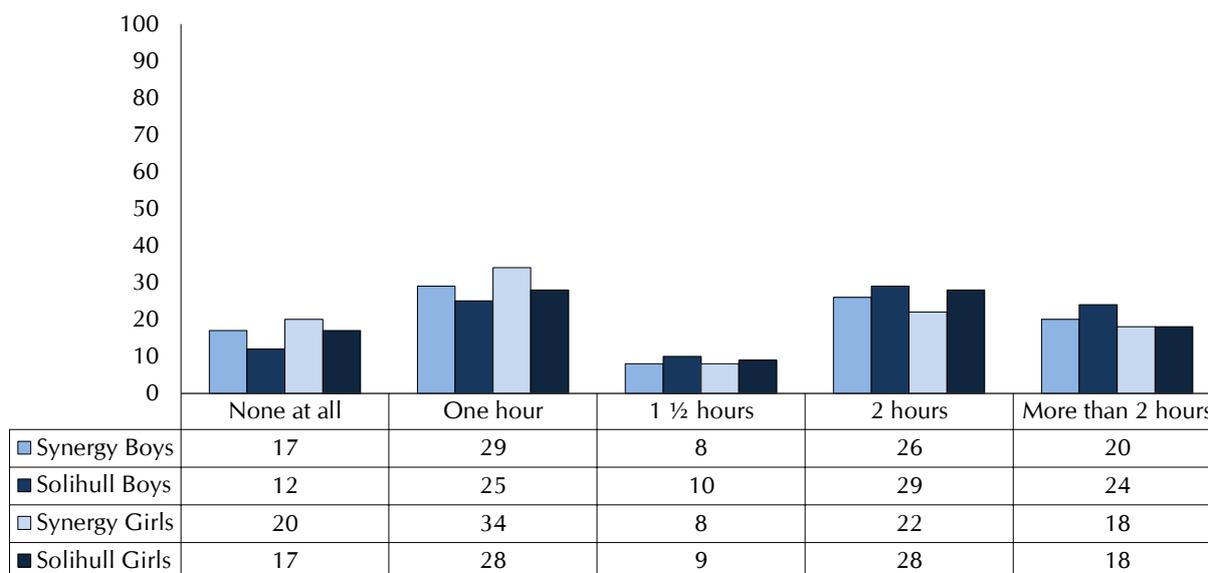
	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	3	4	4	5
Girls	2	7	5	9

71% (66%) of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.

**Q89.** Percentage answering that they were physically active for an hour or more on at least three days in the week before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	79	67	75	64
Girls	72	65	65	58

**Q90.** How much physical activity have you been involved in during school time in the last 7 days?



19% (15%) of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.

**Q90.** Percentage answering that they have not been involved in any physical activity during school time in the 7 days before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	11	23	9	17
Girls	14	25	12	23

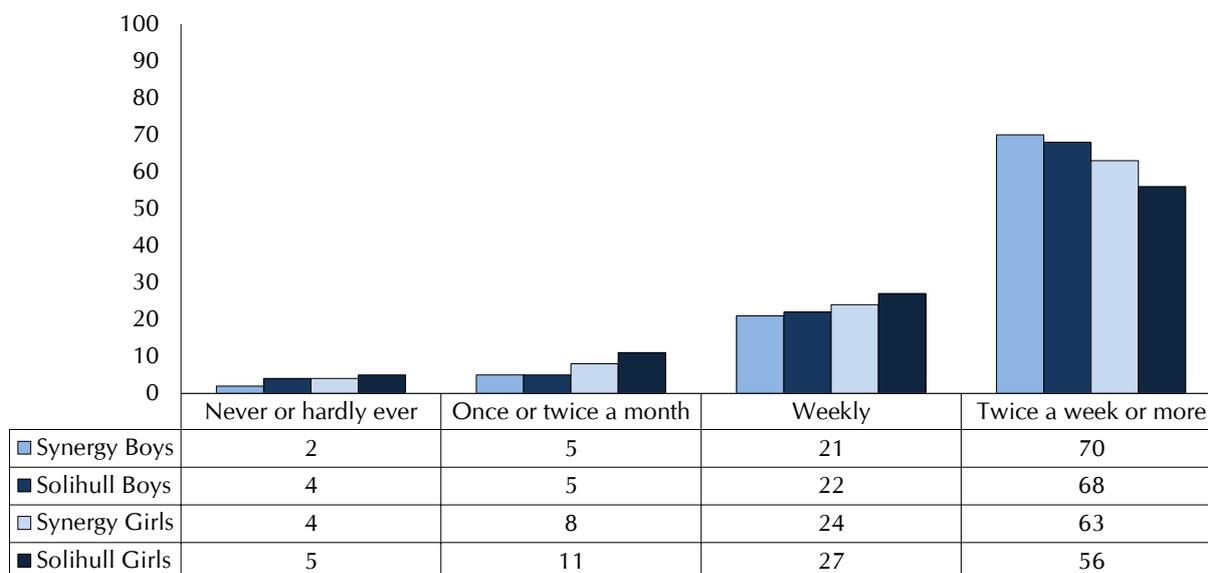
42% (49%) of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.

**Q90.** Percentage answering that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	62	29	64	39
Girls	51	28	56	33

## Sports

**Q91.** Physical activity summary: Percentage of pupils responding that they play or do at least one of the physical activities listed....:



Most frequent activity recorded.

89% (86%) of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.

**Q90.** Percentage answering that they play or do one or more of the physical activities listed at least 'weekly'.

	Synergy		Solihull	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	94	89	92	87
Girls	91	83	87	77

48% (43%) of pupils responded that they go for walks at least 'weekly', while 33% (32%) said they go jogging and 21% (22%) ride a bicycle.

**Q91.** Percentage of pupils responding that they play or do the following physical activities at least 'weekly' (top 10 – Solihull Secondary data in brackets):

Boys				Girls			
1	Soccer	44	(50)	1	Going for walks	56	(51)
2	Going for walks	40	(34)	2	Dancing/ballet	31	(27)
3	Jogging	37	(36)	3	Jogging	30	(29)
4	Riding a bicycle	30	(33)	4	Netball	21	(19)
5	Weight training	20	(18)	5	Fitness/aerobics	19	(18)
6	Judo, karate, boxing etc.	18	(18)	6	Swimming	14	(13)
7	Basketball	18	(16)	7	Gymnastics/trampolining	13	(16)
8	Fitness/aerobics	17	(15)	8	Riding a bicycle	13	(12)
9	Swimming	16	(12)	9	Badminton	12	(11)
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