

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

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

**The Schools Health Education Unit**

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

**SHEU**



# **School Survey Report 2018**

Unity 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.

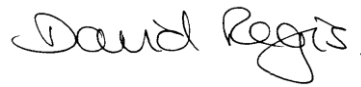
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

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)

|       | Your survey |           | Reference Sample |         |
|-------|-------------|-----------|------------------|---------|
|       | Year 8      | Year 10   | 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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 96    | 95    | 555      | 424   |
| Girls | 116   | 84    | 561      | 402   |

Please note that 0 (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.

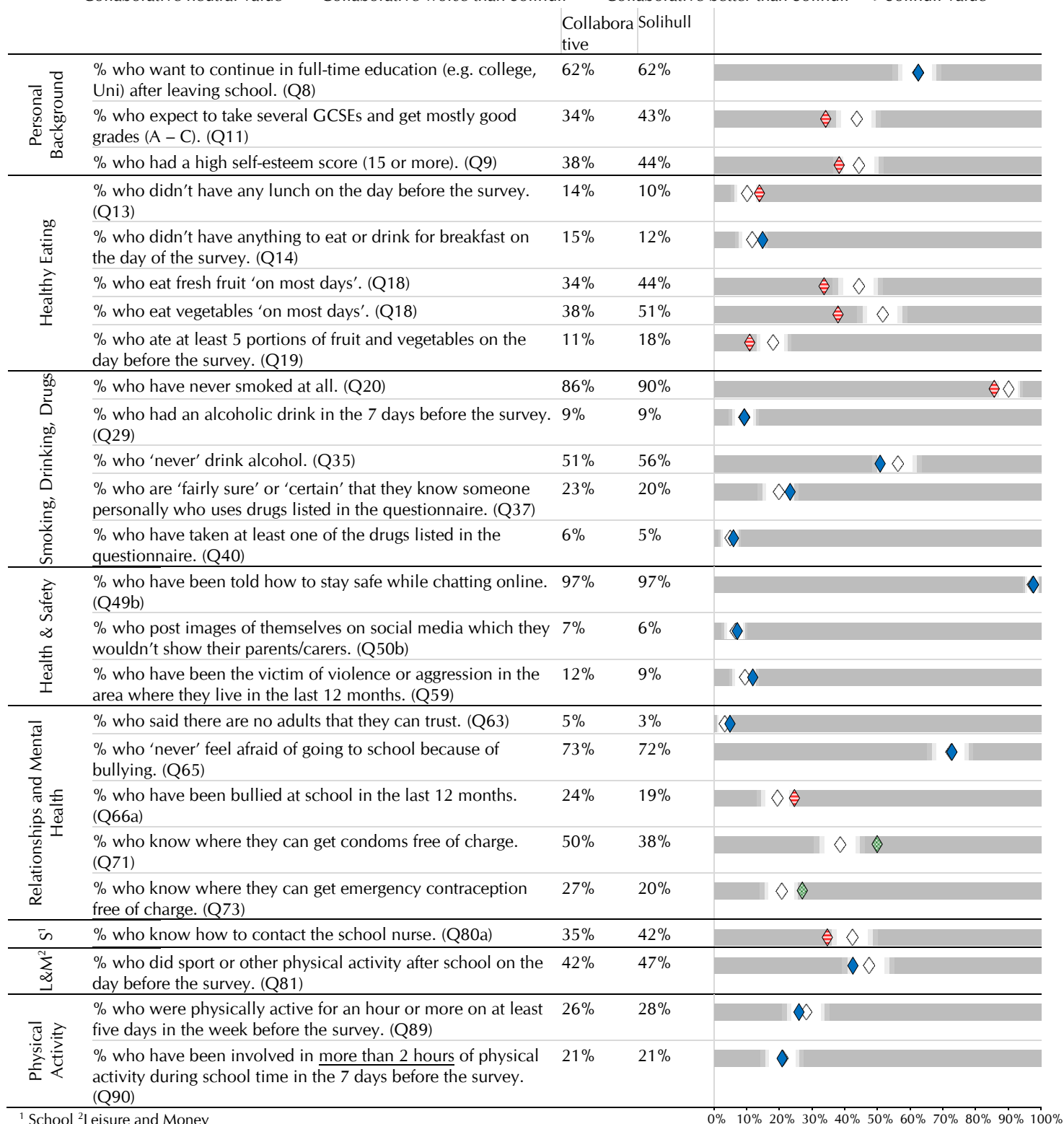


## Spine Charts

### Key Findings

In the chart below a coloured diamond represents Unity 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:

|       | Unity |       |       | Solihull |       |       |
|-------|-------|-------|-------|----------|-------|-------|
|       | Yr 8  | Yr 10 | Total | Yr 8     | Yr 10 | Total |
| Boys  | 96    | 95    | 191   | 555      | 424   | 979   |
| Girls | 116   | 84    | 200   | 561      | 402   | 963   |
| Total | 212   | 179   | 391   | 1116     | 826   | 1942  |

### Personal development, behaviour and welfare (PDBW) score for Unity Collaborative:

|                 | Year 8 |       | Year 10 |       | Total |
|-----------------|--------|-------|---------|-------|-------|
|                 | Boys   | Girls | Boys    | Girls |       |
| 0% – 24% true   | 0%     | 0%    | 0%      | 0%    | 0%    |
| 25% – 49% true  | 13%    | 9%    | 11%     | 14%   | 13%   |
| 50% – 74% true  | 43%    | 61%   | 58%     | 64%   | 56%   |
| 75% – 100% true | 45%    | 29%   | 31%     | 21%   | 31%   |

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%   |

### Unity 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.               | 57%    | 62%   | 51%     | 64%   | 58%   |
| Pupils who think that teachers listen to them at school.                      | 51%    | 44%   | 47%     | 43%   | 45%   |
| Pupils who have expectations of taking at least 5 GCSEs.                      | 32%    | 48%   | 57%     | 63%   | 50%   |
| Pupils who think their school cares whether they are happy or not.            | 46%    | 54%   | 44%     | 46%   | 47%   |
| Pupils who think their work is marked so they can see how to improve it.      | 71%    | 76%   | 79%     | 63%   | 72%   |
| Pupils who agreed that 'My achievements in and out of school are recognised'. | 43%    | 58%   | 47%     | 63%   | 52%   |

**Unity 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.                     | 52%    | 59%   | 48%     | 43%   | 51%   |
| Pupils who do not usually feel uncomfortable when they have to say something in front of teachers. | 51%    | 29%   | 44%     | 38%   | 39%   |
| Pupils who do not usually feel shy when they want to tell a teacher something.                     | 66%    | 41%   | 75%     | 42%   | 55%   |
| Pupils who have high self-esteem.  | 51%    | 29%   | 52%     | 26%   | 38%   |
| Pupils who think they get enough sleep to stay alert and concentrate on their school work.         | 74%    | 72%   | 69%     | 61%   | 69%   |
| Pupils who think they get enough sleep for their health.   | 71%    | 63%   | 60%     | 45%   | 59%   |
| Pupils who set their own targets and are helped to meet them.                                      | 53%    | 50%   | 57%     | 69%   | 56%   |

**Unity 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. | 51%    | 68%   | 47%     | 83%   | 62%   |
| Pupils who want to find a job as soon as they can when they leave school.  | 48%    | 54%   | 56%     | 61%   | 54%   |
| Pupils who want to get training for a skilled job when they leave school.  | 52%    | 56%   | 53%     | 37%   | 50%   |

**Unity 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. | 57%    | 54%   | 50%     | 42%   | 51%   |

**Unity 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.   | 83%    | 75%   | 69%     | 57%   | 71%   |
| Pupils who do not often fall out with other pupils at school.  | 59%    | 43%   | 66%     | 56%   | 55%   |
| Pupils who do not think other pupils usually say nasty things about them.                            | 49%    | 34%   | 59%     | 44%   | 46%   |
| Pupils who rate their safety at school as 'good' or 'very good'.                                     | 77%    | 77%   | 78%     | 76%   | 76%   |
| Pupils who rate their safety when going to or from school as 'quite' or 'very' good.                 | 78%    | 78%   | 73%     | 73%   | 75%   |
| Pupils who think their school teaches them how to manage their feelings.                             | 36%    | 31%   | 33%     | 31%   | 33%   |
| Pupils who never feel afraid of going to school because of bullying.                                 | 82%    | 62%   | 82%     | 70%   | 73%   |
| Pupils who have not been bullied at school in the last 12 months.                                    | 75%    | 70%   | 67%     | 70%   | 70%   |
| Pupils who have not been bullied near school in the last 12 months.                                  | 92%    | 93%   | 79%     | 82%   | 86%   |
| Pupils who use school transport who have not been bullied on school transport in the last 12 months. | 95%    | 96%   | 80%     | 88%   | 90%   |
| Pupils who have not bullied someone else at school in the last 12 months.                            | 85%    | 85%   | 75%     | 91%   | 84%   |
| Pupils who feel that their school teaches them about bullying 'fairly' or 'very' well.               | 83%    | 87%   | 74%     | 77%   | 81%   |

**Unity 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.  | 75%    | 91%   | 68%     | 64%   | 76%   |
| Pupils who have been told how to stay safe while chatting online.  | 97%    | 98%   | 98%     | 98%   | 97%   |
| Pupils who do not share images of themselves via social media (or do not use social media).  | 47%    | 26%   | 50%     | 13%   | 34%   |
| Pupils who do not post images on social networking sites that they wouldn't show their parents/carers (or do not use social media).                                | 99%    | 94%   | 88%     | 88%   | 92%   |
| Pupils who do not post images on social networking sites that they wouldn't show their teachers/headteachers (or do not use social media).                         | 92%    | 85%   | 88%     | 90%   | 88%   |
| Pupils who believe they can really trust at least one adult.   | 97%    | 98%   | 95%     | 91%   | 95%   |
| 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). | 60%    | 67%   | 78%     | 68%   | 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).    | 66%    | 79%   | 70%     | 80%   | 73%   |
| Pupils who feel that their school teaches them about healthy and safe relationships 'fairly' or 'very' well.   | 75%    | 76%   | 71%     | 80%   | 75%   |
| Pupils who feel that their school teaches them about personal safety 'fairly' or 'very' well.  | 81%    | 88%   | 74%     | 80%   | 81%   |
| Pupils who feel that their school teaches them about internet safety 'fairly' or 'very' well.  | 84%    | 93%   | 84%     | 87%   | 87%   |

**Unity 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.  | 67%    | 75%   | 80%     | 74%   | 73%   |
| Pupils who agreed that if they take care of themselves they'll stay healthy.  | 71%    | 78%   | 78%     | 75%   | 75%   |
| Pupils who have an internal 'health locus of control'.  | 69%    | 75%   | 83%     | 73%   | 74%   |
| Pupils who had at least something to eat for lunch on the day before the survey.                                    | 89%    | 91%   | 86%     | 79%   | 86%   |
| Pupils who had at least something to eat for breakfast on the day of the survey.                                    | 84%    | 72%   | 72%     | 56%   | 71%   |
| Pupils who consider their health at least 'Quite often' when choosing what to eat.                                  | 31%    | 37%   | 33%     | 35%   | 34%   |
| Pupils who ate at least 5 portions of fruit and vegetables on the day before the survey.                            | 20%    | 7%    | 13%     | 5%    | 11%   |
| Pupils who have never even tried smoking a cigarette.   | 92%    | 96%   | 77%     | 77%   | 86%   |
| Pupils who did not drink alcohol in the last week.  | 95%    | 100%  | 83%     | 83%   | 91%   |
| Pupils who have never taken any drugs to get high.  | 99%    | 99%   | 88%     | 89%   | 94%   |
| Pupils who cleaned their teeth at least twice on the day before the survey.   | 75%    | 87%   | 80%     | 94%   | 84%   |
| Pupils who feel that their school teaches them about drugs, alcohol and smoking 'fairly' or 'very' well.            | 81%    | 83%   | 78%     | 86%   | 82%   |
| Pupils who feel that their school teaches them about emotional health & wellbeing 'fairly' or 'very' well.          | 71%    | 78%   | 70%     | 67%   | 71%   |
| Pupils who feel that their school teaches them about healthy eating 'fairly' or 'very' well.                        | 78%    | 79%   | 57%     | 63%   | 71%   |
| Pupils who feel that their school teaches them about physical activity 'fairly' or 'very' well.                     | 85%    | 88%   | 74%     | 78%   | 81%   |
| Pupils who enjoy physical activities (at least 'quite a lot').  | 75%    | 59%   | 64%     | 33%   | 58%   |
| Pupils who were physically active for an hour or more on at least three days in the week before the survey.         | 68%    | 53%   | 50%     | 50%   | 54%   |
| Pupils who were physically active for at least an hour and a half during school time in the week before the survey. | 71%    | 68%   | 75%     | 67%   | 70%   |

**Unity 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.                      | 54%    | 66%   | 58%     | 61%   | 60%   |
| Pupils who think their school encourages everyone to take part in decisions                  | 55%    | 60%   | 53%     | 70%   | 59%   |
| Pupils who agreed that 'The school encourages me to contribute to community events'.         | 48%    | 46%   | 43%     | 47%   | 45%   |
| Pupils who feel that their school teaches them about managing money 'fairly' or 'very' well. | 47%    | 38%   | 29%     | 19%   | 33%   |
| Pupils who feel that their school teaches them about citizenship 'fairly' or 'very' well.    | 58%    | 63%   | 61%     | 53%   | 59%   |
| Pupils who feel that their school teaches them about British values 'fairly' or 'very' well. | 78%    | 79%   | 74%     | 87%   | 80%   |

## Your School compared with Solihull Secondary Headlines

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 96    | 95    | 555      | 424   |
| Girls | 116   | 84    | 561      | 402   |

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

### Personal Background

#### SPECIAL NEEDS

- ❑ 13% (10%) of pupils responded that they have a long-standing illness, disability or special needs, while 18% (12%) said they 'don't know'.
- ❑ 4% (2%) of pupils responded that they have special needs, but their school does not support them, while 4% (3%) said they are only 'partly' supported.
- ❑ This works out as 56% (53%) of the 52 (198) pupils with special needs responding that they are, at best, only 'partly' supported.
- ❑ 5% (3%) of pupils responded that they have special needs and they are supported at school.
- ❑ This works out as 35% (34%) of the pupils with special needs responding that they are supported.

#### HOME LIFE

- ❑ 51% (66%) of pupils responded that they live with their mother and father together.
- ❑ 23% (14%) of pupils responded that they live 'mainly or only' with their mother, while 3% (2%) said they live 'mainly or only' with their father.
- ❑ 17% (15%) of pupils responded that more than five people live in their home.
- ❑ 15% (8%) of pupils responded that there are one or two bedrooms in their home, while 6% (16%) said their home has at least five bedrooms.
- ❑ 38% (22%) of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.

#### ETHNICITY

- ❑ 65% (67%) of pupils responded that they are White English.

#### YOUNG CARERS

- ❑ 39% (25%) of pupils responded that they look after, or help to look after, someone at home on a regular basis.
- ❑ 7% (5%) of pupils responded that they think they are a 'young carer', while 14% (7%) said they 'don't know' if they are.
- ❑ 15% (8%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 5% (3%) said it takes up more than 2 hours and 8% (5%) said it takes up some time, but they don't do it every day.

#### SCHOOL LESSONS

- ❑ 29% (42%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 22% (14%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

#### FUTURE PLANS

- ❑ 62% (62%) of pupils responded that they want to continue in full-time education (e.g. college, Uni) after leaving school.
- ❑ 54% (45%) of pupils responded that they want to find a job as soon as they can after leaving school.
- ❑ 50% (43%) of pupils responded that they want to get training for a skilled job after leaving school.
- ❑ 90% (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. 1% (1%) did not want to do any of these.
- ❑ 39% (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 12% (9%) don't know what GCSEs they'll take (if any).
- ❑ 34% (43%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

### Emotional Health and Wellbeing

#### HAPPINESS

- ❑ 4% (3%) of pupils responded that they are 'not at all' satisfied with their life at the moment.
- ❑ 51% (60%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

#### SELF-ESTEEM

- ❑ 22% (18%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 38% (44%) of pupils had a high self-esteem score (15 or more).
- ❑ 30% (34%) of pupils responded that they do not want to change lots of things about themselves.
- ❑ 64% (71%) of pupils responded that their parents/carers like to hear their ideas.
- ❑ 45% (51%) of pupils responded that their teachers listen to them at school.

## CONTROL OVER HEALTH

- ❑ 87% (88%) agreed with at least one statement about being in control of their health (Q10a&c).
- ❑ 51% (46%) agreed with at least one statement saying that they weren't in control of their health (Q10b&d).
- ❑ 74% (76%) of the pupils in your survey had a net positive score for these questions (Q10a-d).
- ❑ 73% (71%) of pupils responded that they are in charge of their health, while 41% (38%) said that even if they look after themselves, they can still easily fall ill.

## CONFIDENCE AND TRUST

- ❑ 5% (3%) of pupils responded that there are no adults that they can trust.
- ❑ 49% (51%) of pupils responded that there are at least six adults that they can trust.
- ❑ 29% (31%) of pupils responded that they usually feel 'at ease' meeting people of their own age for the first time.
- ❑ 31% (25%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

## WORRYING

- ❑ 76% (76%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 15% (16%) of boys and 24% (27%) of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'; while 35% (31%) of boys and 14% (17%) of girls said that they don't worry about any of them.
- ❑ 46% (52%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.
- ❑ 29% (29%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 38% (37%) said the same of the way they look.

## Food and Diet

### WEIGHT

- ❑ 12% (9%) of pupils responded that they would like to put on weight.
- ❑ 31% (31%) of boys and 51% (46%) of girls responded that they would like to lose weight.
- ❑ 47% (52%) of pupils responded that they are happy with their weight as it is.
- ❑ 38% (37%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

### LUNCH

- ❑ 50% (56%) of pupils responded that they had a school lunch on the day before the survey.
- ❑ 14% (10%) of pupils responded that they didn't have any lunch on the day before the survey.

## BREAKFAST

- ❑ 15% (12%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 5% (6%) said they had a cooked breakfast.
- ❑ 11% (8%) of pupils responded that they only had a drink for breakfast on the day of the survey.
- ❑ 34% (38%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 22% (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

- ❑ 66% (57%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- ❑ 17% (20%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

## WATER

- ❑ 14% (8%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 28% (32%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

## FOOD

- ❑ 38% (51%) of pupils responded that they eat vegetables 'on most days'; 34% (44%) said the same of fresh fruit.
- ❑ 53% (37%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

## 5-A-DAY

- ❑ 18% (10%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 11% (18%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

## Smoking, Drinking, Drugs

### SMOKING

- ❑ 15% (10%) of pupils responded that they have smoked in the past or smoke now.
- ❑ 1% (1%) of pupils responded that they smoke 'regularly'.
- ❑ 2% (2%) of pupils responded that they have smoked at least one cigarette in the last week.
- ❑ 9% (5%) of pupils responded that they smoke and feel they could give up.
- ❑ Of the 58 (197) pupils who have ever smoked, 64% (49%) feel they could give up.
- ❑ 1% (1%) of pupils responded that they would like parents/carers to help them give up smoking.



- ❑ Of the 58 (197) pupils who have ever smoked, they were on average 12 (11) years old when they had their first cigarette.
- ❑ 21% (13%) of pupils responded that they have a close friend who smokes on most days.
- ❑ 47% (26%) of pupils responded that at least one person smokes on most days indoors at home; 12% (5%) said at least three people do.

#### **E-CIGARETTES**

- ❑ 78% (83%) of pupils responded that they have never used an e-cigarette or have never heard of them, while 3% (1%) said they have used them regularly (once a week or more).
- ❑ 5% (3%) of pupils responded that they use e-cigarettes at least 'occasionally'.

#### **ALCOHOL**

- ❑ 55% (48%) of pupils responded that they have had an alcoholic drink at some point in their life.
- ❑ Of the 216 (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.
- ❑ 9% (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; 0% (1%) said they drank on at least three days.
- ❑ 2% (2%) of pupils responded that they got drunk on at least one day in the last 7 days; 1% (1%) said they did so on more than one day.
- ❑ 0% (0%) of boys and 1% (0%) of girls responded that they drank over the advised weekly limit of alcohol for adults of 14 units.
- ❑ 3% (3%) of pupils responded that they drank spirits in the 7 days before the survey, while 1% (2%) said they drank beer or lager and 3% (3%) drank pre-mixed drinks.
- ❑ 6% (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.
- ❑ 51% (56%) of pupils responded that they 'never' drink alcohol, while 8% (7%) said they do not drink alcohol at home.
- ❑ 31% (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**

- ❑ 23% (20%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.
- ❑ 18% (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).
- ❑ 6% (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.
- ❑ 6% (4%) of pupils responded that they have ever taken cannabis. <sm.1. TAKEDRUG.1>
- ❑ Of the 23 (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.
- ❑ 3% (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 2% (1%) said they 'don't know' if it has been at risk.
- ❑ 1% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 2% (1%) said they 'don't know' if it has been at risk.
- ❑ 16% (9%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 8% (6%) said they 'don't know' if it has been at risk.

##### **INTERNET SAFETY**

- ❑ 72% (67%) of pupils responded that their parents/carers are always aware when they use the Internet.
- ❑ 98% (99%) of pupils responded that they used the internet at home in the week before the survey; 68% (73%) said they used it at school.
- ❑ 88% (85%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 93% (91%) use it for chatting.
- ❑ 27% (22%) of pupils responded that they have met someone in real life whom they first met online and 37% (35%) said they have seen pictures online that upset them.

- ❑ 66% (63%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 28% (27%) said they don't share images of themselves and 6% (9%) said they don't use social media.
- ❑ 7% (6%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.
- ❑ 11% (9%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.
- ❑ 14% (13%) of pupils responded that someone has shared an image of them via social media which has made them feel unhappy.

#### FEELING SAFE

- ❑ 76% (82%) of pupils rated their safety at school as 'good' or 'very good', while 44% (56%) said the same of going out after dark.
- ❑ 25% (13%) of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

#### VIOLENCE AND AGGRESSION

- ❑ 12% (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 9% (7%) said they 'don't know' if they have been.
- ❑ 7% (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

- ❑ 27% (28%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 9% (6%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 26% (21%) of pupils responded that they have been bullied at school in the last 12 months, while 9% (6%) said they have been bullied near school.
- ❑ 12% (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.
- ❑ 48% (52%) of pupils responded that they haven't been picked on or bullied, while 24% (18%) said they have for their size or weight.
- ❑ 5% (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

- ❑ 84% (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.

- ❑ 78% (86%) of pupils responded that they last visited the dentist in the last 6 months.
- ❑ 13% (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.
- ❑ 18% (15%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

#### SLEEPING PATTERNS

- ❑ 10% (8%) of pupils got less than 6 hours sleep the night before the survey.
- ❑ 60% (66%) of pupils got at least 8 hours sleep the night before the survey.
- ❑ 69% (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; 12% (11%) said it isn't enough.
- ❑ 59% (62%) of pupils responded that the amount of sleep they normally get is enough for their health; 13% (9%) said it isn't enough.

#### School

- ❑ 72% (74%) of pupils responded that their work is marked so they can see how to improve it.

#### Sexual Health

- ❑ 31% (42%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 9% (11%) correctly identified that genital herpes can also be treated but not cured.
- ❑ 50% (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; 39% (42%) said the same of female condoms, as did 33% (34%) of emergency contraception.
- ❑ 15% (18%) of pupils responded that they think none of the contraceptive methods listed are reliable to stop STIs.
- ❑ 27% (20%) of pupils responded that they know where they can get emergency contraception free of charge.
- ❑ 56% (49%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.
- ❑ 34% (23%) of pupils responded that they believe most males first have sex when they are under 16.
- ❑ 32% (22%) of pupils responded that they believe most females first have sex when they are under 16.
- ❑ 26% (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.
- ❑ 73% (71%) of pupils responded that if any of the things in Q77 happened to them, they could get some help.

## School

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

### SCHOOL NURSE

- ❑ 35% (42%) of pupils responded that they know how to contact the school nurse, while 36% (35%) said they don't know how to and 7% (3%) said they don't have a school nurse.
- ❑ 16% (17%) of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse, while 47% (49%) said they think they wouldn't.

## Leisure and Money

### AFTER-SCHOOL ACTIVITIES

- ❑ 44% (44%) of pupils responded that they met with friends after school on the day before the survey, while 42% (47%) said they did sport or other physical activity.

### JOBS

- ❑ 8% (13%) of pupils responded that they have a regular paid job during term-time.
- ❑ 0% (4%) of pupils responded that they have a paper/leaflet round.

- ❑ 26% (28%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

## Physical Activity

### EXERCISE

- ❑ 15% (8%) of pupils responded that they don't enjoy physical activities at all.
- ❑ 58% (70%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
- ❑ 27% (18%) of pupils responded that they think they are 'unfit' or 'very unfit'.
- ❑ 31% (38%) of pupils responded that they think they are 'fit' or 'very fit'.
- ❑ 8% (6%) of pupils responded that they were not physically active for an hour or more at all in the week before the survey.
- ❑ 54% (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.
- ❑ 10% (15%) of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
- ❑ 58% (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

- ❑ 80% (86%) of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.
- ❑ 39% (43%) of pupils responded that they go for walks at least 'weekly', while 27% (32%) said they go jogging and 22% (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 | 20  | 6.7                       | 8.9 | 10.2 | 11.0 | 11.2 |
| In     | 30  | 5.5                       | 7.3 | 8.4  | 8.9  | 9.1  |
| sample | 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 Unity Collaborative and Solihull Secondary.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 96    | 95    | 555      | 424   |
| Girls | 116   | 84    | 561      | 402   |

| Sig | Collab. | Solihull | Question  |
|-----|---------|----------|---|
| *** | 47%     | 26%      | of pupils responded that at least one person smokes on most days indoors at home.   |
| *** | 38%     | 22%      | of pupils live in a home where at least 2 more people live than there are actual numbers of bedrooms.   |
| *** | 25%     | 13%      | of pupils rated their safety when going out after dark as 'poor' or 'very poor'.  |
| *** | 53%     | 37%      | of pupils responded that they 'rarely or never' eat any fish/fish fingers.  |
| *** | 51%     | 66%      | of pupils responded that they live with their mother and father together.   |
| *** | 39%     | 25%      | of pupils responded that they look after, or help to look after, someone at home on a regular basis.  |
| *** | 38%     | 51%      | of pupils responded that they eat vegetables 'on most days'.  |
| *** | 29%     | 42%      | of pupils responded that they enjoy 'most' or 'all' of their lessons at school.   |
| *** | 34%     | 23%      | of pupils responded that they believe most males first have sex when they are under 16.   |
| *** | 23%     | 14%      | of pupils responded that they live 'mainly or only' with their mother.  |
| *** | 58%     | 70%      | of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.   |
| *** | 18%     | 10%      | of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.                                    |
| *** | 13%     | 6%       | of pupils responded that they last visited the dentist more than a year ago.  |
| *** | 32%     | 22%      | of pupils responded that they believe most females first have sex when they are under 16.   |
| *** | 16%     | 9%       | of pupils responded that their personal safety has been at risk when they have used alcohol.  |
| *** | 21%     | 13%      | of pupils responded that they have a close friend who smokes on most days.  |
| *** | 15%     | 8%       | of pupils responded that they don't enjoy physical activities at all.   |
| *** | 78%     | 86%      | of pupils responded that they last visited the dentist in the last 6 months.  |
| *** | 54%     | 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.                |
| *** | 50%     | 38%      | of pupils responded that they know where they can get condoms free of charge.   |
| *** | 14%     | 8%       | of pupils responded that they didn't drink any water on the day before the survey.  |
| *** | 27%     | 18%      | of pupils responded that they think they are 'unfit' or 'very unfit'.   |
| *** | 34%     | 44%      | of pupils responded that they eat fresh fruit 'on most days'.   |
| *** | 31%     | 42%      | of pupils correctly identified that HIV/AIDS can be treated but not cured.  |
| *** | 15%     | 8%       | of pupils responded that there are one or two bedrooms in their home.   |
| *** | 0%      | 4%       | of pupils responded that they have a paper/leaflet round.   |
| *** | 22%     | 14%      | of pupils responded that they enjoy 'hardly any' of their lessons at school.  |
| *** | 66%     | 57%      | of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.                                    |
| *** | 34%     | 43%      | of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).  |
| *** | 11%     | 18%      | said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.  |
| *** | 51%     | 60%      | of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.   |
| *** | 54%     | 45%      | of pupils responded that they want to find a job as soon as they can after leaving school.  |
| *** | 9%      | 5%       | of pupils responded that they smoke and feel they could give up.  |
| *** | 58%     | 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. |
| *** | 80%     | 86%      | of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.                                     |

|     |     |     |   |
|-----|-----|-----|---|
| *** | 35% | 42% | of pupils responded that they know how to contact the school nurse.   |
| *** | 31% | 25% | of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.      |
| *** | 27% | 20% | of pupils responded that they know where they can get emergency contraception free of charge.                                     |
| *** | 64% | 71% | of pupils responded that their parents/carers like to hear their ideas.   |
| **  | 31% | 38% | of pupils responded that they think they are 'fit' or 'very fit'.   |
| **  | 56% | 49% | of pupils responded that if they had a sexual health concern, they would know where to go to get help.                            |
| **  | 50% | 43% | of pupils responded that they want to get training for a skilled job after leaving school.  |
| **  | 76% | 82% | of pupils rated their safety at school as 'good' or 'very good'.  |
| **  | 15% | 10% | of pupils responded that they have smoked in the past or smoke now.   |
| **  | 55% | 48% | of pupils responded that they have had an alcoholic drink at some point in their life.  |
| **  | 8%  | 13% | of pupils responded that they have a regular paid job during term-time.   |
| **  | 24% | 18% | of pupils responded that they have been picked on or bullied for their size or weight.  |
| *   | 26% | 21% | of pupils responded that they have been bullied at school in the last 12 months.  |
| *   | 78% | 83% | of pupils responded that they have never used an e-cigarette or have never heard of them.   |
| *   | 14% | 10% | of pupils responded that they didn't have any lunch on the day before the survey.   |
| *   | 50% | 56% | of pupils responded that they had a school lunch on the day before the survey.  |
| *   | 10% | 15% | of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey. |
| *   | 45% | 51% | of pupils responded that their teachers listen to them at school.   |
| *   | 38% | 44% | of pupils had a high self-esteem score (15 or more).  |
| *   | 22% | 18% | of pupils had a med-low self-esteem score (9 or less).  |
| *   | 47% | 52% | of pupils responded that they are happy with their weight as it is.   |
| *   | 46% | 52% | of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.   |
| *   | 9%  | 6%  | of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.                         |
| *   | 9%  | 6%  | of pupils responded that they have been bullied near school in the last 12 months.  |
| *   | 7%  | 5%  | of pupils responded that they think they are a 'young carer'.   |

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  | 96   | 95    | 243  | 178   |
| Girls | 116  | 84    | 237  | 168   |

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

### Personal Background

#### SPECIAL NEEDS

- ❑ 13% (10%) of pupils responded that they have a long-standing illness, disability or special needs, while 18% (14%) said they 'don't know'.
- ❑ 4% (3%) of pupils responded that they have special needs, but their school does not support them, while 4% (2%) said they are only 'partly' supported.
- ❑ This works out as 56% (50%) of the 52 (85) pupils with special needs responding that they are, at best, only 'partly' supported.
- ❑ 5% (4%) of pupils responded that they have special needs and they are supported at school.
- ❑ This works out as 35% (40%) of the pupils with special needs responding that they are supported.

#### HOME LIFE

- ❑ 51% (57%) of pupils responded that they live with their mother and father together.
- ❑ 23% (19%) of pupils responded that they live 'mainly or only' with their mother, while 3% (1%) said they live 'mainly or only' with their father.
- ❑ 17% (18%) of pupils responded that more than five people live in their home.
- ❑ 15% (10%) of pupils responded that there are one or two bedrooms in their home, while 6% (5%) said their home has at least five bedrooms.

#### ETHNICITY

- ❑ 65% (77%) of pupils responded that they are White English ('White UK' in 2016).

#### YOUNG CARERS

- ❑ 39% (37%) of pupils responded that they look after, or help to look after, someone at home on a regular basis.
- ❑ 7% (8%) of pupils responded that they think they are a 'young carer', while 14% (10%) said they 'don't know' if they are.
- ❑ 15% (1%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 5% (3%) said it takes up more than 2 hours and 8% (1%) said it takes up some time, but they don't do it every day.

#### SCHOOL LESSONS

- ❑ 29% (27%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

- ❑ 22% (23%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

#### FUTURE PLANS

- ❑ 62% (61%) of pupils responded that they want to continue in full-time education (e.g. college, Uni) after leaving school.
- ❑ 54% (45%) of pupils responded that they want to find a job as soon as they can after leaving school.
- ❑ 50% (49%) of pupils responded that they want to get training for a skilled job after leaving school.
- ❑ 39% (47%) 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 12% (13%) don't know what GCSEs they'll take (if any).
- ❑ 34% (48%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

### Emotional Health and Wellbeing

#### HAPPINESS

- ❑ 4% (3%) of pupils responded that they are 'not at all' satisfied with their life at the moment.
- ❑ 51% (61%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

#### SELF-ESTEEM

- ❑ 22% (21%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 38% (37%) of pupils had a high self-esteem score (15 or more).
- ❑ 30% (34%) of pupils responded that they do not want to change lots of things about themselves.
- ❑ 64% (64%) of pupils responded that their parents/carers like to hear their ideas.
- ❑ 45% (39%) of pupils responded that their teachers listen to them at school.

#### CONTROL OVER HEALTH

- ❑ 87% (87%) agreed with at least one statement about being in control of their health (Q10a&c).
- ❑ 51% (49%) agreed with at least one statement saying that they weren't in control of their health (Q10b&d).
- ❑ 74% (73%) of the pupils in your survey had a net positive score for these questions (Q10a-d).

- ❑ 73% (68%) of pupils responded that they are in charge of their health, while 41% (40%) said that even if they look after themselves, they can still easily fall ill.

#### CONFIDENCE AND TRUST

- ❑ 5% (5%) of pupils responded that there are no adults that they can trust.
- ❑ 49% (46%) of pupils responded that there are at least six adults that they can trust.
- ❑ 29% (31%) of pupils responded that they usually feel 'at ease' meeting people of their own age for the first time.
- ❑ 31% (31%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

#### WORRYING

- ❑ 76% (80%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 46% (55%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.
- ❑ 29% (32%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 38% (41%) said the same of the way they look.

### Food and Diet

#### WEIGHT

- ❑ 12% (9%) of pupils responded that they would like to put on weight.
- ❑ 31% (32%) of boys and 51% (51%) of girls responded that they would like to lose weight.
- ❑ 47% (50%) of pupils responded that they are happy with their weight as it is.
- ❑ 38% (41%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

#### LUNCH

- ❑ 50% (38%) of pupils responded that they had a school lunch on the day before the survey.
- ❑ 14% (15%) of pupils responded that they didn't have any lunch on the day before the survey.

#### BREAKFAST

- ❑ 15% (12%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 5% (6%) said they had a cooked breakfast.
- ❑ 11% (11%) of pupils responded that they only had a drink for breakfast on the day of the survey.
- ❑ 34% (34%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 22% (22%) said they had toast, bread, bagels or croissants.
- ❑ 1% (3%) of pupils responded that they had pop tarts, cakes, muffins for breakfast on the day of the survey.

#### HEALTHY CHOICES

- ❑ 66% (60%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- ❑ 17% (18%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

#### WATER

- ❑ 14% (13%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 28% (30%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

#### FOOD

- ❑ 38% (32%) of pupils responded that they eat vegetables 'on most days'; 34% (32%) said the same of fresh fruit.
- ❑ 53% (49%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

#### 5-A-DAY

- ❑ 18% (16%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 11% (16%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

### Smoking, Drinking, Drugs

#### SMOKING

- ❑ 15% (13%) of pupils responded that they have smoked in the past or smoke now.
- ❑ 1% (2%) of pupils responded that they smoke 'regularly'.
- ❑ 2% (2%) of pupils responded that they have smoked at least one cigarette in the last week.
- ❑ 9% (8%) of pupils responded that they smoke and feel they could give up.
- ❑ Of the 58 (108) pupils who have ever smoked, 64% (62%) feel they could give up.
- ❑ 1% (0%) of pupils responded that they would like parents/carers to help them give up smoking.
- ❑ Of the 58 (108) pupils who have ever smoked, they were on average 12 (12) years old when they had their first cigarette.
- ❑ 21% (20%) of pupils responded that they have a close friend who smokes on most days.
- ❑ 47% (45%) of pupils responded that at least one person smokes on most days indoors at home; 12% (11%) said at least three people do.

#### ALCOHOL

- ❑ 55% (57%) of pupils responded that they have had an alcoholic drink at some point in their life.
- ❑ Of the 216 (469) pupils who said that they have had an alcoholic drink, they were on average 11 (11) years old when they had their first drink.



- ❑ 9% (12%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 3% (2%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey; 0% (1%) said they drank on at least three days.
- ❑ 2% (4%) of pupils responded that they got drunk on at least one day in the last 7 days; 1% (1%) said they did so on more than one day.
- ❑ 0% (1%) of boys and 1% (0%) of girls responded that they drank over the advised weekly limit of alcohol for adults of 14 units.
- ❑ 3% (5%) of pupils responded that they drank spirits in the 7 days before the survey, while 1% (3%) said they drank beer or lager and 3% (3%) drank pre-mixed drinks.
- ❑ 6% (6%) 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.
- ❑ 51% (53%) of pupils responded that they 'never' drink alcohol, while 8% (9%) said they do not drink alcohol at home.
- ❑ 31% (28%) of pupils responded that they do drink alcohol at home and their parents 'always' know, while 6% (5%) said their parents 'usually' know.
- ❑ 5% (5%) of pupils responded that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

## DRUGS

- ❑ 23% (23%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.
- ❑ 18% (17%) of pupils responded that they have been offered cannabis.
- ❑ 4% (9%) of pupils responded that they have been offered other drugs listed in the questionnaire (not cannabis).
- ❑ 6% (5%) of pupils reported that they have taken at least one of the drugs listed in the questionnaire.
- ❑ 2% (1%) 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.
- ❑ 6% (3%) of pupils responded that they have ever taken cannabis.
- ❑ Of the 23 (39) pupils who have ever taken drugs, they were on average 12 (11) years old when they first tried them.
- ❑ 1% (0%) of pupils responded that they have taken more than one type of drug listed on the same

occasion, while 1% (0%) said they 'don't know' if they have.

- ❑ 3% (1%) 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 2% (0%) said they 'don't know' if it has been at risk.
- ❑ 1% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 2% (1%) said they 'don't know' if it has been at risk.
- ❑ 16% (8%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 8% (9%) said they 'don't know' if it has been at risk.

### INTERNET SAFETY

- ❑ 72% (70%) of pupils responded that their parents/carers are always aware when they use the Internet.
- ❑ 98% (98%) of pupils responded that they used the internet at home in the week before the survey; 68% (77%) said they used it at school.
- ❑ 88% (87%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 93% (84%) use it for chatting.
- ❑ 27% (20%) of pupils responded that they have met someone in real life whom they first met online and 37% (40%) said they have seen pictures online that upset them.
- ❑ 66% (63%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 28% (30%) said they don't share images of themselves and 6% (7%) said they don't use social media.
- ❑ 7% (4%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.
- ❑ 11% (9%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.
- ❑ 14% (14%) of pupils responded that someone has shared an image of them via social media which has made them feel unhappy.

### FEELING SAFE

- ❑ 76% (79%) of pupils rated their safety at school as 'good' or 'very good', while 44% (39%) said the same of going out after dark.
- ❑ 25% (29%) of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

### VIOLENCE AND AGGRESSION

- ❑ 12% (11%) 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 9% (9%) said they 'don't know' if they have been.

- ❑ 7% (11%) 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**

- ❑ 27% (32%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 9% (6%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 26% (22%) of pupils responded that they have been bullied at school in the last 12 months, while 9% (6%) said they have been bullied near school.
- ❑ 12% (9%) 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.
- ❑ 48% (50%) of pupils responded that they haven't been picked on or bullied, while 24% (24%) said they have for their size or weight.
- ❑ 5% (6%) 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**

- ❑ 84% (84%) 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.
- ❑ 78% (82%) of pupils responded that they last visited the dentist in the last 6 months.
- ❑ 13% (7%) of pupils responded that they last visited the dentist more than a year ago.

### **MEDICATION AND DOCTORS**

- ❑ 38% (42%) of pupils reported taking painkillers in the 7 days before the survey.
- ❑ 56% (52%) of pupils responded that they felt 'at ease' with the doctor on their last visit.
- ❑ 18% (20%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

### **SLEEPING PATTERNS**

- ❑ 10% (11%) of pupils got less than 6 hours sleep the night before the survey.
- ❑ 60% (60%) of pupils got at least 8 hours sleep the night before the survey.
- ❑ 69% (67%) of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 12% (13%) said it isn't enough.

- ❑ 59% (57%) of pupils responded that the amount of sleep they normally get is enough for their health; 13% (12%) said it isn't enough.

## **School**

- ❑ 72% (65%) of pupils responded that their work is marked so they can see how to improve it.

## **Sexual Health**

- ❑ 31% (40%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 9% (14%) correctly identified that genital herpes can also be treated but not cured.
- ❑ 50% (42%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 76% (73%) of pupils responded that they think condoms are reliable at stopping pregnancy; 39% (48%) said the same of female condoms, as did 33% (35%) of emergency contraception.
- ❑ 15% (18%) of pupils responded that they think none of the contraceptive methods listed are reliable to stop STIs.
- ❑ 27% (21%) of pupils responded that they know where they can get emergency contraception free of charge.
- ❑ 56% (44%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.
- ❑ 34% (35%) of pupils responded that they believe most males first have sex when they are under 16.
- ❑ 32% (28%) of pupils responded that they believe most females first have sex when they are under 16.
- ❑ 26% (27%) of pupils responded that at least one of the negative behaviours in Q77 has happened to them.
- ❑ 67% (62%) of pupils responded that if any of the things in Q77 happened to them, they would know what to do for themselves.
- ❑ 73% (67%) of pupils responded that if any of the things in Q77 happened to them, they could get some help.

## **School**

- ❑ 33% (38%) of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well; 87% (79%) said the same about internet safety.

### **SCHOOL NURSE**

- ❑ 35% (61%) of pupils responded that they know how to contact the school nurse, while 36% (21%) said they don't know how to and 7% (4%) said they don't have a school nurse.
- ❑ 16% (20%) of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse, while 47% (47%) said they think they wouldn't.

## Leisure and Money

### AFTER-SCHOOL ACTIVITIES

- ❑ 44% (47%) of pupils responded that they met with friends after school on the day before the survey, while 42% (43%) said they did sport or other physical activity.

### JOBS

- ❑ 8% (11%) of pupils responded that they have a regular paid job during term-time.
- ❑ 0% (1%) of pupils responded that they have a paper/leaflet round.
- ❑ Of the 31 (70) pupils who responded that they have a paid job, the mean amount of time they spent working in the week before the survey was 8 (6) hours.
- ❑ 26% (34%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

## Physical Activity

### EXERCISE

- ❑ 15% (10%) of pupils responded that they don't enjoy physical activities at all.
- ❑ 58% (60%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

- ❑ 27% (27%) of pupils responded that they think they are 'unfit' or 'very unfit'.
- ❑ 31% (32%) of pupils responded that they think they are 'fit' or 'very fit'.
- ❑ 8% (5%) of pupils responded that they were not physically active for an hour or more at all in the week before the survey.
- ❑ 54% (63%) of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.
- ❑ 10% (10%) of pupils responded that they have not been involved in any physical activity during school time in the 7 days before the survey.
- ❑ 58% (58%) 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

- ❑ 80% (76%) of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.
- ❑ 39% (32%) of pupils responded that they go for walks at least 'weekly', while 27% (25%) said they go jogging and 22% (20%) 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  | 96   | 95    | 243  | 178   |
| Girls | 116  | 84    | 237  | 168   |

| Sig | 2018 | 2016 | Question   |
|-----|------|------|--|
| *** | 35%  | 61%  | of pupils responded that they know how to contact the school nurse.  |
| *** | 34%  | 48%  | of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).   |
| *** | 93%  | 84%  | of pupils responded that they use the Internet for chatting.   |
| *** | 16%  | 8%   | of pupils responded that their personal safety has been at risk when they have used alcohol.   |
| *** | 50%  | 38%  | of pupils responded that they had a school lunch on the day before the survey.   |
| *** | 56%  | 44%  | of pupils responded that if they had a sexual health concern, they would know where to go to get help.   |
| *** | 51%  | 61%  | of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.  |
| *** | 87%  | 79%  | of pupils responded that they feel their school teaches them about internet safety 'fairly' or 'very' well.  |
| *** | 68%  | 77%  | of pupils responded that they used the internet at school in the week before the survey.   |
| *** | 4%   | 9%   | of pupils responded that they have been offered other drugs listed in the questionnaire (not cannabis).  |
| *** | 54%  | 45%  | of pupils responded that they want to find a job as soon as they can after leaving school.   |
| *** | 13%  | 7%   | of pupils responded that they last visited the dentist more than a year ago.   |
| *** | 31%  | 40%  | of pupils correctly identified that HIV/AIDS can be treated but not cured.   |
| *** | 46%  | 55%  | of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.  |
| *** | 27%  | 20%  | of pupils responded that they have met someone in real life whom they first met online.  |
| *** | 54%  | 63%  | of pupils responded that they were physically active for an hour or more on at least three days in the week before the survey.                       |
| **  | 39%  | 47%  | of pupils responded that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.  |
| **  | 26%  | 34%  | of pupils responded that they worry 'quite a lot' or 'a lot' about money.  |
| **  | 50%  | 42%  | of pupils responded that they know where they can get condoms free of charge.  |
| **  | 9%   | 14%  | of pupils correctly identified that genital herpes can be treated but not cured.   |
| *   | 1%   | 3%   | of pupils responded that they drank beer or lager in the 7 days before the survey.   |
| *   | 72%  | 65%  | of pupils responded that their work is marked so they can see how to improve it.   |
| *   | 39%  | 32%  | of pupils responded that they go for walks at least 'weekly'.  |
| *   | 11%  | 16%  | said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.   |
| *   | 6%   | 3%   | of pupils responded that they have ever taken cannabis.  |
| *   | 27%  | 21%  | of pupils responded that they know where they can get emergency contraception free of charge.  |
| *   | 38%  | 32%  | of pupils responded that they eat vegetables 'on most days'.   |
| *   | 51%  | 57%  | of pupils responded that they live with their mother and father together.  |
| *   | 15%  | 10%  | of pupils responded that there are one or two bedrooms in their home.  |
| *   | 45%  | 39%  | of pupils responded that their teachers listen to them at school.  |
| *   | 66%  | 60%  | of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.   |
| *   | 7%   | 11%  | 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. |
| *   | 2%   | 4%   | of pupils responded that they got drunk on at least one day in the last 7 days.  |

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

## Personal Background

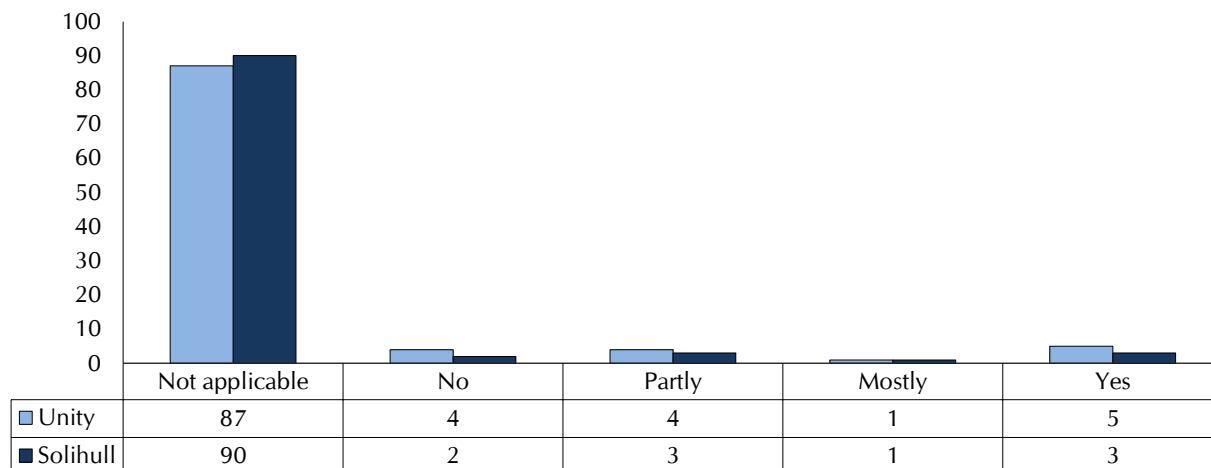
### Special needs

13% (10%) of pupils responded that they have a long-standing illness, disability or special needs, while 18% (12%) said they 'don't know'.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 17    | 11    | 12       | 11    |
| Girls | 10    | 13    | 6        | 10    |

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



4% (2%) of pupils responded that they have special needs, but their school does not support them, while 4% (3%) said they are only 'partly' supported.

This works out as 56% (53%) of the 52 (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 4     | 3     | 2        | 4     |
| Girls | 3     | 5     | 1        | 3     |

5% (3%) of pupils responded that they have special needs and they are supported at school.

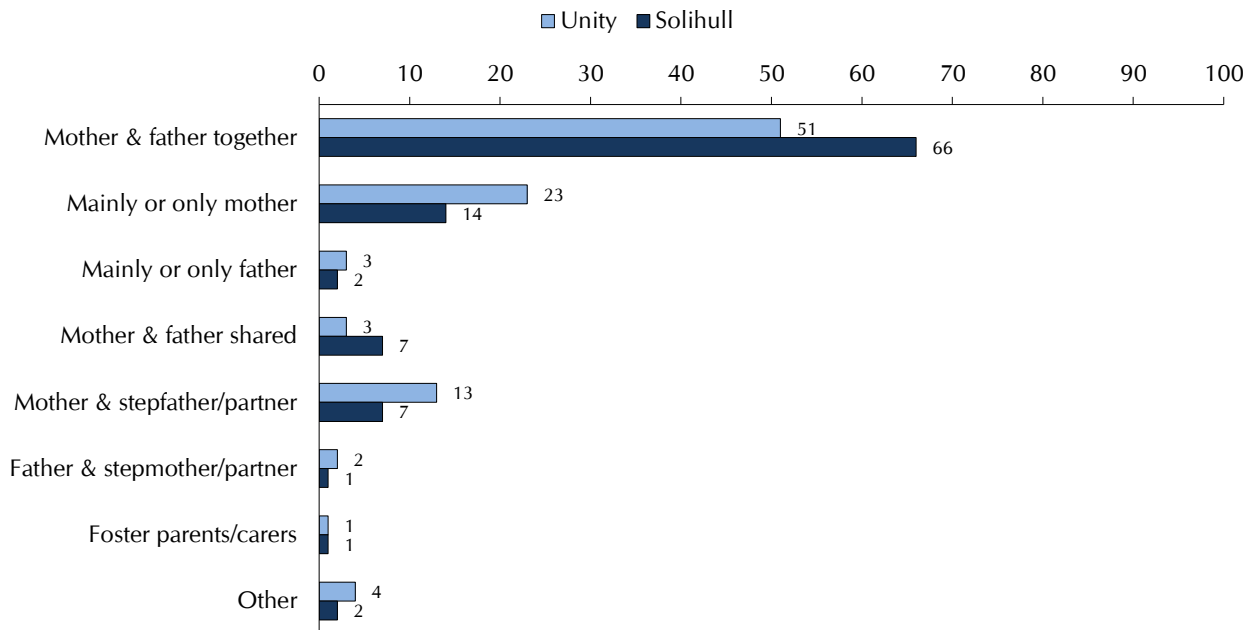
This works out as 35% (34%) of the pupils with special needs responding that they are supported.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 8     | 3     | 5        | 4     |
| Girls | 3     | 4     | 2        | 3     |

## Home life

Q2. Which adults do you live with?



51% (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.

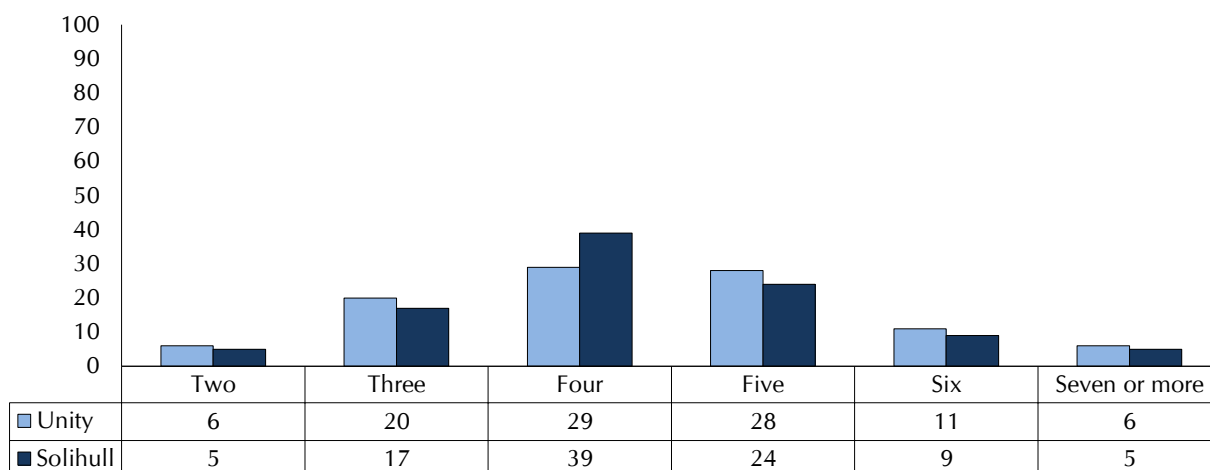
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 58    | 49    | 67       | 66    |
| Girls | 49    | 48    | 68       | 65    |

23% (14%) of pupils responded that they live 'mainly or only' with their mother, while 3% (2%) said they live 'mainly or only' with their father.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 17    | 25    | 12       | 13    |
| Girls | 29    | 20    | 15       | 16    |

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

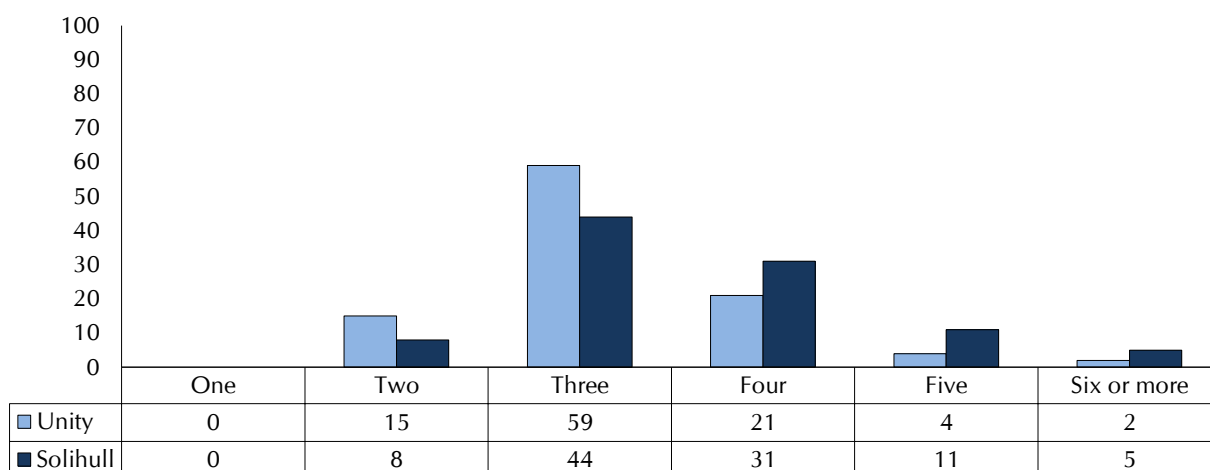


17% (15%) of pupils responded that more than five people live in their home.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 13    | 17    | 15       | 13    |
| Girls | 18    | 21    | 15       | 15    |

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



15% (8%) of pupils responded that there are one or two bedrooms in their home, while 6% (16%) said their home has at least five bedrooms.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 17    | 13    | 9        | 7     |
| Girls | 13    | 15    | 9        | 7     |

38% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 37    | 32    | 25       | 14    |
| Girls | 42    | 40    | 27       | 21    |

## Ethnicity

65% (67%) of pupils responded that they are White English.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 61    | 59    | 65       | 68    |
| Girls | 71    | 69    | 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                        | 60 (67) | 1     | White English                        | 70 (67) |
| 2    | Mixed – Black Caribbean and White    | 8 (3)   | 2     | Black Caribbean or British Caribbean | 6 (2)   |
| 3    | Pakistani Asian or British Pakistani | 7 (6)   | 3     | Don't want to say                    | 4 (2)   |
| 4    | Other mixed background               | 4 (2)   | 4     | Other mixed background               | 4 (2)   |
| 5    | White Irish                          | 3 (4)   | 5     | Mixed – Black Caribbean and White    | 4 (2)   |

## Young carers

39% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 39    | 39    | 28       | 21    |
| Girls | 41    | 38    | 27       | 22    |

7% (5%) of pupils responded that they think they are a 'young carer', while 14% (7%) said they 'don't know' if they are.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 3     | 10    | 4        | 4     |
| Girls | 7     | 9     | 5        | 6     |

15% (8%) of pupils responded that being a young carer takes up less than an hour of their time each day, while 5% (3%) said it takes up more than 2 hours and 8% (5%) said it takes up some time, but they don't do it every day.

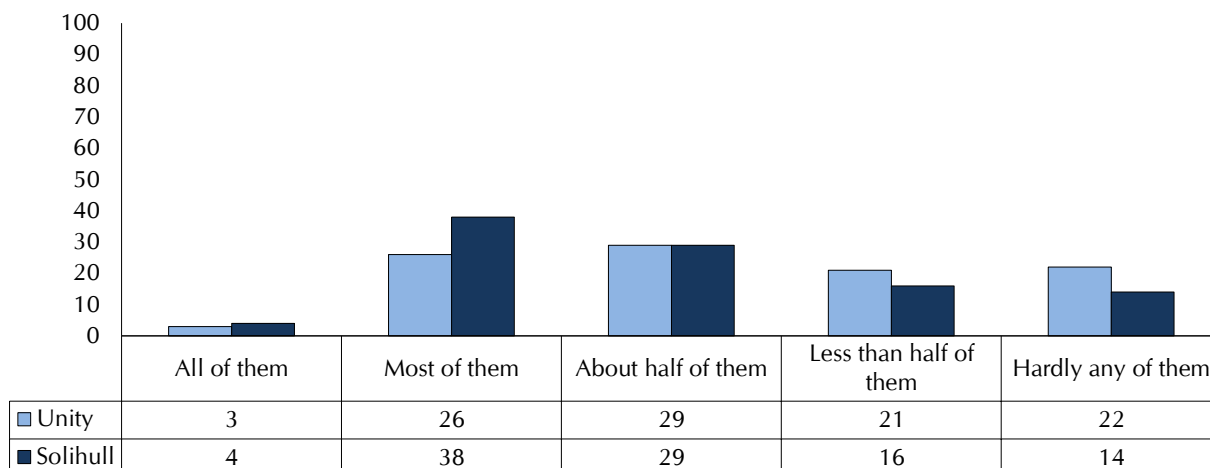
**Q83c.** Percentage responding that being a young carer takes up more than 2 hours of their time each day.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 3     | 6     | 2        | 3     |
| Girls | 4     | 7     | 3        | 3     |



## School lessons

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



29% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 32    | 25    | 38       | 43    |
| Girls | 28    | 33    | 44       | 44    |

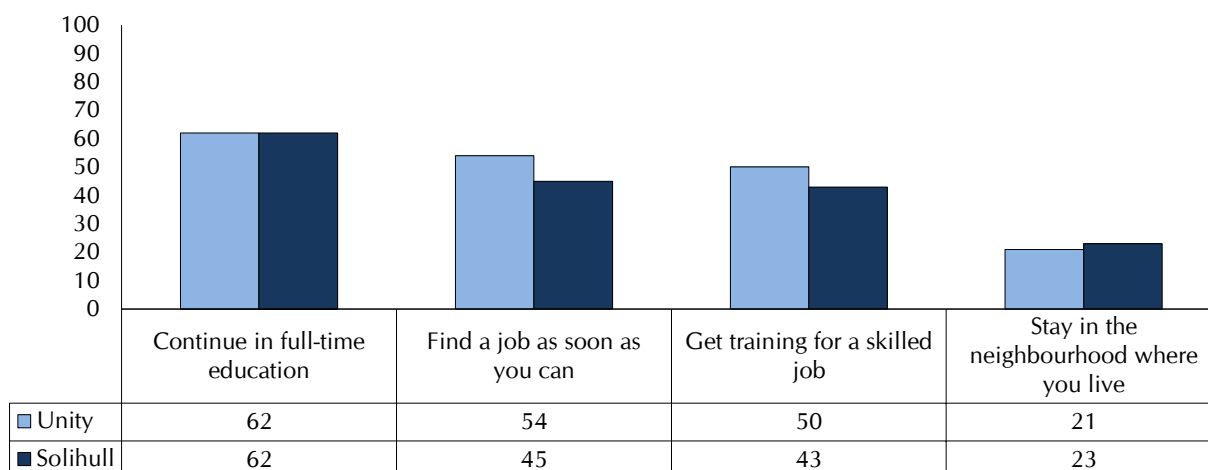
22% (14%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 19    | 35    | 16       | 17    |
| Girls | 16    | 15    | 11       | 12    |

## Future plans

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



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

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 51    | 47    | 52       | 47    |
| Girls | 68    | 83    | 75       | 75    |

54% (45%) of pupils responded that they want to find a job as soon as they can after leaving school.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 48    | 56    | 42       | 46    |
| Girls | 54    | 61    | 45       | 50    |

50% (43%) of pupils responded that they want to get training for a skilled job after leaving school.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 52    | 53    | 49       | 44    |
| Girls | 56    | 37    | 45       | 30    |

90% (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. 1% (1%) did not want to do any of these.

**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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 85    | 84    | 83       | 82    |
| Girls | 95    | 95    | 92       | 91    |

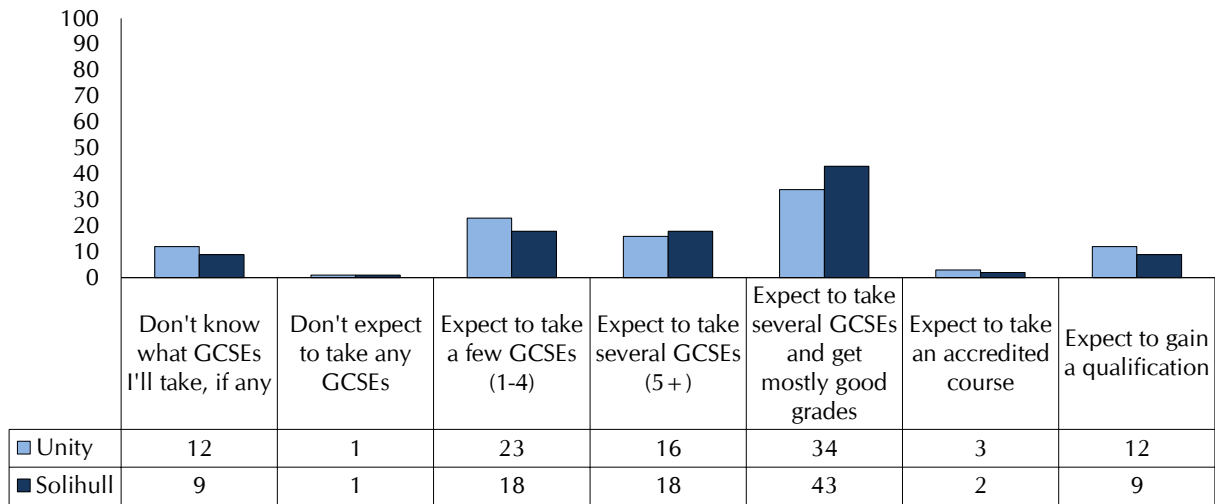
39% (41%) of pupils responded that they worry 'quite a lot' or 'a lot' about what they are going to do after Year 11.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 22    | 41    | 33       | 38    |
| Girls | 37    | 58    | 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 12% (9%) don't know what GCSEs they'll take (if any).

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 2     | 2     | 2        | 1     |
| Girls | 0     | 1     | 0        | 1     |

34% (43%) of pupils responded that they expect to take several GCSEs and get mostly good grades (A – C).

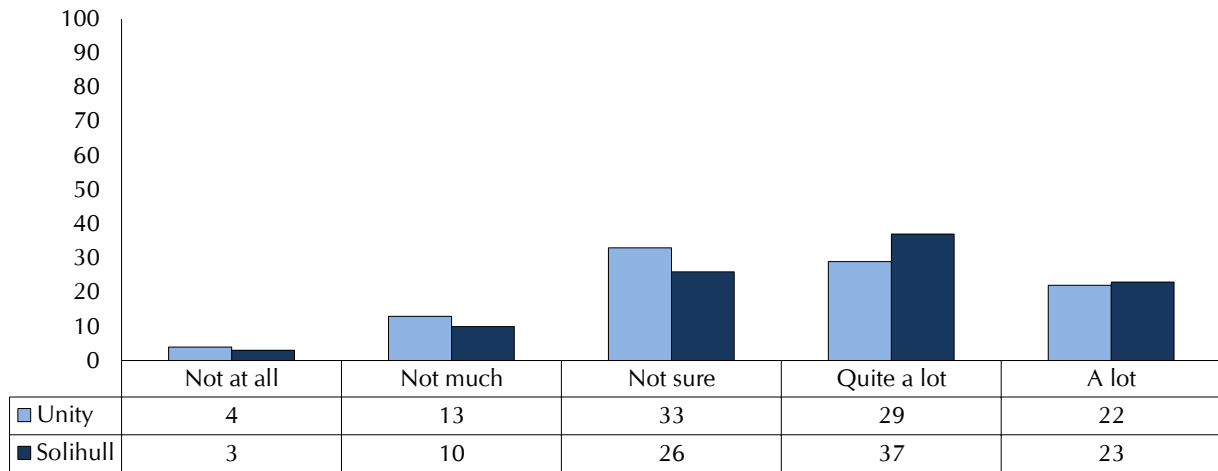
**Q11.** Percentage answering that they expect to take several GCSEs and get mostly good grades (A – C).

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 24    | 40    | 33       | 49    |
| Girls | 29    | 45    | 41       | 55    |

# Emotional Health and Wellbeing

## Happiness

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



4% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 2     | 4     | 3        | 3     |
| Girls | 2     | 4     | 1        | 5     |

51% (60%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

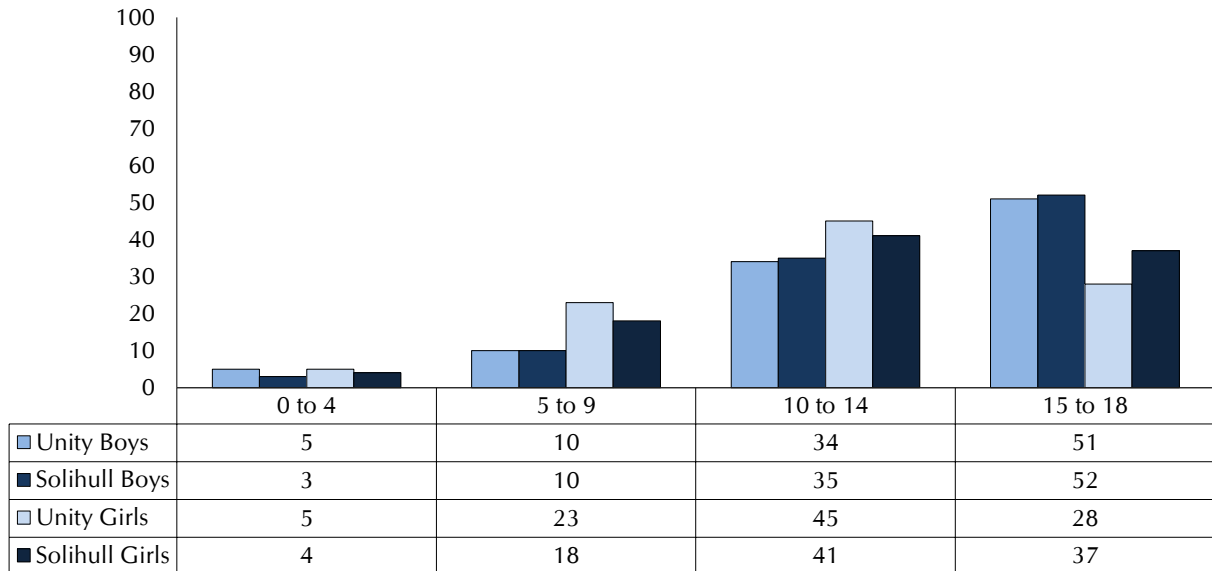
**Q6.** Percentage answering that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 52    | 48    | 61       | 59    |
| Girls | 59    | 43    | 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:



22% (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).

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 14    | 17    | 14       | 12    |
| Girls | 28    | 26    | 23       | 20    |

38% (44%) of pupils had a high self-esteem score (15 or more).

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 51    | 52    | 51       | 53    |
| Girls | 29    | 26    | 38       | 37    |

30% (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                                     | 83 (85) | 75 (78) | 69 (81) | 57 (70) | 71 (78) |
| Pupils who do not want to change lots of things about themselves                            | 33 (34) | 30 (34) | 37 (40) | 15 (27) | 30 (34) |
| Pupils who do not usually feel uncomfortable saying things in front of teachers in class    | 51 (52) | 29 (37) | 44 (48) | 38 (36) | 39 (43) |
| Pupils who do not often fall out with other pupils at school                                | 59 (66) | 43 (59) | 66 (74) | 56 (71) | 55 (66) |
| Pupils who do not often feel lonely at school   | 82 (81) | 75 (75) | 83 (83) | 73 (79) | 78 (79) |
| Pupils who do not think that other pupils usually say nasty things about them               | 49 (50) | 34 (42) | 59 (55) | 44 (47) | 46 (48) |
| Pupils who do not usually feel shy when they want to tell a teacher something               | 66 (62) | 41 (44) | 75 (73) | 42 (46) | 55 (56) |
| Pupils who do not often have find new friends because their old ones are with somebody else | 82 (81) | 70 (73) | 85 (84) | 76 (84) | 78 (80) |
| Pupils who do not usually feel foolish when talking to their parents                        | 77 (78) | 77 (77) | 74 (76) | 73 (74) | 75 (76) |

64% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 61    | 62    | 71       | 67    |
| Girls | 73    | 60    | 76       | 69    |

45% (51%) of pupils responded that their teachers listen to them at school.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 51    | 47    | 55       | 53    |
| Girls | 44    | 43    | 52       | 46    |

## Control over health

87% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 81    | 88    | 87       | 91    |
| Girls | 91    | 87    | 87       | 88    |

51% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 41    | 47    | 43       | 43    |
| Girls | 53    | 64    | 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.

74% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 69    | 83    | 76       | 79    |
| Girls | 75    | 73    | 76       | 77    |

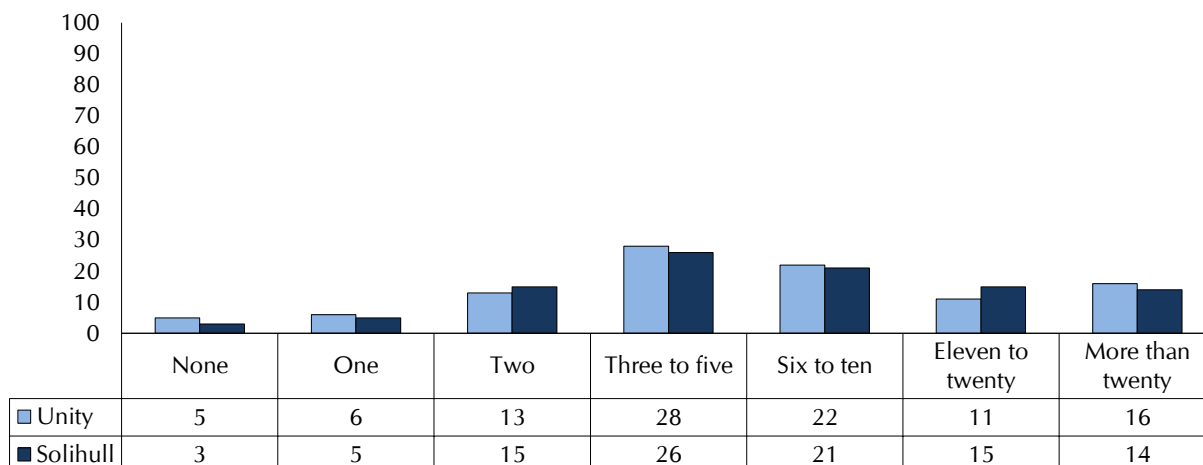
73% (71%) of pupils responded that they are in charge of their health, while 41% (38%) said that even if they look after themselves, they can still easily fall ill.

**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"                             | 67 (68) | 75 (67) | 80 (79) | 74 (73) | 73 (71) |
| b. "If I keep healthy, I've just been lucky"                 | 20 (15) | 20 (15) | 15 (16) | 23 (17) | 19 (16) |
| c. "If I take care of myself I'll stay healthy"              | 71 (78) | 78 (77) | 78 (82) | 75 (79) | 75 (78) |
| d. "Even if I look after myself I can still easily fall ill" | 30 (36) | 41 (37) | 39 (34) | 54 (43) | 41 (38) |

## Confidence and trust

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



5% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 3     | 5     | 3        | 3     |
| Girls | 2     | 9     | 2        | 4     |

49% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 65    | 46    | 63       | 50    |
| Girls | 55    | 29    | 54       | 32    |

29% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 34    | 45    | 35       | 40    |
| Girls | 24    | 14    | 25       | 25    |

31% (25%) of pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

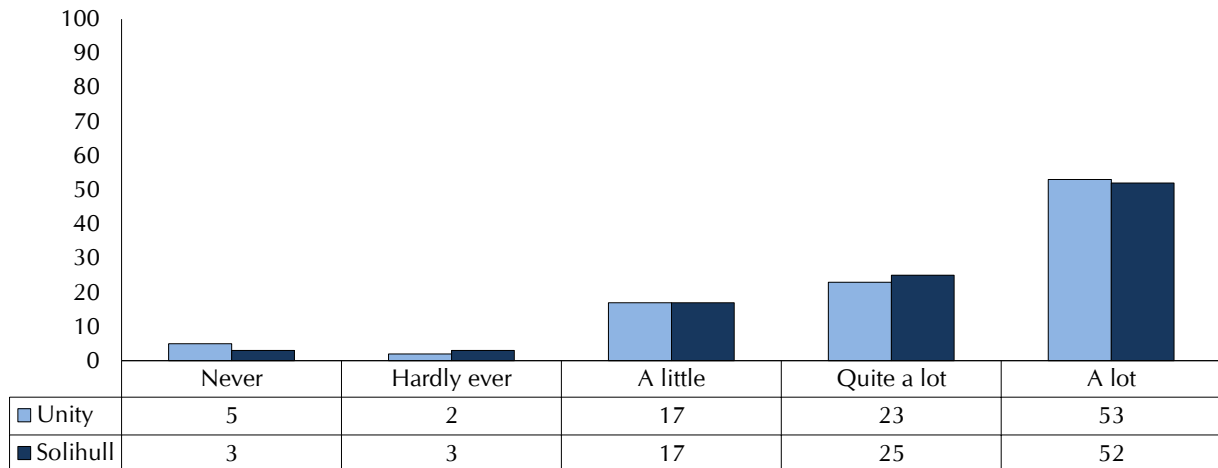
**Q64.** Percentage answering that they usually feel 'quite' or 'very' uneasy when meeting people their own age for the first time.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 25    | 27    | 23       | 20    |
| Girls | 32    | 39    | 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.

76% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 54    | 78    | 67       | 72    |
| Girls | 80    | 92    | 80       | 88    |

15% (16%) of boys and 24% (27%) of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'; while 35% (31%) of boys and 14% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 12    | 18    | 16       | 17    |
| Girls | 20    | 30    | 28       | 27    |

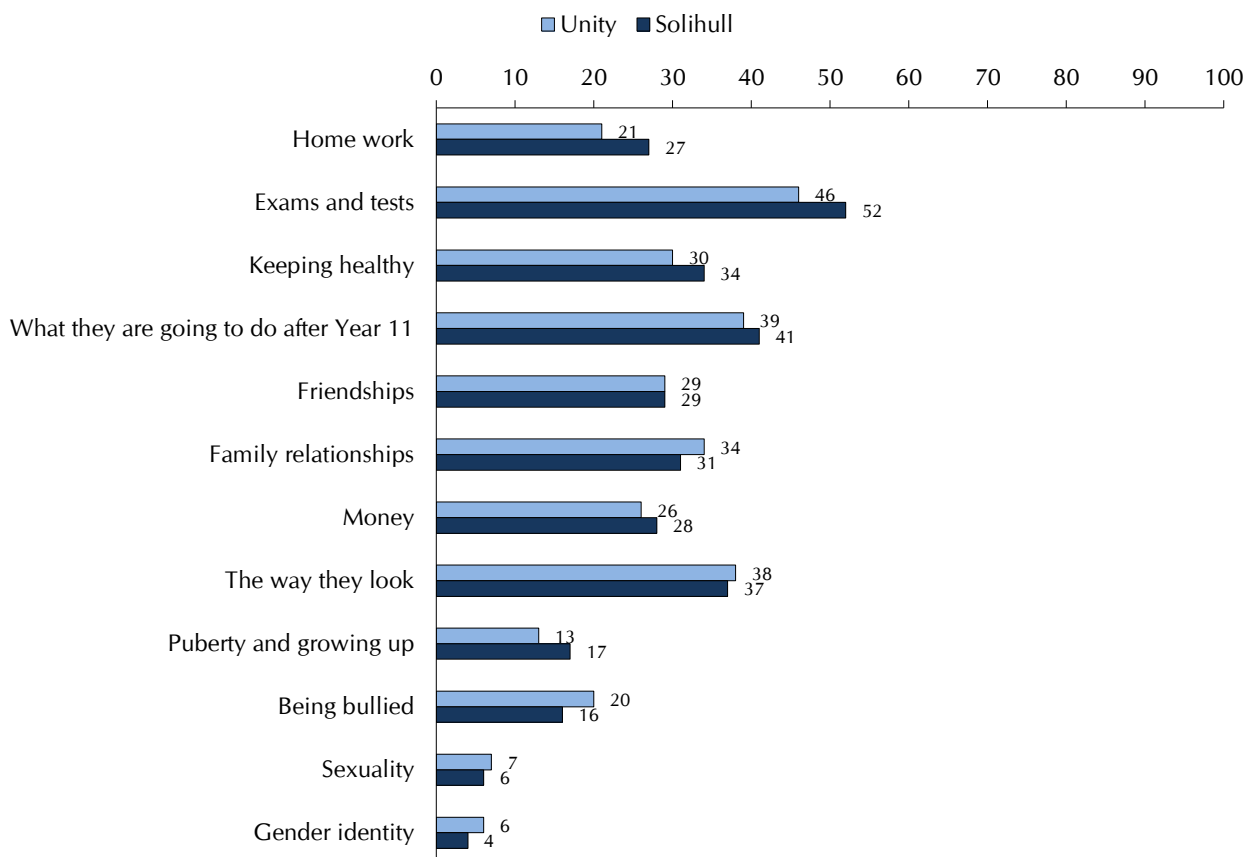
46% (52%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams and tests.

**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                        | 31 (40) | 1     | Exams and tests                        | 60 (63) |
| 2    | What you are going to do after Year 11 | 31 (35) | 2     | The way you look                       | 49 (49) |
| 3    | Family relationships                   | 28 (28) | 3     | What you are going to do after Year 11 | 45 (45) |
| 4    | Keeping healthy                        | 26 (30) | 4     | Family relationships                   | 38 (33) |
| 5    | The way you look                       | 25 (25) | 5     | Keeping healthy                        | 34 (39) |
| 6    | Money                                  | 24 (28) | 6     | Friendships                            | 32 (35) |
| 7    | Friendships                            | 24 (22) | 7     | Money                                  | 28 (28) |
| 8    | Home work                              | 13 (21) | 8     | Home work                              | 27 (33) |
| 9    | Puberty and growing up                 | 11 (14) | 9     | Being bullied                          | 26 (19) |
| 10   | Being bullied                          | 11 (12) | 10    | Puberty and growing up                 | 13 (19) |

29% (29%) of pupils responded that they worry about friendships 'quite a lot' or 'a lot', while 38% (37%) said the same of the way they look.

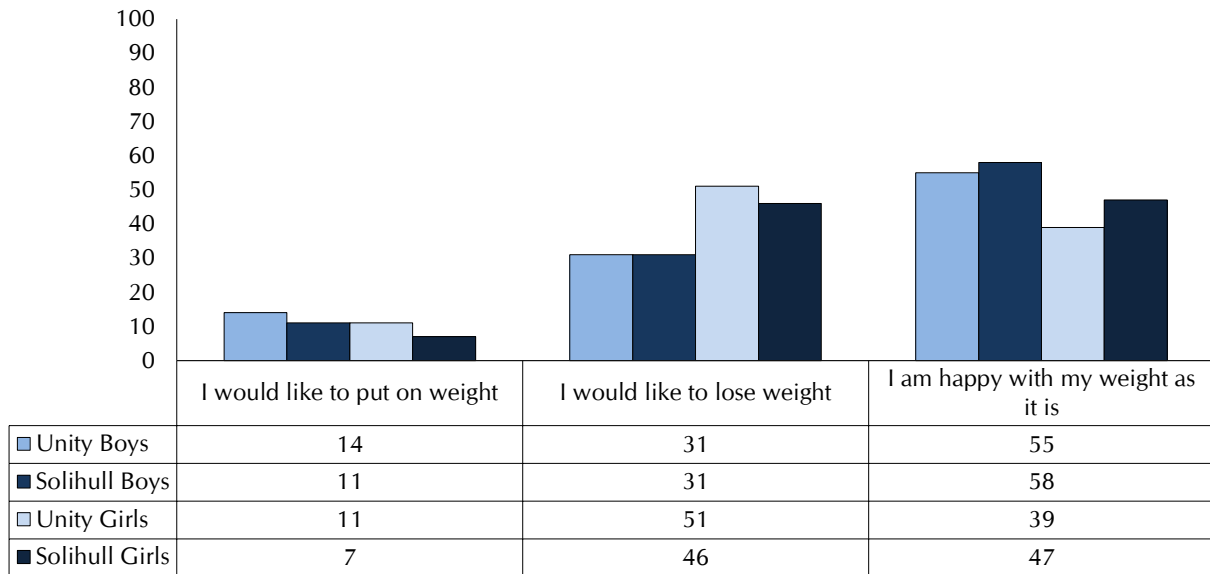
**Q69.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



# Food and Diet

## Weight

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



12% (9%) of pupils responded that they would like to put on weight.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 12    | 17    | 8        | 16    |
| Girls | 6     | 17    | 4        | 11    |

31% (31%) of boys and 51% (46%) of girls responded that they would like to lose weight.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 29    | 32    | 32       | 30    |
| Girls | 49    | 52    | 45       | 48    |

47% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 59    | 52    | 60       | 55    |
| Girls | 45    | 31    | 51       | 41    |

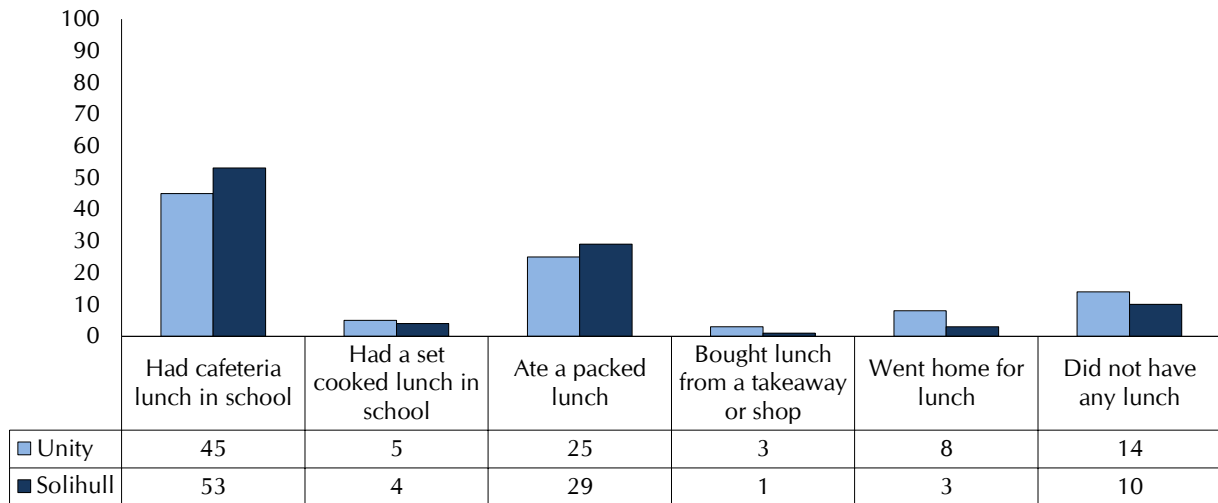
38% (37%) of pupils responded that they worry 'quite a lot' or 'a lot' about the way they look.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 20    | 30    | 23       | 27    |
| Girls | 44    | 57    | 47       | 51    |

## Lunch

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



50% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 53    | 52    | 59       | 57    |
| Girls | 56    | 40    | 58       | 53    |

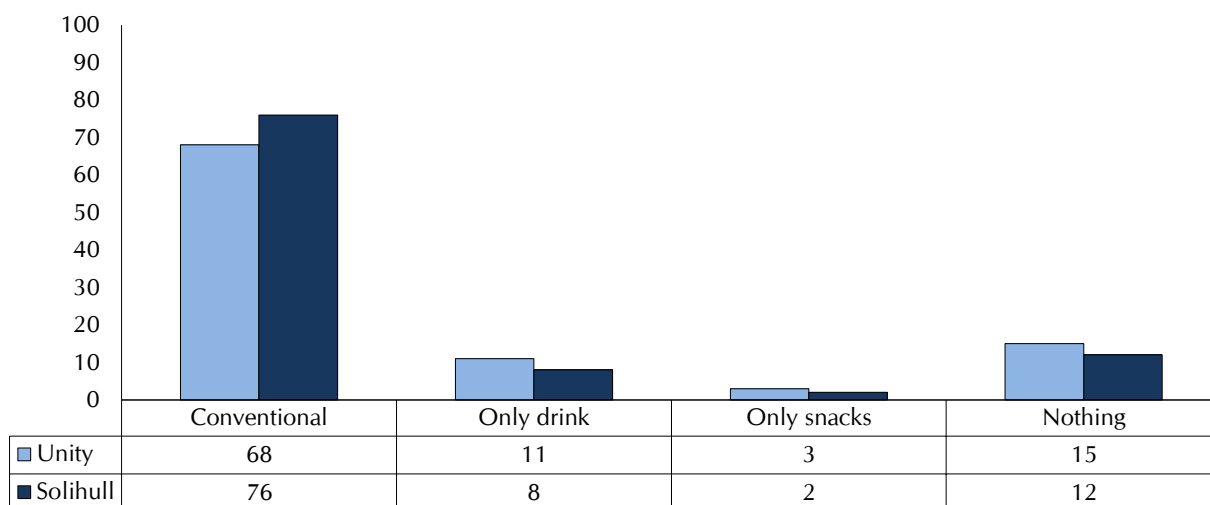
14% (10%) of pupils responded that they didn't have any lunch on the day before the survey.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 11    | 14    | 8        | 8     |
| Girls | 9     | 21    | 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.

15% (12%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 5% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 7     | 12    | 9        | 12    |
| Girls | 16    | 23    | 10       | 16    |

11% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 7     | 13    | 5        | 7     |
| Girls | 9     | 18    | 9        | 12    |

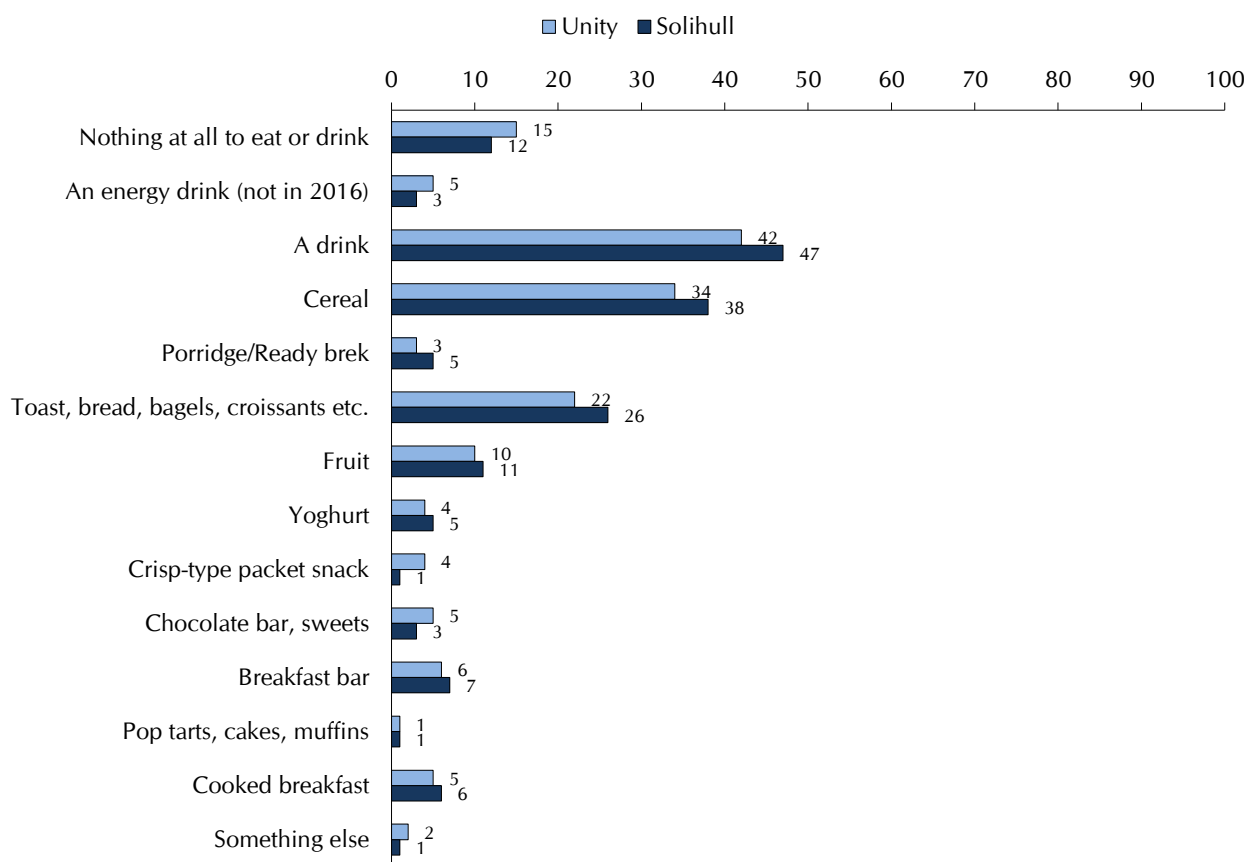
34% (38%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 22% (26%) said they had toast, bread, bagels or croissants.

**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    | A drink                               | 44 (46) | 1     | A drink                               | 42 (50) |
| 2    | Cereal                                | 42 (46) | 2     | Cereal                                | 27 (31) |
| 3    | Toast, bread, bagels, croissants etc. | 24 (25) | 3     | Toast, bread, bagels, croissants etc. | 20 (27) |
| 4    | Fruit                                 | 10 (9)  | 4     | Fruit                                 | 11 (12) |
| 5    | Yoghurt                               | 7 (6)   | 5     | Breakfast bar                         | 8 (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:

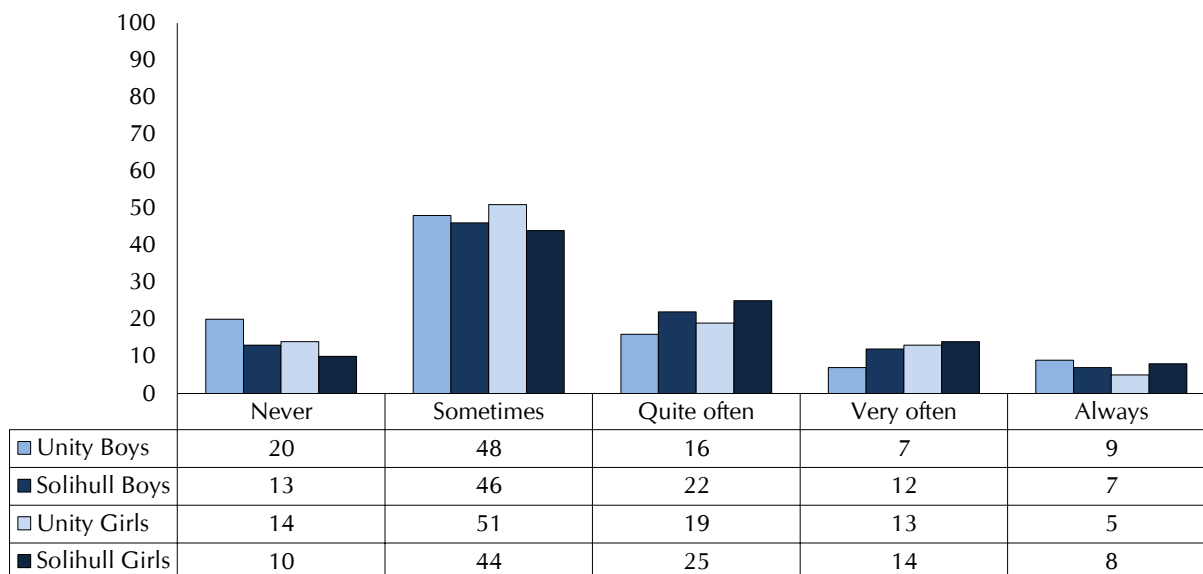


**Q14.** Percentage of pupils responding that they had something to eat or drink for breakfast at the following on the morning of the survey (Solihull Secondary data in brackets):

| Boys |                      |         | Girls |                      |         |
|------|----------------------|---------|-------|----------------------|---------|
| 1    | At home              | 68 (75) | 1     | At home              | 55 (66) |
| 2    | At school            | 13 (12) | 2     | At school            | 14 (12) |
| 3    | On the way to school | 13 (7)  | 3     | On the way to school | 14 (10) |

## Healthy choices

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



66% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 69    | 67    | 60       | 58    |
| Girls | 63    | 65    | 52       | 56    |

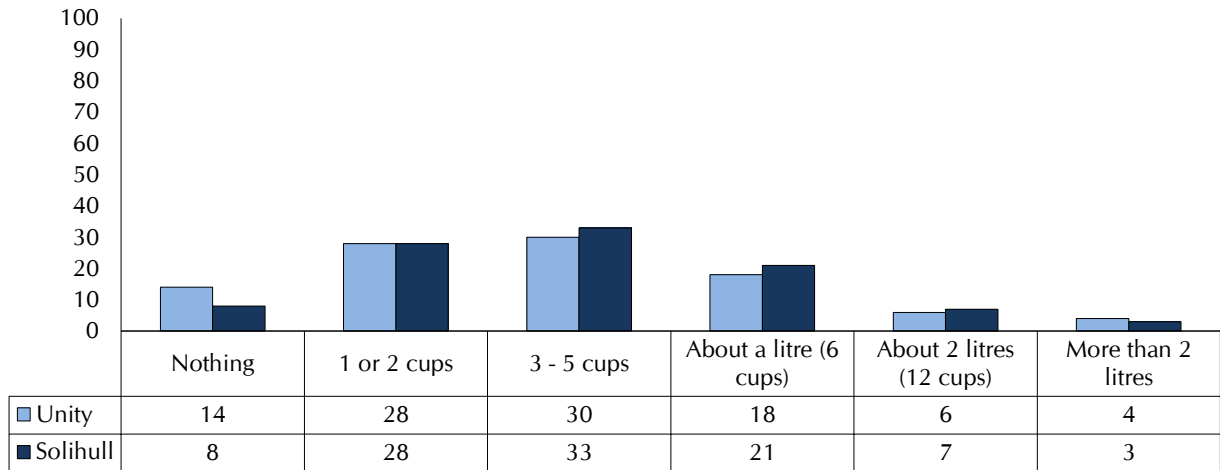
17% (20%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 16    | 16    | 19       | 18    |
| Girls | 16    | 20    | 22       | 21    |

## Water

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



14% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 8     | 11    | 7        | 7     |
| Girls | 16    | 17    | 8        | 7     |

28% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 36    | 34    | 33       | 41    |
| Girls | 16    | 30    | 26       | 28    |



## Food

38% (51%) of pupils responded that they eat vegetables 'on most days'; 34% (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              | 57 (59) | 1     | Any meat                       | 52 (47) |
| 2    | Any meat                       | 54 (51) | 2     | Any dairy produce              | 51 (57) |
| 3    | Crisps                         | 38 (27) | 3     | Sweets, chocolate, choc bars   | 44 (31) |
| 4    | Vegetables                     | 36 (48) | 4     | Crisps                         | 40 (26) |
| 5    | Sweets, chocolate, choc bars   | 36 (26) | 5     | Vegetables                     | 39 (55) |
| 6    | Fresh fruit                    | 32 (41) | 6     | Fresh fruit                    | 37 (48) |
| 7    | Chips or roast potatoes        | 29 (19) | 7     | Chips or roast potatoes        | 28 (19) |
| 8    | Fizzy drinks (not low-calorie) | 26 (12) | 8     | Wholemeal bread                | 26 (26) |
| 9    | Wholemeal bread                | 24 (25) | 9     | Fizzy drinks (not low-calorie) | 20 (9)  |
| 10   | Rice or pasta                  | 21 (19) | 10    | Salads                         | 19 (24) |

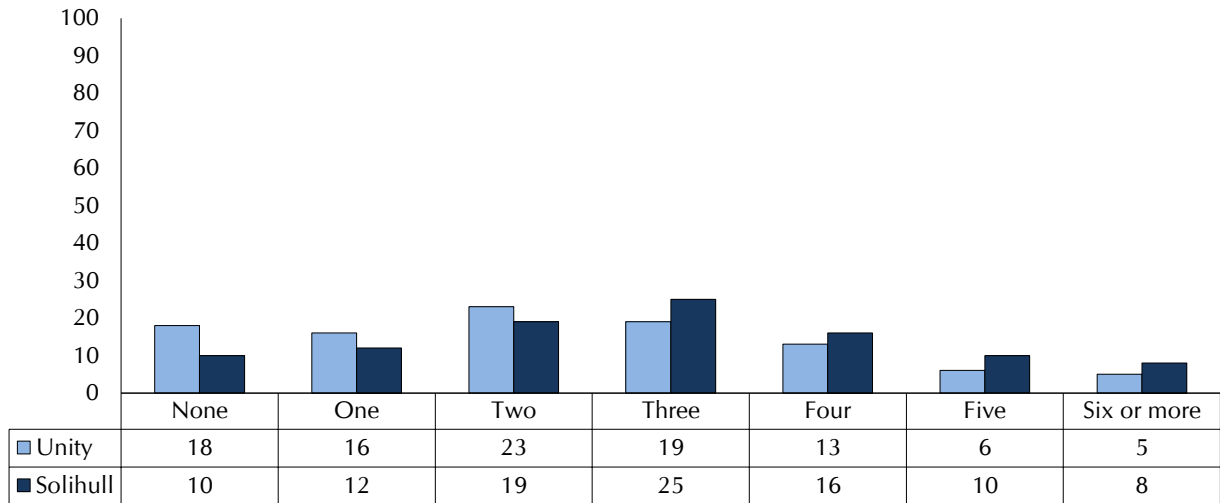
53% (37%) of pupils responded that they 'rarely or never' eat any fish/fish fingers.

**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    | Vegetarian main meal                                     | 67 (64) | 1     | Energy drinks (e.g. Red Bull etc.)                       | 64 (73) |
| 2    | Any fish/fish fingers                                    | 52 (35) | 2     | Vegetarian main meal                                     | 63 (55) |
| 3    | Energy drinks (e.g. Red Bull etc.)                       | 48 (60) | 3     | High-fibre cereals or muesli                             | 58 (53) |
| 4    | High-fibre cereals or muesli                             | 48 (48) | 4     | Any fish/fish fingers                                    | 55 (39) |
| 5    | Sugar-coated cereals (incl. chocolate flavoured cereals) | 36 (41) | 5     | Sugar-coated cereals (incl. chocolate flavoured cereals) | 44 (48) |
| 6    | Salads   | 33 (30) | 6     | Low-calorie drinks (e.g. diet coke)                      | 38 (42) |
| 7    | Low-calorie drinks (e.g. diet coke)                      | 31 (34) | 7     | Wholemeal bread  | 33 (27) |
| 8    | Wholemeal bread  | 24 (26) | 8     | Fizzy drinks (not low-calorie)                           | 27 (40) |
| 9    | Fizzy drinks (not low-calorie)                           | 19 (30) | 9     | Salads   | 25 (19) |
| 10   | Fresh fruit  | 14 (10) | 10    | Crisps   | 10 (13) |

## 5-a-day

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



18% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 15    | 27    | 9        | 13    |
| Girls | 16    | 11    | 8        | 11    |

11% (18%) said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

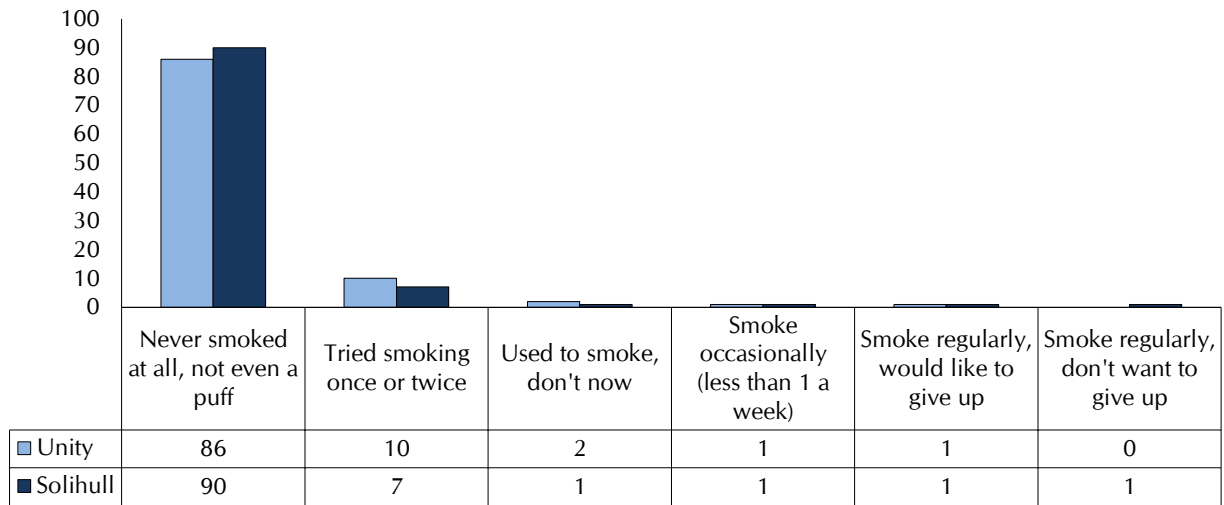
**Q19.** Percentage answering that they had at least 5 portions of fruit and vegetables yesterday.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 20    | 13    | 20       | 18    |
| Girls | 7     | 5     | 19       | 13    |

# Smoking, Drinking, Drugs

## Smoking

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



15% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 8     | 23    | 6        | 14    |
| Girls | 4     | 23    | 4        | 19    |

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

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 0     | 4     | 1        | 2     |
| Girls | 0     | 1     | 0        | 2     |

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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 2     | 2     | 1        | 1     |
| Girls | 0     | 4     | 1        | 4     |

9% (5%) of pupils responded that they smoke and feel they could give up.

Of the 58 (197) pupils who have ever smoked, 64% (49%) feel they could give up.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 6     | 13    | 3        | 7     |
| Girls | 2     | 17    | 2        | 9     |

1% (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 | 4 (2) | 1     | No one, I can do it myself | 3 (3) |
| 2    | Friend/boy/girlfriend      | 1 (1) | 2     | Friend/boy/girlfriend      | 1 (1) |
| 3    | Parents/carers             | 1 (1) | 3     | Don't want to give up      | 0 (1) |

Of the 58 (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 11    | 11    | 10       | 12    |
| Girls | 10    | 13    | 11       | 13    |

21% (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 | 32 (18) | 1     | Father/carers | 39 (21) |
| 2    | Mother/carers | 29 (14) | 2     | Mother/carers | 35 (16) |
| 3    | Close friend  | 24 (13) | 3     | Close friend  | 18 (12) |
| 4    | Brother       | 8 (6)   | 4     | Brother       | 12 (6)  |
| 5    | Sister        | 8 (5)   | 5     | Sister        | 9 (5)   |

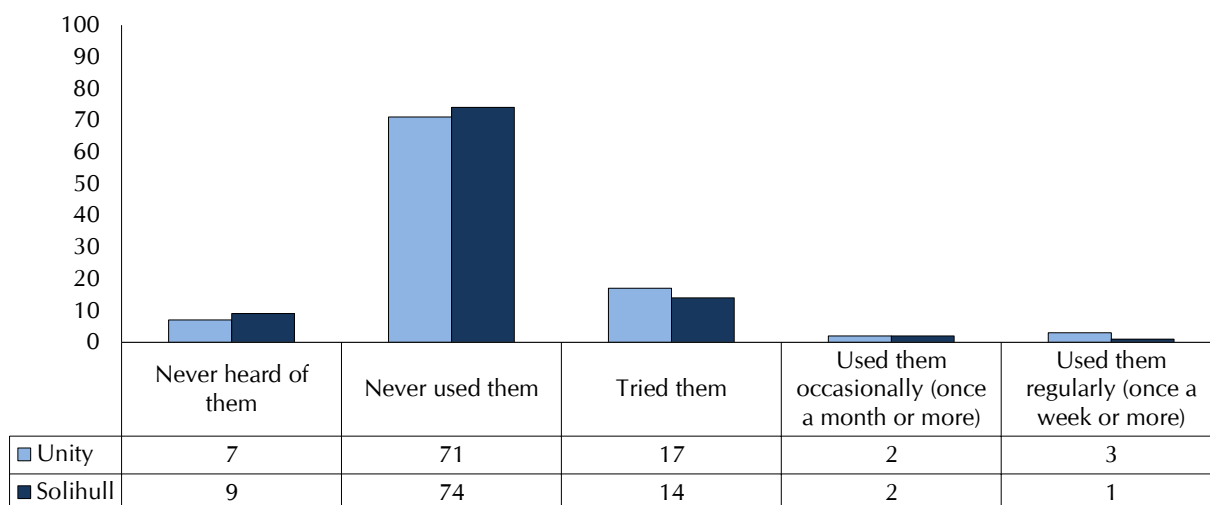
47% (26%) of pupils responded that at least one person smokes on most days indoors at home; 12% (5%) said at least three people do.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 48    | 39    | 28       | 22    |
| Girls | 47    | 51    | 28       | 25    |

## E-cigarettes

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



78% (83%) of pupils responded that they have never used an e-cigarette or have never heard of them, while 3% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 87    | 56    | 88       | 71    |
| Girls | 92    | 77    | 93       | 77    |

5% (3%) of pupils responded that they use e-cigarettes at least 'occasionally'.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 4     | 9     | 2        | 5     |
| Girls | 0     | 6     | 1        | 6     |

## Alcohol

55% (48%) of pupils responded that they have had an alcoholic drink at some point in their life.

Of the 216 (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.

9% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 39    | 69    | 35       | 66    |
| Girls | 39    | 74    | 32       | 67    |

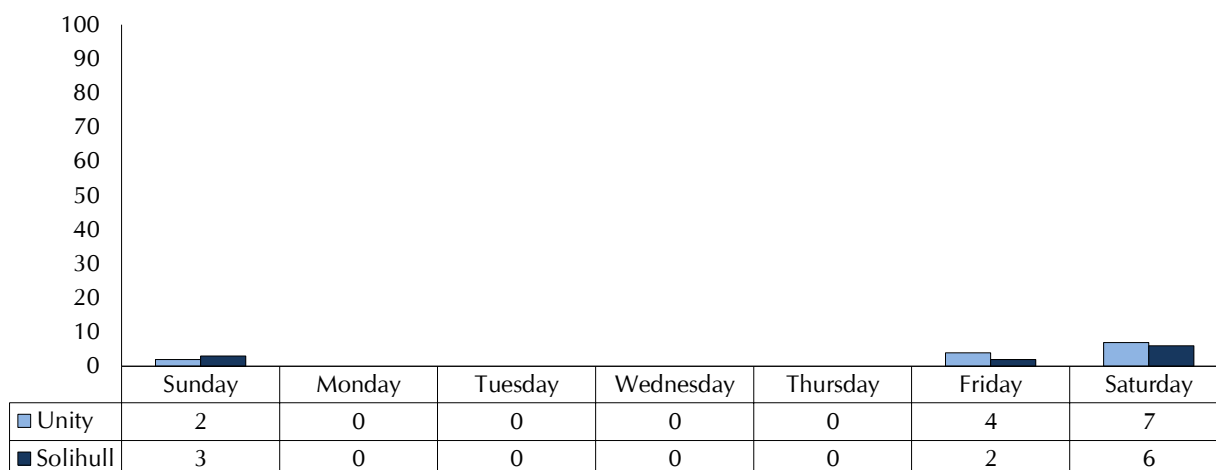
**Q28.** Mean age of pupils when they had their first alcoholic drink.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 10    | 11    | 10       | 11    |
| Girls | 11    | 12    | 10       | 12    |

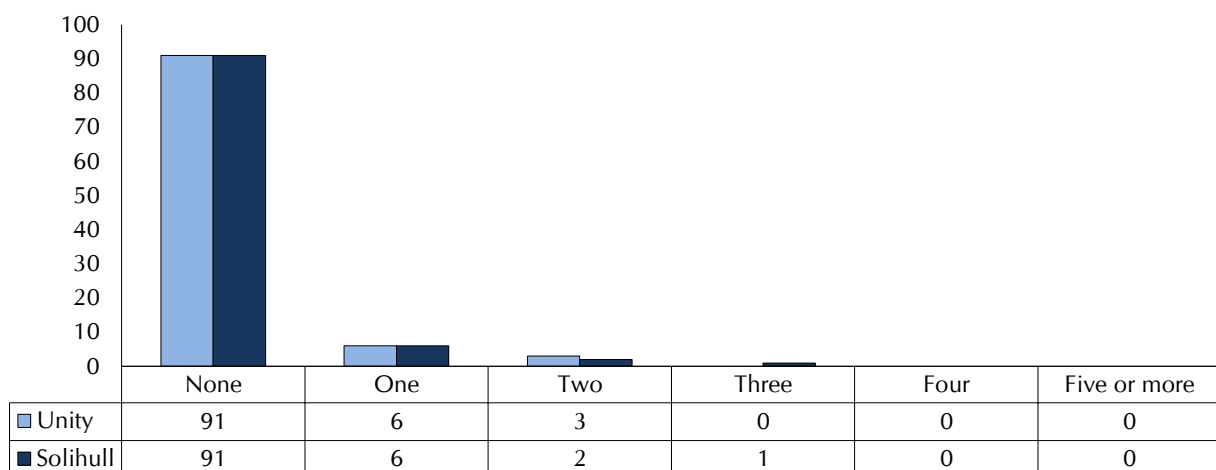
**Q29.** Percentage answering that they had an alcoholic drink in the 7 days before the survey.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 5     | 17    | 4        | 14    |
| Girls | 0     | 17    | 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?

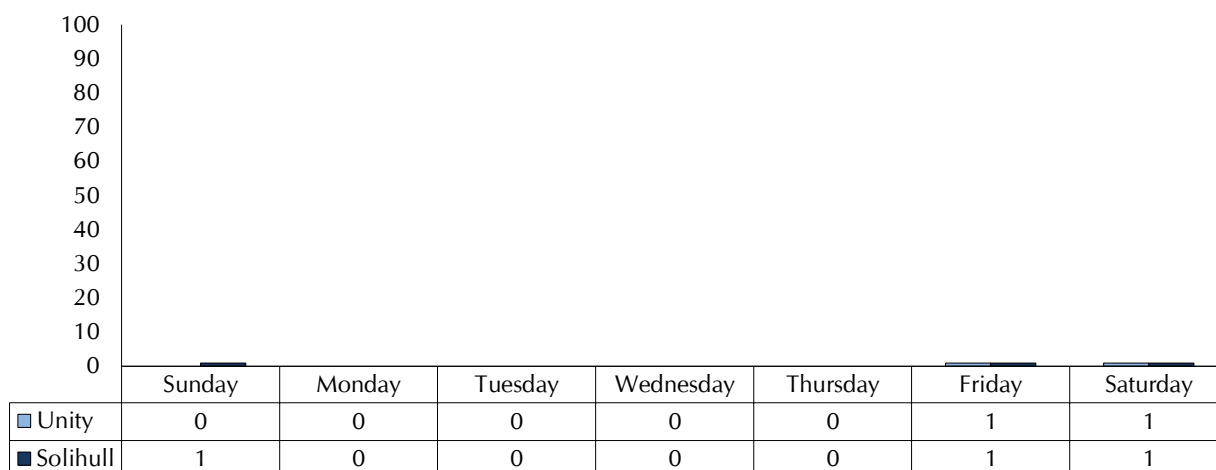


3% (3%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey; 0% (1%) said they drank on at least three days.

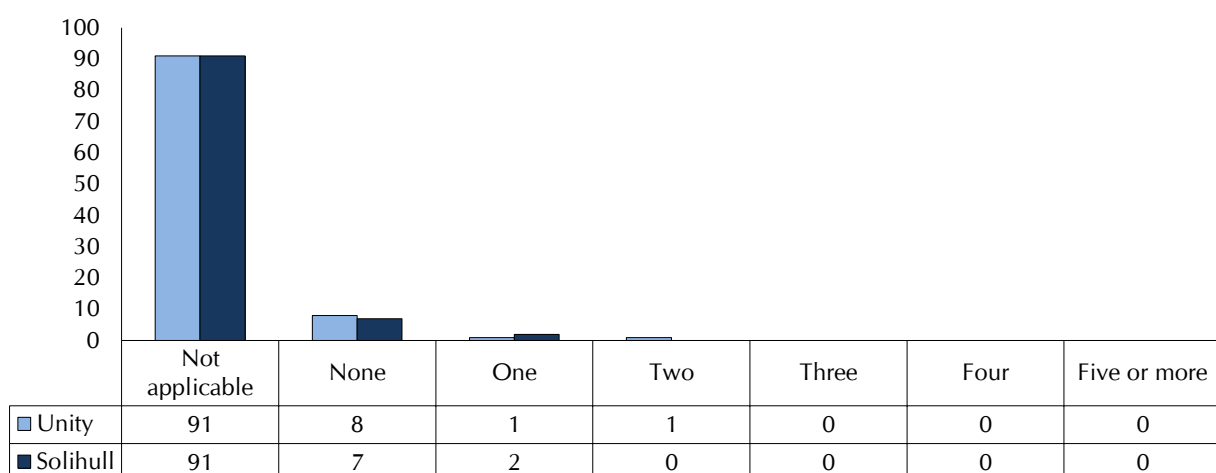
**Q30.** Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 5     | 1        | 4     |
| Girls | 0     | 8     | 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?



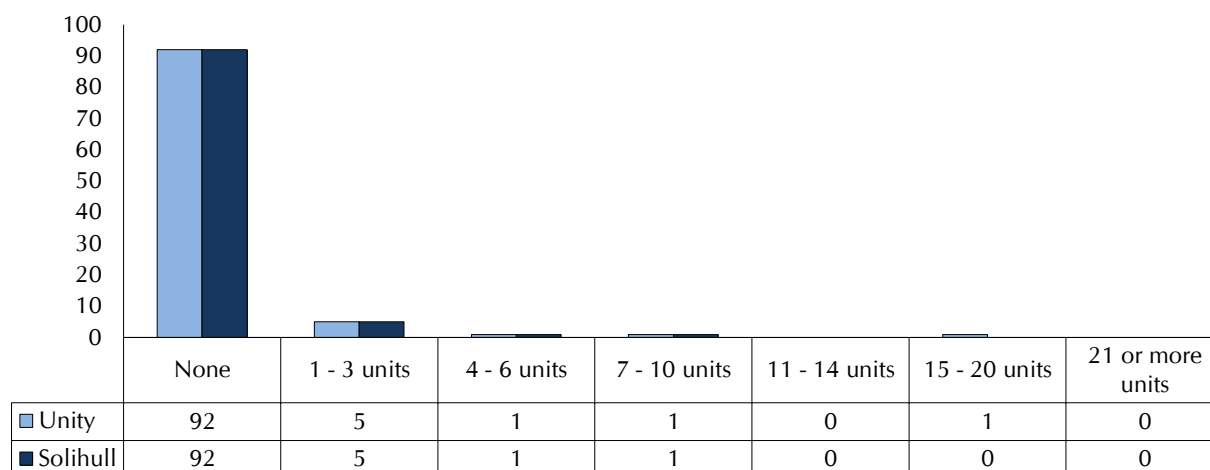
2% (2%) of pupils responded that they got drunk on at least one day in the last 7 days; 1% (1%) said they did so on more than one day.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 2     | 1        | 1     |
| Girls | 0     | 5     | 1        | 7     |



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



0% (0%) of boys and 1% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 0     | 0     | 0        | 0     |
| Girls | 0     | 2     | 0        | 1     |

3% (3%) of pupils responded that they drank spirits in the 7 days before the survey, while 1% (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    | Spirits          | 4 (2) | 1     | Pre-mixed drinks              | 3 (4) |
| 2    | Pre-mixed drinks | 4 (2) | 2     | Spirits                       | 3 (4) |
| 3    | Beer or lager    | 2 (2) | 3     | Wine                          | 3 (2) |
| 4    | Shandy (mixed)   | 2 (1) | 4     | Martini, Cinzano, sherry etc. | 3 (1) |
| 5    | Wine             | 1 (1) | 5     | Cider                         | 1 (2) |

6% (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):

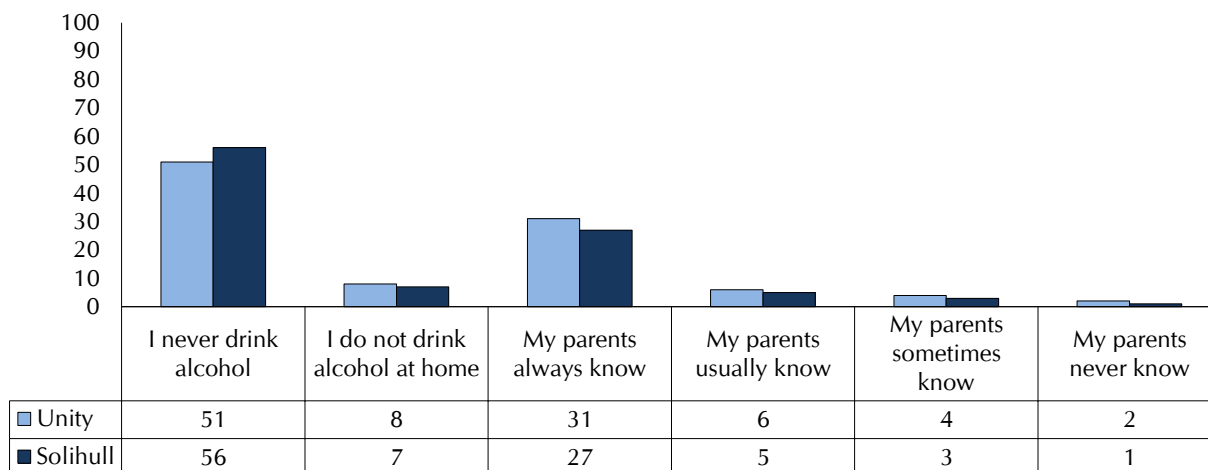
| Boys |                                  |       | Girls |                                  |       |
|------|----------------------------------|-------|-------|----------------------------------|-------|
| 1    | At home                          | 7 (6) | 1     | At home                          | 5 (7) |
| 2    | At a party                       | 4 (3) | 2     | At a party                       | 4 (5) |
| 3    | At a friend's or relation's home | 4 (3) | 3     | At a friend's or relation's home | 3 (4) |
| 4    | In a pub, bar or nightclub       | 3 (2) | 4     | In a pub, bar or nightclub       | 1 (3) |
| 5    | Outside in a public place        | 1 (1) | 5     | Outside in a public place        | 1 (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    | Nightclub   | 1 (0) | 1     | Pub or bar  | 1 (2) |
| 2    | Pub or bar  | 1 (0) | 2     | Off-licence | 1 (1) |
| 3    | Supermarket | 1 (0) | 3     | Supermarket | 1 (1) |
| 4    | Off-licence | 1 (0) | 4     | Nightclub   | 0 (1) |

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



51% (56%) of pupils responded that they 'never' drink alcohol, while 8% (7%) said they do not drink alcohol at home.

31% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 77    | 46    | 75       | 50    |
| Girls | 73    | 35    | 76       | 44    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 17    | 38    | 20       | 37    |
| Girls | 23    | 45    | 20       | 36    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 3     | 7     | 3        | 6     |
| Girls | 2     | 10    | 1        | 9     |

## Drugs

23% (20%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs listed in the questionnaire.

18% (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).

6% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 13    | 31    | 10       | 32    |
| Girls | 16    | 33    | 10       | 32    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 9     | 33    | 9        | 27    |
| Girls | 7     | 26    | 4        | 25    |

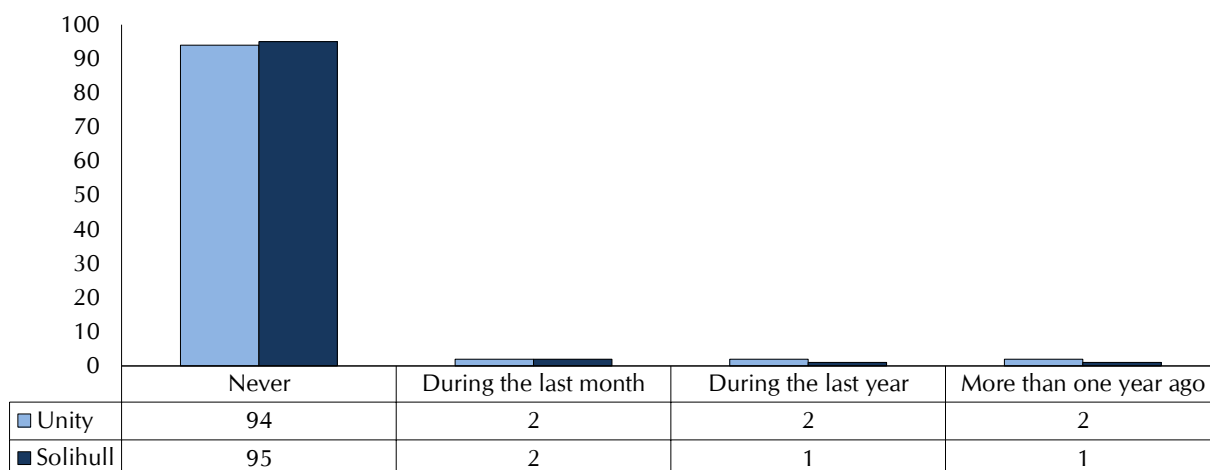
**Q39.** Percentage answering that they have been offered other drugs listed in the questionnaire.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 3     | 6     | 2        | 6     |
| Girls | 2     | 6     | 1        | 5     |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 12    | 2        | 9     |
| Girls | 1     | 11    | 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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 7     | 1        | 3     |
| Girls | 0     | 2     | 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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 9     | 1        | 6     |
| Girls | 1     | 7     | 1        | 6     |

6% (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                              | 76 (78)                                  | 0 (1)                         | 0 (0)                   | 0 (0)     |
| Cannabis                                  | 47 (48)                                  | 19 (18)                       | 0 (0)                   | 1 (1)     |
| Ecstasy                                   | 71 (73)                                  | 4 (2)                         | 0 (0)                   | 0 (0)     |
| Synthetic hallucinogens                   | 75 (75)                                  | 2 (2)                         | 0 (0)                   | 0 (0)     |
| Solvents                                  | 62 (60)                                  | 13 (18)                       | 0 (0)                   | 0 (0)     |
| 'Legal highs'/New Psychoactive Substances | 75 (76)                                  | 6 (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                              | 65 (70)                                  | 2 (2)                         | 0 (0)                   | 0 (0)     |
| Cannabis                                  | 26 (35)                                  | 43 (37)                       | 4 (3)                   | 11 (7)    |
| Ecstasy                                   | 57 (55)                                  | 7 (5)                         | 1 (0)                   | 1 (1)     |
| Synthetic hallucinogens                   | 56 (60)                                  | 3 (6)                         | 1 (0)                   | 1 (1)     |
| Solvents                                  | 50 (54)                                  | 16 (19)                       | 0 (1)                   | 0 (2)     |
| 'Legal highs'/New Psychoactive Substances | 49 (64)                                  | 6 (11)                        | 0 (0)                   | 0 (0)     |

Of the 23 (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.

3% (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:

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 12    | 12    | 10       | 12    |
| Girls | 13    | 13    | 11       | 12    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 0     | 0     | 0        | 1     |
| Girls | 0     | 1     | 0        | 1     |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 0     | 5     | 1        | 3     |
| Girls | 1     | 5     | 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 2% (1%) said they 'don't know' if it has been at risk.

1% (0%) of pupils responded that their personal safety has been at risk when they have used drugs and alcohol at the same time, while 2% (1%) said they 'don't know' if it has been at risk.

16% (9%) of pupils responded that their personal safety has been at risk when they have used alcohol, while 8% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 2     | 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.

|       | Unity |       | 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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 16    | 24    | 7        | 13    |
| Girls | 6     | 20    | 4        | 16    |

## Internet safety

72% (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)  | 100 (100) | 99 (99) |
| Do you access the Internet outside of school?                            | 93 (94) | 80 (90)   | 96 (97)  | 95 (98)   | 90 (94) |
| Do you access the Internet when your parents/carers are not in the room? | 92 (94) | 92 (92)   | 100 (98) | 99 (99)   | 95 (95) |
| Are your parents/carers always aware when you use the Internet?          | 64 (68) | 80 (75)   | 64 (55)  | 79 (67)   | 72 (67) |

98% (99%) of pupils responded that they used the internet at home in the week before the survey; 68% (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):

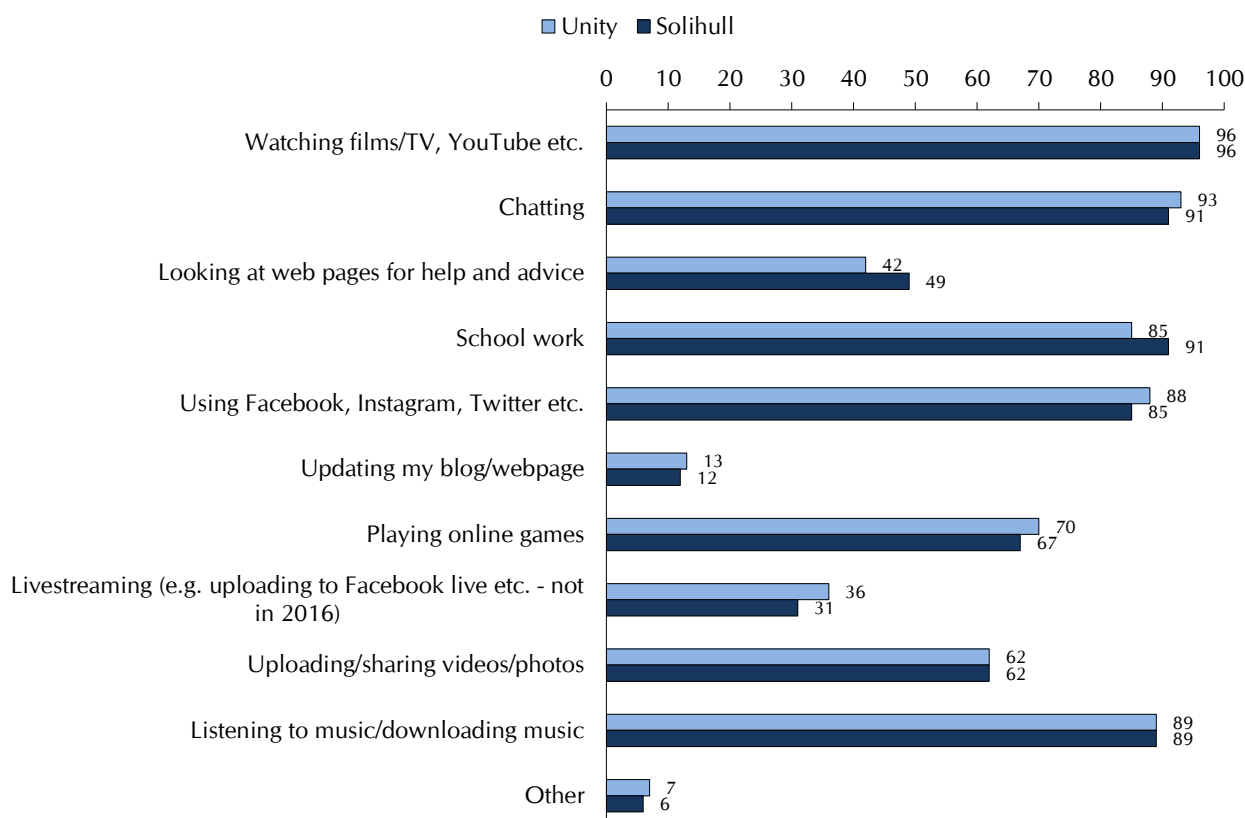
|           | Year 8  |         | Year 10 |          | Total   |
|-----------|---------|---------|---------|----------|---------|
|           | Boys    | Girls   | Boys    | Girls    |         |
| At home   | 98 (98) | 95 (99) | 99 (99) | 100 (99) | 98 (99) |
| At school | 64 (67) | 52 (65) | 79 (84) | 85 (82)  | 68 (73) |
| Elsewhere | 52 (48) | 57 (47) | 59 (54) | 62 (42)  | 57 (48) |

88% (85%) of pupils responded that they use the Internet for Facebook, Instagram, Twitter etc., while 93% (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.         | 96 (95) | 1     | Chatting                                | 97 (95) |
| 2    | Playing online games                    | 93 (89) | 2     | Watching films/TV, YouTube etc.         | 95 (96) |
| 3    | Chatting                                | 90 (88) | 3     | School work                             | 91 (95) |
| 4    | Listening to music/downloading music    | 88 (85) | 4     | Listening to music/downloading music    | 90 (93) |
| 5    | Using Facebook, Instagram, Twitter etc. | 88 (83) | 5     | Using Facebook, Instagram, Twitter etc. | 87 (86) |

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



27% (22%) of pupils responded that they have met someone in real life whom they first met online and 37% (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?                     | 95 (92) | 95 (96) | 93 (95) | 99 (99) | 95 (95) |
| Have you ever been told how to stay safe while chatting online?   | 97 (96) | 98 (99) | 98 (97) | 98 (98) | 97 (97) |
| Have you ever met someone in real life whom you first met online? | 29 (20) | 13 (14) | 35 (27) | 32 (31) | 27 (22) |
| Have you ever seen pictures online that were for adults only?     | 38 (30) | 19 (21) | 62 (55) | 42 (36) | 39 (35) |
| Have you ever looked online for adults-only pictures/videos?      | 12 (12) | 1 (3)   | 47 (42) | 7 (5)   | 16 (15) |
| Have you ever seen pictures online that upset you?                | 20 (24) | 42 (39) | 34 (29) | 49 (48) | 37 (35) |
| <i>If yes, did these involve violence?</i>                        | 10 (13) | 16 (19) | 18 (19) | 27 (32) | 19 (21) |
| <i>If yes, did these involve bullying?</i>                        | 6 (8)   | 22 (21) | 11 (12) | 26 (26) | 17 (17) |
| <i>If yes, did these involve sexual activity?</i>                 | 1 (4)   | 4 (6)   | 8 (8)   | 10 (11) | 6 (7)   |
| <i>If yes, did these involve 'happy slapping'?</i>                | 3 (3)   | 5 (3)   | 3 (4)   | 5 (5)   | 4 (4)   |



66% (63%) of pupils responded that they use social media (e.g. Facebook) and share images of themselves, while 28% (27%) said they don't share images of themselves and 6% (9%) said they don't use social media.

7% (6%) of pupils responded that they share images of themselves on social media which they wouldn't show their parents/carers.

11% (9%) of pupils responded that they share images of themselves on social media which they wouldn't show their teachers or headteacher.

14% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 53    | 50    | 50       | 55    |
| Girls | 74    | 87    | 70       | 82    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 1     | 10    | 5        | 8     |
| Girls | 6     | 12    | 4        | 9     |

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

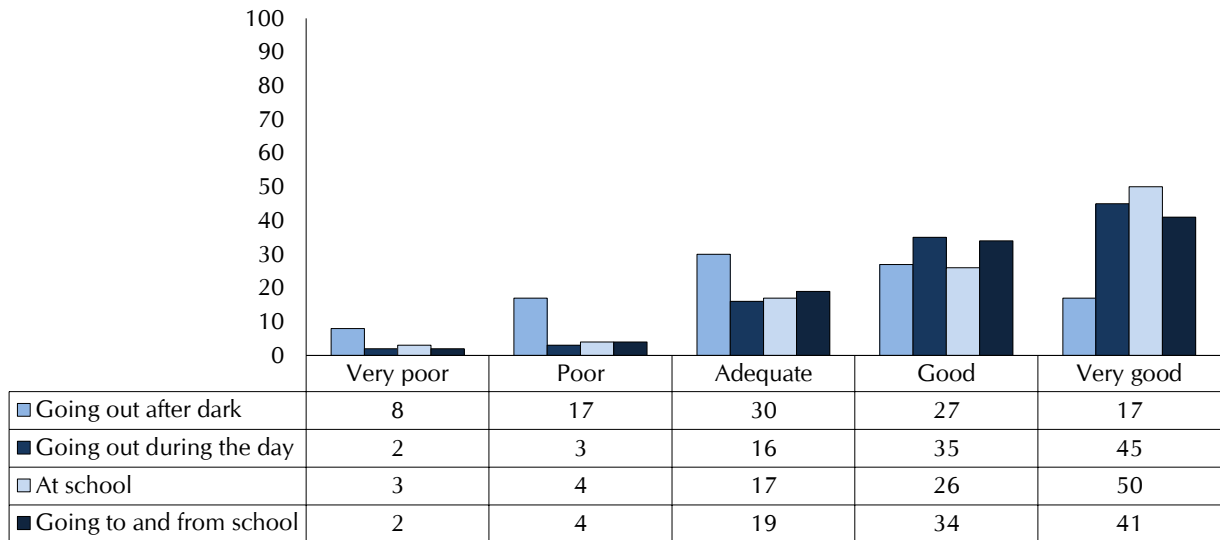
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 8     | 10    | 7        | 9     |
| Girls | 15    | 10    | 9        | 12    |

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 8     | 12    | 6        | 11    |
| Girls | 18    | 21    | 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 Unity Collaborative only.*

76% (82%) of pupils rated their safety at school as 'good' or 'very good', while 44% (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     | 51 (55) | 43 (55) | 46 (63) | 33 (50) | 44 (56) |
| Going out during the day | 81 (90) | 78 (88) | 79 (88) | 83 (87) | 80 (88) |
| At school                | 77 (82) | 77 (82) | 78 (84) | 76 (79) | 76 (82) |
| Going to and from school | 78 (81) | 78 (79) | 73 (84) | 73 (78) | 75 (80) |

25% (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     | 19 (13) | 27 (13) | 26 (12) | 32 (14) | 25 (13) |
| Going out during the day | 4 (2)   | 3 (1)   | 3 (2)   | 5 (3)   | 4 (2)   |
| At school                | 3 (4)   | 3 (3)   | 11 (6)  | 12 (7)  | 7 (5)   |
| Going to and from school | 2 (3)   | 3 (3)   | 10 (5)  | 8 (3)   | 6 (4)   |

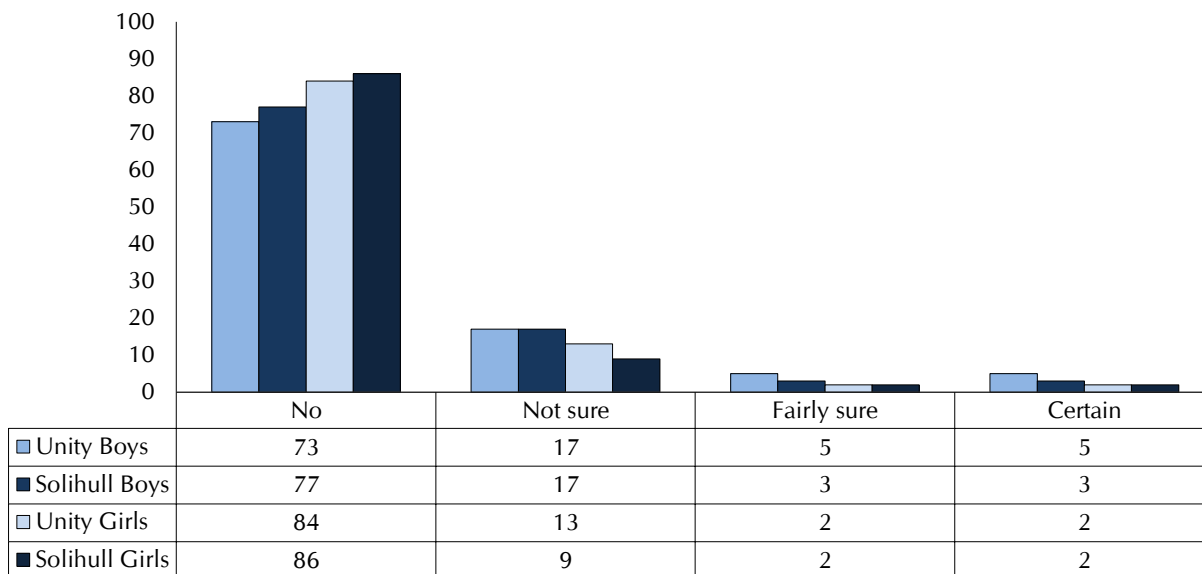
## Violence and aggression

12% (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 9% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 7     | 19    | 11       | 13    |
| Girls | 6     | 16    | 5        | 8     |

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



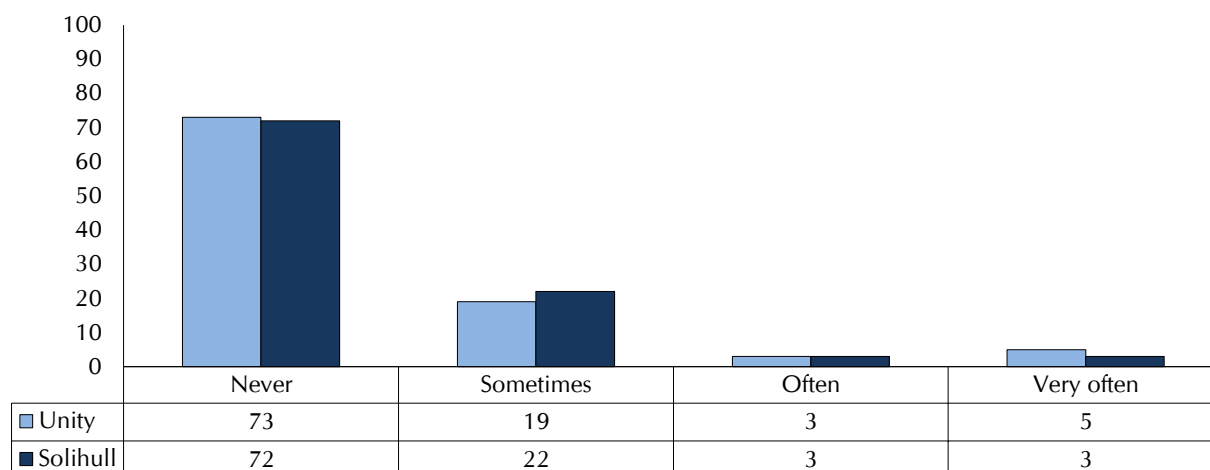
7% (6%) of pupils responded that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.

**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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 5     | 14    | 4        | 9     |
| Girls | 1     | 7     | 3        | 8     |

## Bullying

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



27% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 18    | 18    | 24       | 17    |
| Girls | 38    | 30    | 38       | 31    |

9% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 4     | 4     | 4        | 3     |
| Girls | 12    | 11    | 7        | 8     |

26% (21%) of pupils responded that they have been bullied at school in the last 12 months, while 9% (6%) said they have been bullied near school.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 23    | 21    | 18       | 18    |
| Girls | 30    | 25    | 25       | 20    |

12% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 2     | 11    | 4        | 7     |
| Girls | 12    | 22    | 14       | 13    |

48% (52%) of pupils responded that they haven't been picked on or bullied, while 24% (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   | 21 (18) | 1     | The way they look   | 42 (33) |
| 2    | Their size or weight  | 18 (15) | 2     | Their size or weight  | 29 (21) |
| 3    | Being different   | 13 (10) | 3     | Being different   | 14 (12) |
| 4    | People think they are gay, lesbian, bisexual or transgender | 10 (6)  | 4     | Academic achievement (being better or worse)                | 8 (11)  |
| 5    | Their race  | 7 (6)   | 5     | Other   | 6 (7)   |
| 6    | Academic achievement (being better or worse)                | 6 (6)   | 6     | Family income/background                                    | 6 (6)   |
| 7    | Other   | 6 (6)   | 7     | Their race  | 6 (6)   |
| 8    | Their religion  | 6 (3)   | 8     | People think they are gay, lesbian, bisexual or transgender | 6 (4)   |
| 9    | A learning difficulty                                       | 5 (4)   | 9     | A learning difficulty                                       | 5 (3)   |
| 10   | Family income/background                                    | 5 (3)   | 10    | Their gender  | 4 (3)   |

5% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 6     | 5     | 3        | 4     |
| Girls | 6     | 3     | 4        | 3     |

## Health and Hygiene

### Dental health

84% (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.

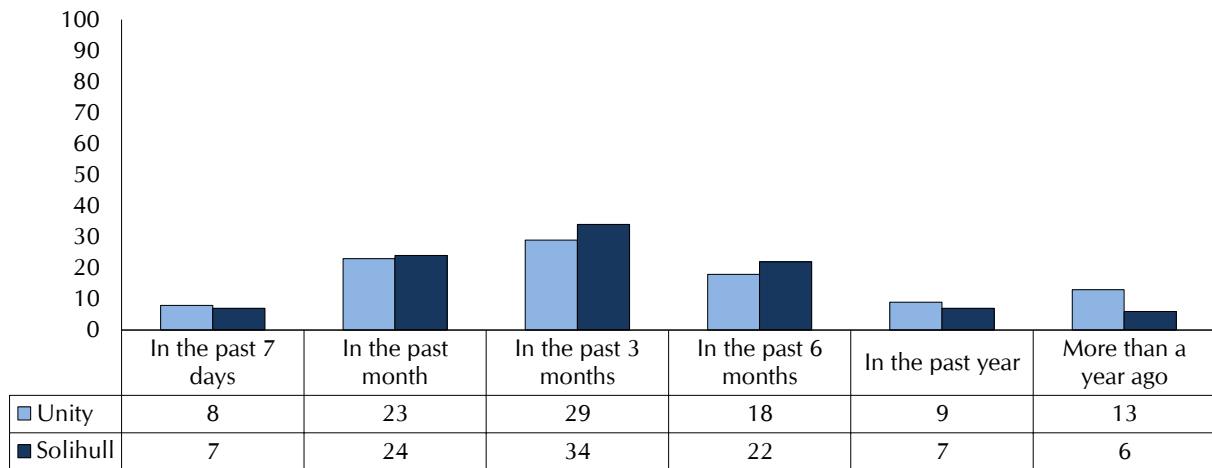
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 75    | 80    | 80       | 81    |
| Girls | 87    | 94    | 89       | 92    |

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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 0     | 1     | 1        | 1     |
| Girls | 1     | 0     | 1        | 0     |

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



78% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 82    | 71    | 86       | 84    |
| Girls | 79    | 82    | 88       | 90    |

13% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 11    | 17    | 6        | 9     |
| Girls | 13    | 10    | 6        | 4     |

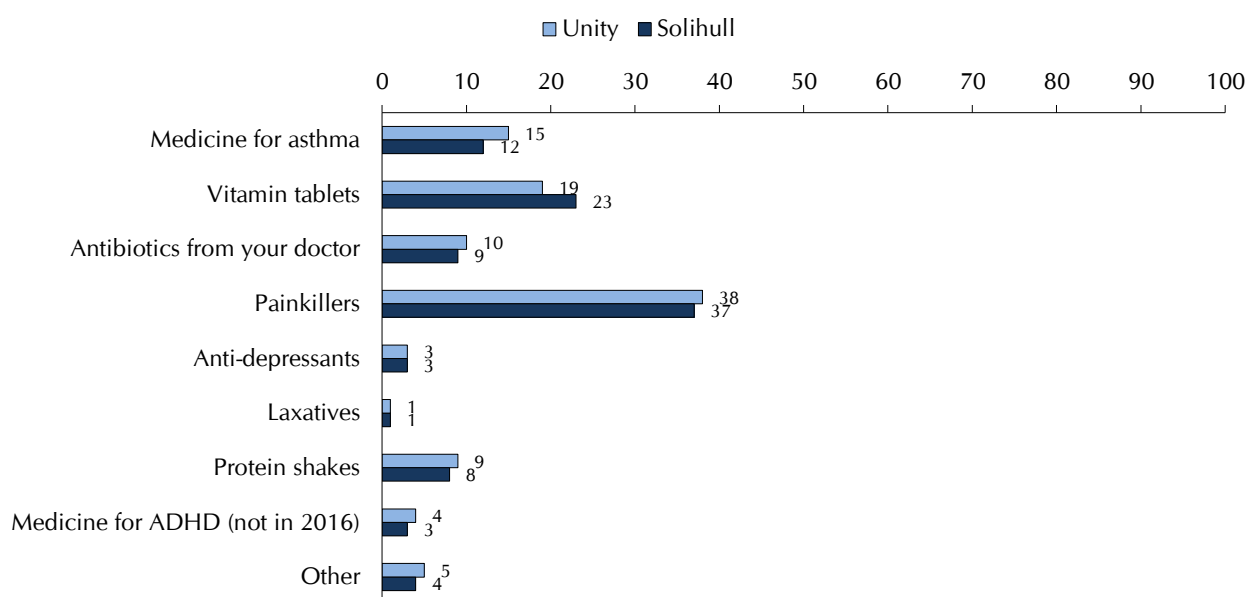
## Medication and doctors

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                  | 22 | (26) | 1     | Painkillers                  | 51 | (47) |
| 2    | Vitamin tablets              | 18 | (21) | 2     | Vitamin tablets              | 19 | (25) |
| 3    | Medicine for asthma          | 13 | (13) | 3     | Medicine for asthma          | 16 | (12) |
| 4    | Protein shakes               | 12 | (11) | 4     | Antibiotics from your doctor | 11 | (9)  |
| 5    | Antibiotics from your doctor | 9  | (8)  | 5     | Protein shakes               | 6  | (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 59    | 56    | 57       | 66    |
| Girls | 56    | 53    | 54       | 50    |

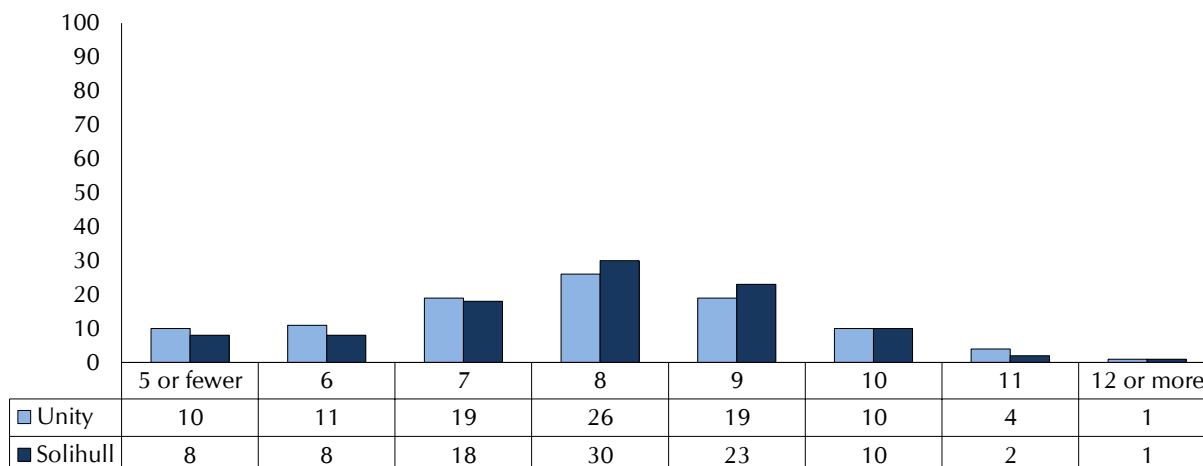
18% (15%) of pupils responded that they felt 'quite' or 'very' uneasy with the doctor on their last visit.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 19    | 18    | 16       | 12    |
| Girls | 14    | 19    | 15       | 17    |

## Sleeping patterns

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



10% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 9     | 11    | 8        | 9     |
| Girls | 6     | 13    | 5        | 11    |

60% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 73    | 49    | 75       | 60    |
| Girls | 69    | 51    | 72       | 54    |

69% (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; 12% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 74    | 69    | 79       | 71    |
| Girls | 72    | 61    | 74       | 59    |

59% (62%) of pupils responded that the amount of sleep they normally get is enough for their health; 13% (9%) said it isn't enough.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 71    | 60    | 73       | 62    |
| Girls | 63    | 45    | 64       | 48    |



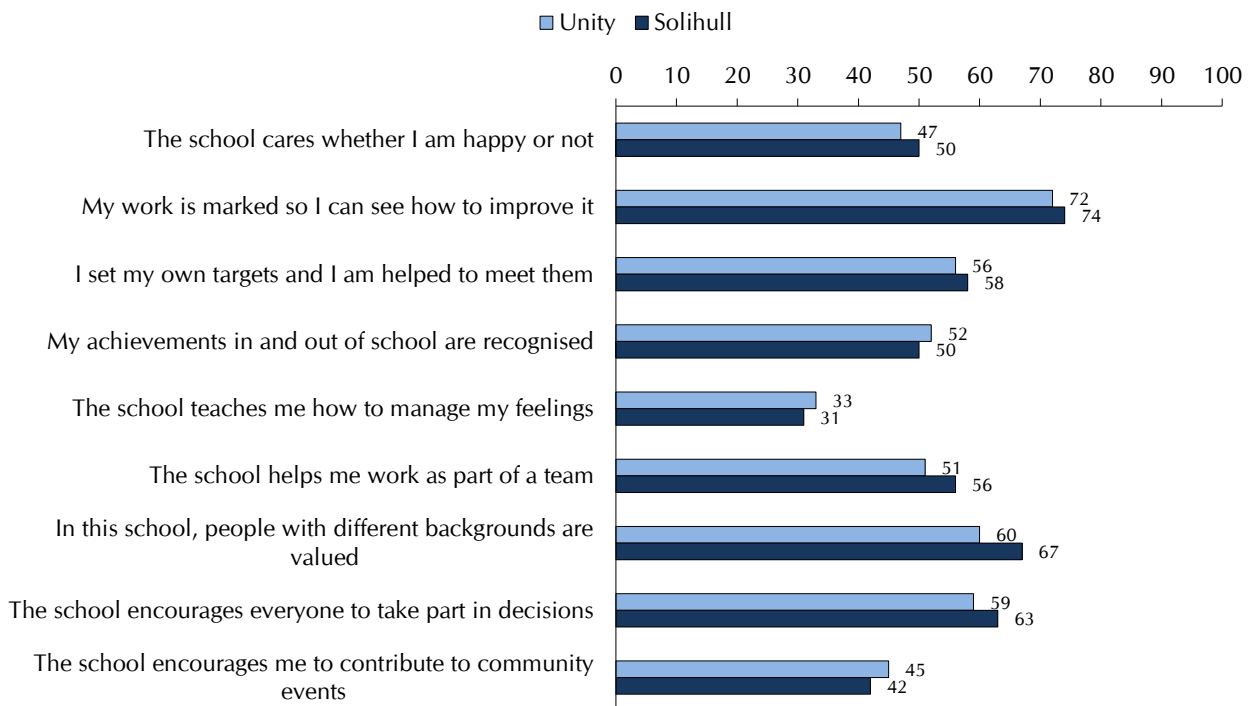
## School

72% (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                   | 46 (53) | 54 (53) | 44 (52) | 46 (44) | 47 (50) |
| My work is marked so I can see how to improve it             | 71 (76) | 76 (74) | 79 (77) | 63 (69) | 72 (74) |
| I set my own targets and I am helped to meet them            | 53 (59) | 50 (58) | 57 (59) | 69 (58) | 56 (58) |
| My achievements in and out of school are recognised          | 43 (53) | 58 (52) | 47 (47) | 63 (47) | 52 (50) |
| The school teaches me how to manage my feelings              | 36 (33) | 31 (33) | 33 (32) | 31 (25) | 33 (31) |
| The school helps me work as part of a team                   | 57 (59) | 54 (61) | 50 (55) | 42 (46) | 51 (56) |
| In this school, people with different backgrounds are valued | 54 (65) | 66 (72) | 58 (65) | 61 (67) | 60 (67) |
| The school encourages everyone to take part in decisions     | 55 (66) | 60 (68) | 53 (58) | 70 (61) | 59 (63) |
| The school encourages me to contribute to community events   | 48 (45) | 46 (46) | 43 (42) | 47 (34) | 45 (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 37% (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                             | 37 (47) | 15 (14) | 40 (30)           | 0 (0)                              | 0 (0)               | 0 (0)               | 7 (7)    | 1 (0)              |
| Health   | 67 (73) | 5 (4)   | 1 (1)             | 21 (16)                            | 0 (0)               | 0 (0)               | 5 (5)    | 1 (0)              |
| Career   | 65 (72) | 6 (6)   | 16 (11)           | 1 (0)                              | 3 (2)               | 0 (0)               | 8 (6)    | 1 (0)              |
| Friendships  | 35 (41) | 55 (52) | 6 (4)             | 0 (0)                              | 0 (0)               | 0 (0)               | 3 (1)    | 1 (0)              |
| Parents/carers not getting on with each other                | 43 (36) | 33 (40) | 11 (11)           | 2 (1)                              | 2 (3)               | 0 (0)               | 3 (3)    | 4 (4)              |
| Problems between children and parents/carers in their family | 47 (39) | 28 (36) | 14 (12)           | 1 (1)                              | 3 (2)               | 0 (0)               | 3 (2)    | 4 (4)              |
| Feeling sad or upset a lot of the time                       | 63 (61) | 27 (27) | 3 (3)             | 2 (1)                              | 0 (1)               | 0 (0)               | 3 (4)    | 1 (1)              |
| Sex and relationships  | 47 (46) | 36 (39) | 5 (2)             | 3 (3)                              | 1 (1)               | 0 (0)               | 5 (5)    | 1 (1)              |
| Drugs  | 52 (54) | 22 (24) | 5 (3)             | 9 (7)                              | 3 (2)               | 0 (0)               | 5 (5)    | 2 (2)              |
| Healthy eating   | 71 (76) | 7 (7)   | 3 (2)             | 12 (8)                             | 0 (0)               | 1 (1)               | 5 (6)    | 0 (0)              |
| Helping and volunteering                                     | 49 (58) | 12 (11) | 24 (17)           | 1 (0)                              | 6 (4)               | 0 (1)               | 6 (7)    | 1 (0)              |
| Money  | 89 (90) | 5 (5)   | 1 (1)             | 0 (0)                              | 2 (1)               | 0 (0)               | 2 (2)    | 1 (0)              |
| The way they look  | 53 (51) | 40 (41) | 1 (0)             | 2 (1)                              | 0 (0)               | 1 (1)               | 3 (4)    | 0 (0)              |
| Puberty and growing up                                       | 68 (66) | 19 (21) | 4 (2)             | 3 (3)                              | 0 (0)               | 1 (1)               | 3 (5)    | 1 (0)              |
| Being bullied  | 64 (65) | 17 (20) | 15 (10)           | 0 (0)                              | 0 (0)               | 0 (0)               | 2 (2)    | 1 (1)              |
| Sexuality  | 64 (67) | 21 (20) | 3 (2)             | 4 (2)                              | 1 (1)               | 1 (0)               | 4 (3)    | 1 (1)              |
| Gender identity  | 67 (70) | 18 (18) | 3 (1)             | 5 (2)                              | 1 (1)               | 0 (0)               | 4 (4)    | 1 (1)              |

## Sexual Health

### Sexually transmitted infections

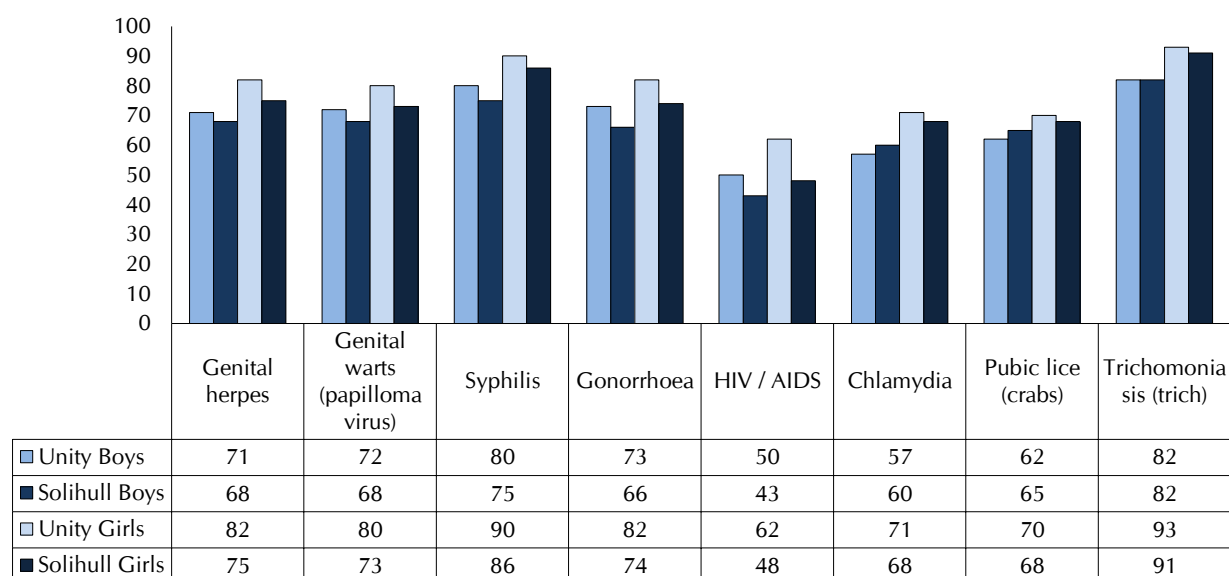
In Q69 the students were asked about their knowledge of sexually transmitted infections. They were offered four options for each: "Never heard of it"; "Know nothing about it"; "Can be treated but not cured"; "Can be treated and cured". The correct answers are that Genital herpes, Genital warts and HIV/AIDS 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.

31% (42%) of pupils correctly identified that HIV/AIDS can be treated but not cured; 9% (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                  | 8 ( 8)  | 3 ( 8)  | 12 (17) | 18 (13) | 9 (11)  |
| Genital warts (papilloma virus) | 8 ( 7)  | 0 ( 3)  | 11 (12) | 11 ( 8) | 7 ( 7)  |
| Syphilis                        | 2 ( 7)  | 1 ( 3)  | 17 (21) | 15 (15) | 8 (11)  |
| Gonorrhoea                      | 9 (13)  | 3 ( 6)  | 19 (33) | 24 (31) | 13 (19) |
| HIV/AIDS                        | 30 (37) | 17 (34) | 42 (48) | 42 (52) | 31 (42) |
| Chlamydia                       | 9 (13)  | 10 (10) | 42 (34) | 30 (33) | 21 (21) |
| Pubic lice (crabs)              | 16 (18) | 14 (18) | 40 (43) | 38 (40) | 26 (28) |
| Trichomoniasis (trich)          | 2 ( 5)  | 3 ( 3)  | 13 (17) | 5 ( 9)  | 6 ( 8)  |

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



50% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 39    | 74    | 27       | 62    |
| Girls | 25    | 69    | 17       | 55    |

76% (75%) of pupils responded that they think condoms are reliable at stopping pregnancy; 39% (42%) said the same of female condoms, as did 33% (34%) of emergency contraception.

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

| Year 8  | Never heard of it/<br>know nothing about it | Not reliable to stop<br>pregnancy | Reliable to stop<br>pregnancy | Reliable to stop STIs |
|---|---|-----------------------------------|-------------------------------|-----------------------|
| Condoms   | 12 (14)                                     | 22 (17)                           | 66 (69)                       | 71 (68)               |
| Diaphragm (Cap)                                 | 82 (82)                                     | 8 (7)                             | 10 (11)                       | 11 (9)                |
| Pill (contraceptive pill or<br>mini-pill)       | 33 (41)                                     | 17 (14)                           | 50 (44)                       | 27 (20)               |
| Female condom (Femidom)                         | 65 (57)                                     | 11 (12)                           | 24 (31)                       | 42 (38)               |
| Emergency contraception<br>(morning-after pill) | 60 (59)                                     | 18 (18)                           | 22 (23)                       | 11 (11)               |
| Long Acting Reversible<br>Contraception (LARC)  | 78 (81)                                     | 4 (5)                             | 17 (13)                       | 10 (6)                |
| Safe period/rhythm method                       | 77 (79)                                     | 16 (13)                           | 6 (7)                         | 10 (7)                |
| Sex without penetration<br>(‘outercourse’)      | 72 (71)                                     | 17 (15)                           | 11 (13)                       | 18 (19)               |

| Year 10   | Never heard of it/<br>know nothing about it | Not reliable to stop<br>pregnancy | Reliable to stop<br>pregnancy | Reliable to stop STIs |
|---|---|-----------------------------------|-------------------------------|-----------------------|
| Condoms   | 1 (5)                                       | 11 (13)                           | 88 (82)                       | 91 (87)               |
| Diaphragm (Cap)                                 | 63 (60)                                     | 10 (10)                           | 27 (29)                       | 16 (14)               |
| Pill (contraceptive pill or<br>mini-pill)       | 11 (16)                                     | 24 (17)                           | 65 (67)                       | 14 (14)               |
| Female condom (Femidom)                         | 27 (28)                                     | 14 (15)                           | 58 (56)                       | 64 (53)               |
| Emergency contraception<br>(morning-after pill) | 22 (23)                                     | 30 (28)                           | 48 (49)                       | 9 (8)                 |
| Long Acting Reversible<br>Contraception (LARC)  | 56 (57)                                     | 10 (9)                            | 34 (33)                       | 4 (5)                 |
| Safe period/rhythm method                       | 57 (56)                                     | 33 (32)                           | 11 (11)                       | 4 (4)                 |
| Sex without penetration<br>(‘outercourse’)      | 42 (45)                                     | 22 (24)                           | 36 (31)                       | 20 (20)               |

15% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 22    | 5     | 23       | 8     |
| Girls | 21    | 6     | 28       | 11    |

27% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 14    | 40    | 10       | 33    |
| Girls | 13    | 44    | 10       | 33    |

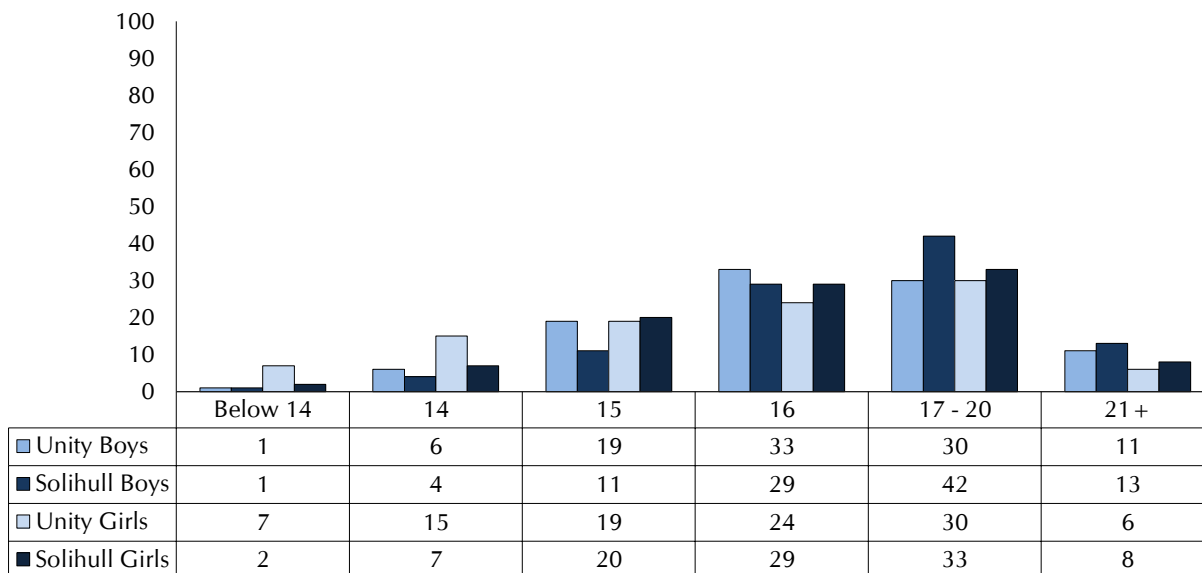
56% (49%) of pupils responded that if they had a sexual health concern, they would know where to go to get help.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 44    | 73    | 37       | 57    |
| Girls | 45    | 69    | 46       | 60    |

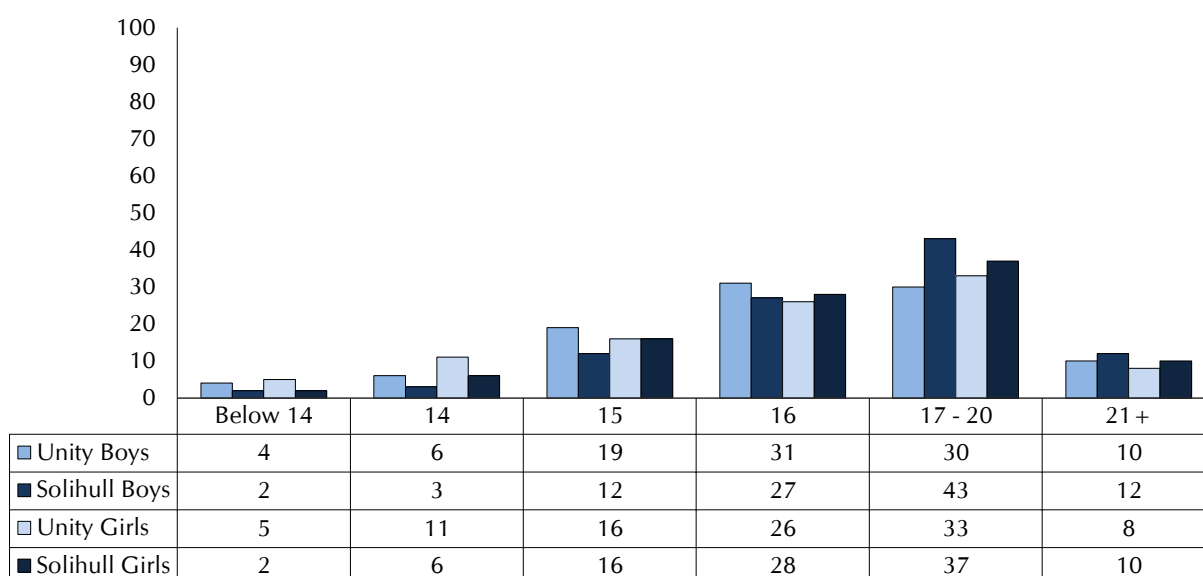
34% (23%) of pupils responded that they believe most males first have sex when they are under 16.

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



32% (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                    | 92 (94)   | 7 (5)            | 1 (0)                                     |
| Was angry or jealous when I wanted to spend time with friends | 80 (87)   | 18 (12)          | 2 (1)                                     |
| Kept checking my phone  | 90 (89)   | 8 (9)            | 2 (1)                                     |
| Put pressure on me to have sex or do other sexual things      | 97 (98)   | 3 (2)            | 1 (1)                                     |
| Threatened to tell people things about me                     | 94 (96)   | 5 (3)            | 1 (1)                                     |
| Threatened to hit me  | 94 (97)   | 6 (3)            | 0 (0)                                     |
| Hit me  | 94 (96)   | 6 (3)            | 0 (0)                                     |
| Girls   | No, never | Yes, in the past | Yes, with my current boyfriend/girlfriend |
| Used hurtful or threatening language to me                    | 87 (92)   | 12 (7)           | 1 (1)                                     |
| Was angry or jealous when I wanted to spend time with friends | 83 (88)   | 15 (10)          | 2 (2)                                     |
| Kept checking my phone  | 89 (92)   | 9 (6)            | 2 (2)                                     |
| Put pressure on me to have sex or do other sexual things      | 91 (94)   | 9 (5)            | 1 (1)                                     |
| Threatened to tell people things about me                     | 88 (94)   | 11 (5)           | 1 (0)                                     |
| Threatened to hit me  | 92 (96)   | 7 (3)            | 1 (0)                                     |
| Hit me  | 95 (97)   | 5 (2)            | 1 (1)                                     |

26% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 23    | 28    | 20       | 23    |
| Girls | 18    | 37    | 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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 60    | 78    | 64       | 71    |
| Girls | 67    | 68    | 64       | 70    |

73% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 66    | 70    | 63       | 70    |
| Girls | 79    | 80    | 76       | 77    |

## School

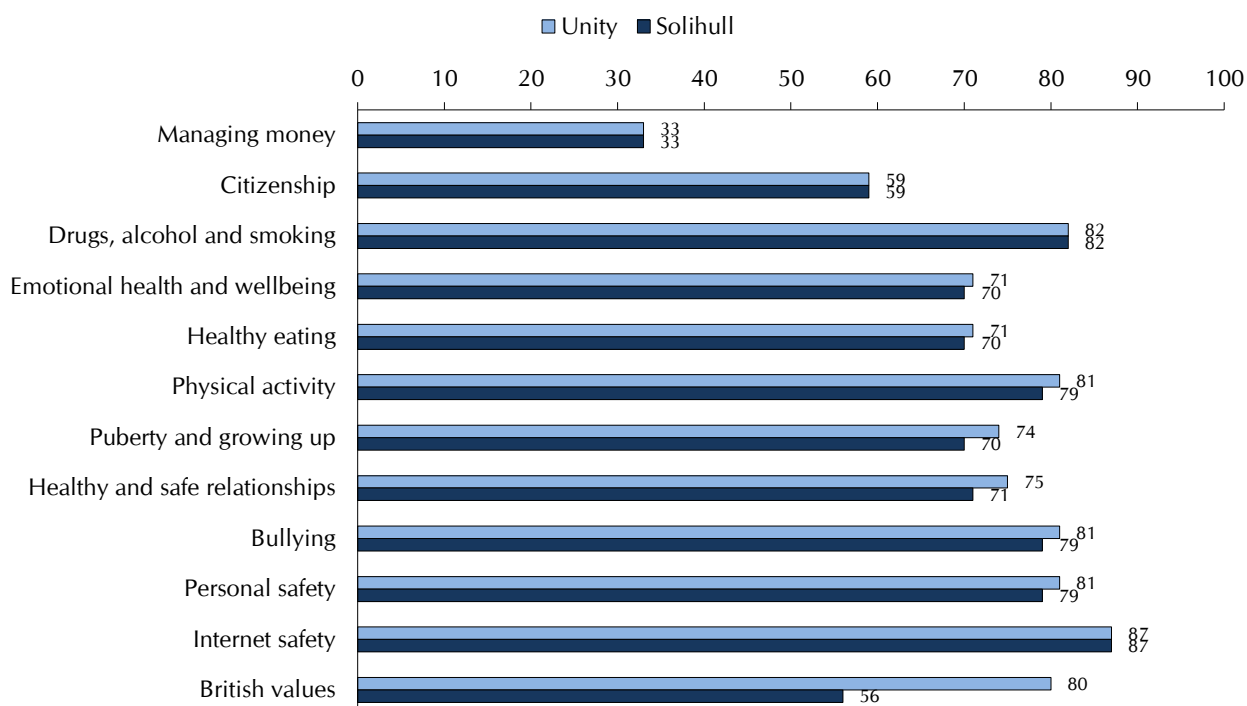
33% (33%) of pupils responded that they feel their school teaches them about managing money 'fairly' or 'very' well; 87% (87%) said the same about internet safety.

**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                 | 19 (13)   | 22 (24)     | 11 (16)       | 5 (6)           | 14 (10)    | 28 (30)         |
| Citizenship                    | 31 (22)   | 30 (40)     | 9 (11)        | 5 (4)           | 12 (11)    | 13 (12)         |
| Drugs, alcohol and smoking     | 48 (43)   | 35 (41)     | 3 (7)         | 2 (3)           | 7 (4)      | 5 (2)           |
| Emotional health and wellbeing | 41 (35)   | 33 (39)     | 5 (11)        | 5 (4)           | 9 (7)      | 7 (5)           |
| Healthy eating                 | 44 (36)   | 35 (41)     | 6 (10)        | 5 (4)           | 6 (5)      | 3 (4)           |
| Physical activity              | 46 (43)   | 40 (41)     | 2 (6)         | 3 (3)           | 5 (4)      | 4 (3)           |
| Puberty and growing up         | 44 (33)   | 30 (40)     | 12 (14)       | 5 (5)           | 5 (4)      | 4 (3)           |
| Healthy and safe relationships | 45 (35)   | 30 (35)     | 12 (13)       | 3 (5)           | 5 (6)      | 4 (5)           |
| Bullying                       | 54 (52)   | 31 (29)     | 5 (7)         | 5 (6)           | 3 (4)      | 2 (3)           |
| Personal safety                | 50 (47)   | 34 (34)     | 4 (9)         | 2 (3)           | 7 (5)      | 3 (3)           |
| Internet safety                | 59 (58)   | 30 (31)     | 4 (5)         | 1 (1)           | 3 (3)      | 3 (2)           |
| British values                 | 50 (30)   | 29 (28)     | 9 (14)        | 3 (5)           | 4 (8)      | 4 (15)          |
| Year 10                        | Very well | Fairly well | Not very well | Not at all well | Don't know | Not been taught |
| Managing money                 | 10 (10)   | 13 (18)     | 13 (19)       | 10 (13)         | 9 (8)      | 46 (32)         |
| Citizenship                    | 24 (16)   | 32 (40)     | 10 (12)       | 5 (8)           | 16 (11)    | 14 (12)         |
| Drugs, alcohol and smoking     | 39 (33)   | 43 (49)     | 10 (9)        | 2 (4)           | 2 (3)      | 4 (4)           |
| Emotional health and wellbeing | 32 (25)   | 35 (40)     | 18 (17)       | 3 (7)           | 3 (4)      | 8 (7)           |
| Healthy eating                 | 19 (21)   | 41 (40)     | 19 (21)       | 4 (8)           | 7 (5)      | 10 (6)          |
| Physical activity              | 34 (29)   | 41 (44)     | 15 (15)       | 3 (5)           | 2 (3)      | 5 (4)           |
| Puberty and growing up         | 32 (23)   | 41 (43)     | 15 (19)       | 5 (7)           | 2 (4)      | 5 (4)           |
| Healthy and safe relationships | 36 (27)   | 39 (45)     | 14 (15)       | 4 (5)           | 1 (3)      | 6 (4)           |
| Bullying                       | 38 (36)   | 37 (40)     | 11 (11)       | 5 (6)           | 2 (3)      | 7 (4)           |
| Personal safety                | 38 (33)   | 38 (43)     | 13 (12)       | 2 (5)           | 2 (3)      | 6 (4)           |
| Internet safety                | 46 (41)   | 40 (45)     | 7 (7)         | 3 (2)           | 1 (2)      | 4 (3)           |
| British values                 | 50 (22)   | 30 (30)     | 8 (16)        | 2 (7)           | 3 (8)      | 6 (16)          |



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



### School nurse

35% (42%) of pupils responded that they know how to contact the school nurse, while 36% (35%) said they don't know how to and 7% (3%) said they don't have a school nurse.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 28    | 52    | 39       | 49    |
| Girls | 30    | 32    | 39       | 42    |

16% (17%) of pupils responded that, if they wanted support, information or advice, they think they would go to the school nurse, while 47% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 15    | 18    | 18       | 17    |
| Girls | 19    | 12    | 16       | 15    |

## Leisure and Money

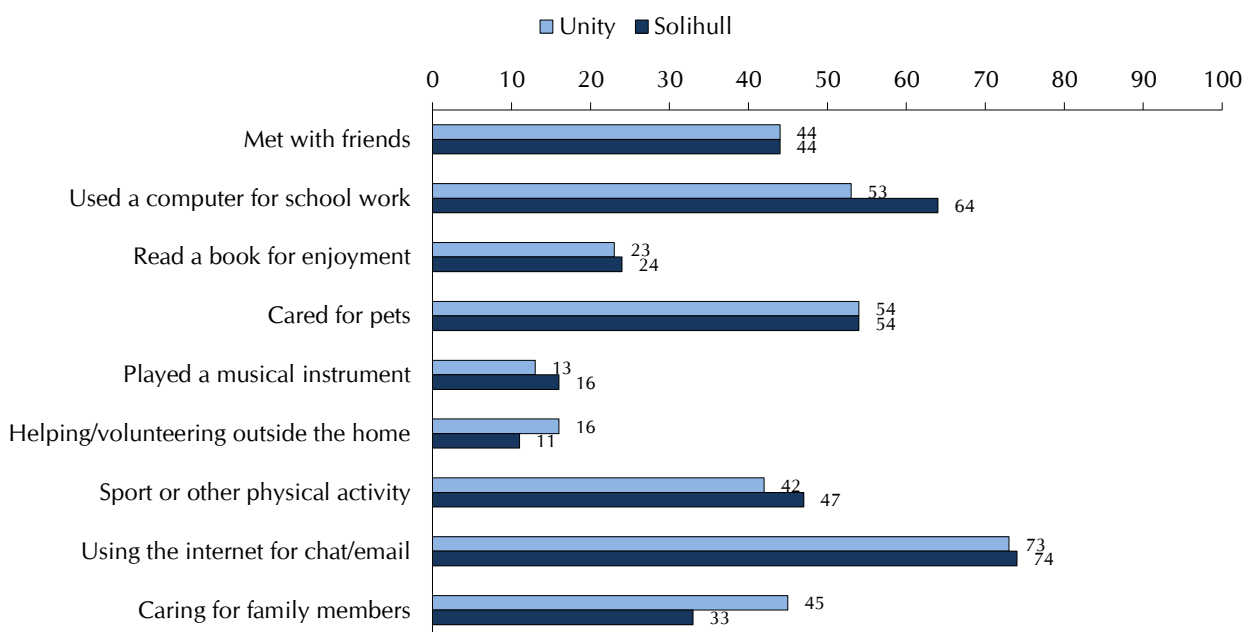
### After-school activities

44% (44%) of pupils responded that they met with friends after school on the day before the survey, while 42% (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    | Using the Internet for chat/e-mail           | 69 | (69) | 1     | Using the Internet for chat/e-mail           | 76 | (78) |
| 2    | Cared for pets                               | 53 | (53) | 2     | Used a computer for school work/<br>homework | 59 | (67) |
| 3    | Sport or other physical activity             | 51 | (54) | 3     | Cared for pets                               | 56 | (55) |
| 4    | Met with friends                             | 47 | (45) | 4     | Caring for family members                    | 46 | (32) |
| 5    | Used a computer for school work/<br>homework | 45 | (62) | 5     | Met with friends                             | 43 | (44) |
| 6    | Caring for family members                    | 45 | (34) | 6     | Sport or other physical activity             | 36 | (41) |
| 7    | Helping/volunteering outside the<br>home     | 19 | (12) | 7     | Read a book for enjoyment                    | 27 | (28) |
| 8    | Read a book for enjoyment                    | 17 | (19) | 8     | Played a musical instrument                  | 15 | (16) |
| 9    | Played a musical instrument                  | 12 | (15) | 9     | Helping/volunteering outside the<br>home     | 14 | (11) |

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



## Jobs

8% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 10    | 10    | 9        | 21    |
| Girls | 4     | 8     | 8        | 16    |

0% (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    | Paid housework    | 3 | ( 2) | 1     | Other work          | 2 | ( 2) |
| 2    | Working in a shop | 2 | ( 2) | 2     | Babysitting         | 2 | ( 2) |
| 3    | Babysitting       | 2 | ( 1) | 3     | Paper/leaflet round | 1 | ( 4) |
| 4    | Other work        | 1 | ( 4) | 4     | Paid housework      | 1 | ( 2) |
| 5    | Manual work       | 1 | ( 1) | 5     | Working in a shop   | 1 | ( 1) |

Of the 31 (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 8 (4) hours.

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

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 7     | 14    | 6        | 4     |
| Girls | 5     | 5     | 3        | 4     |

26% (28%) of pupils responded that they worry 'quite a lot' or 'a lot' about money.

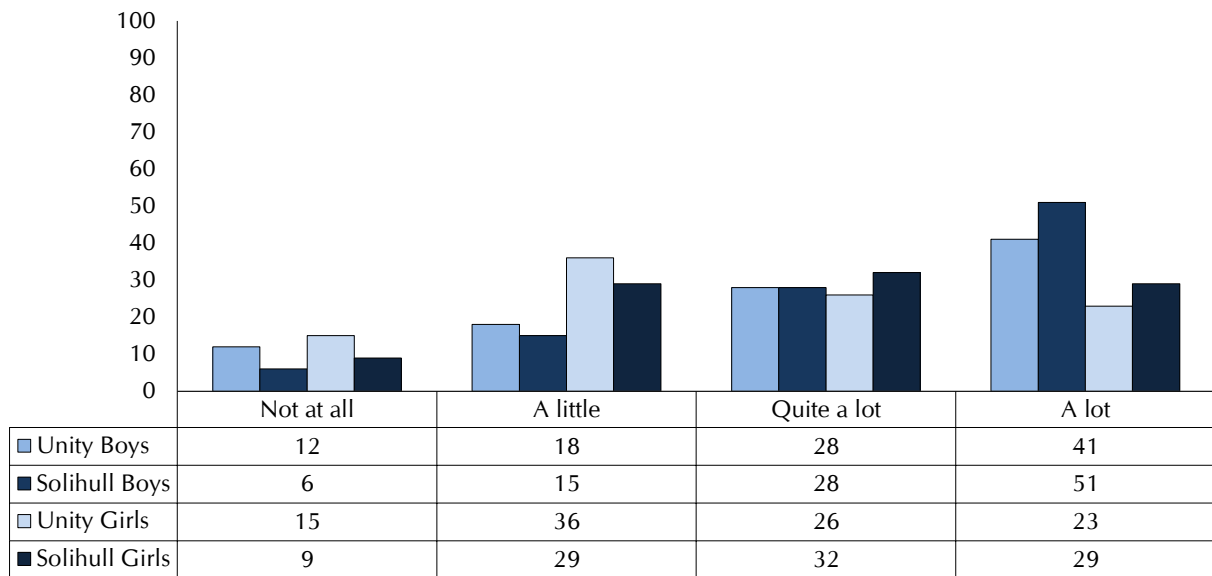
**Q69.** Percentage answering that they worry 'quite a lot' or 'a lot' about money.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 13    | 37    | 27       | 30    |
| Girls | 20    | 39    | 24       | 32    |

# Physical Activity

## Exercise

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



15% (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.

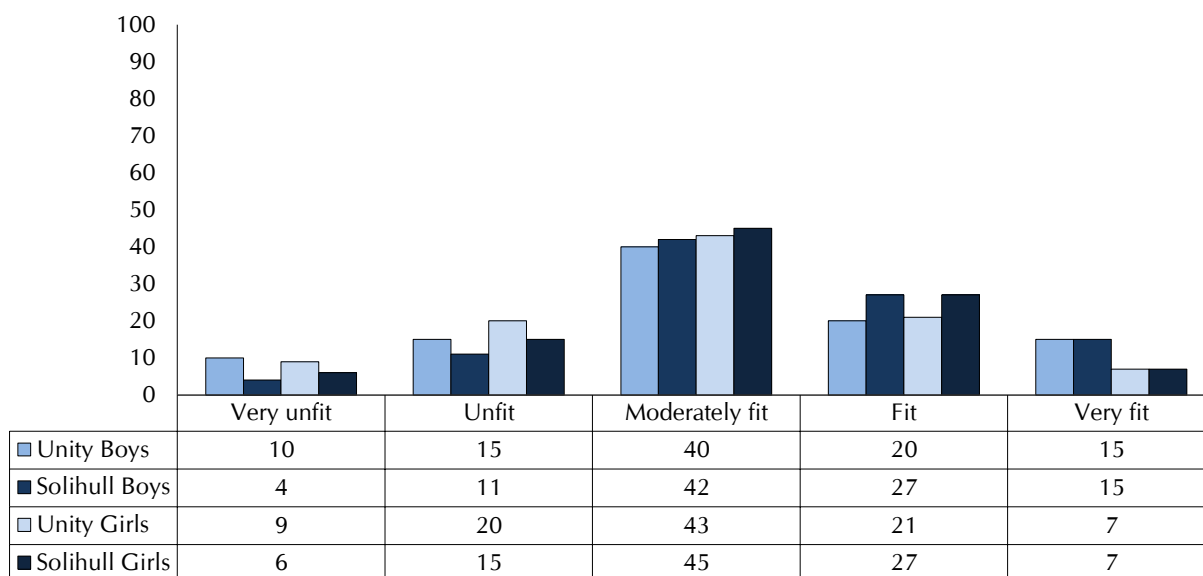
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 10    | 14    | 5        | 6     |
| Girls | 14    | 18    | 6        | 14    |

58% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 75    | 64    | 81       | 76    |
| Girls | 59    | 33    | 72       | 49    |

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



27% (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'.

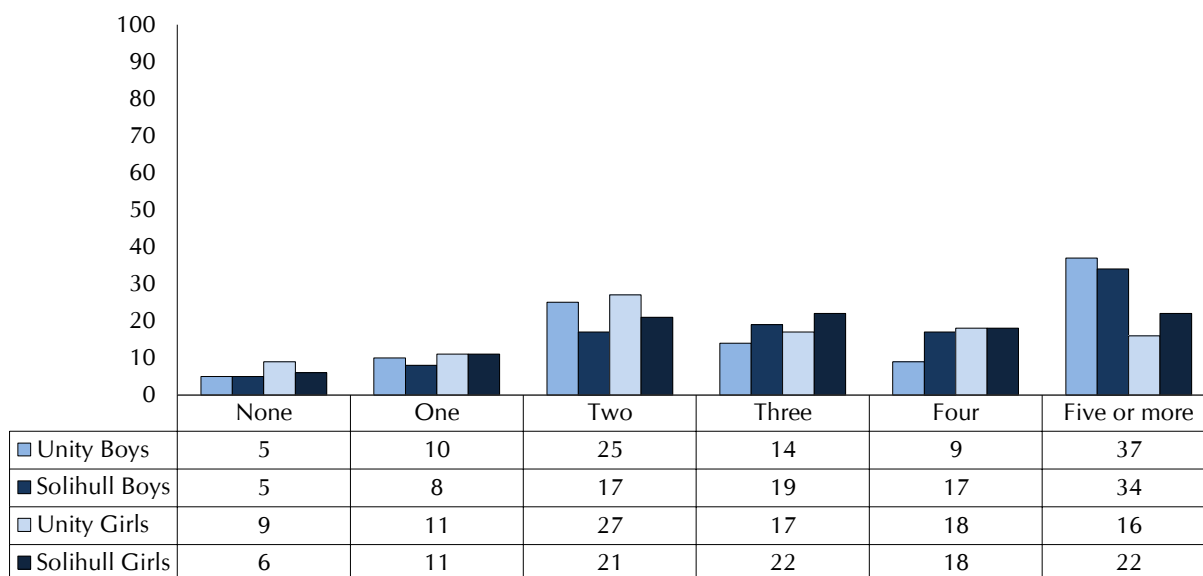
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 21    | 29    | 13       | 19    |
| Girls | 25    | 33    | 17       | 24    |

31% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 36    | 33    | 43       | 41    |
| Girls | 32    | 22    | 40       | 27    |

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



8% (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.

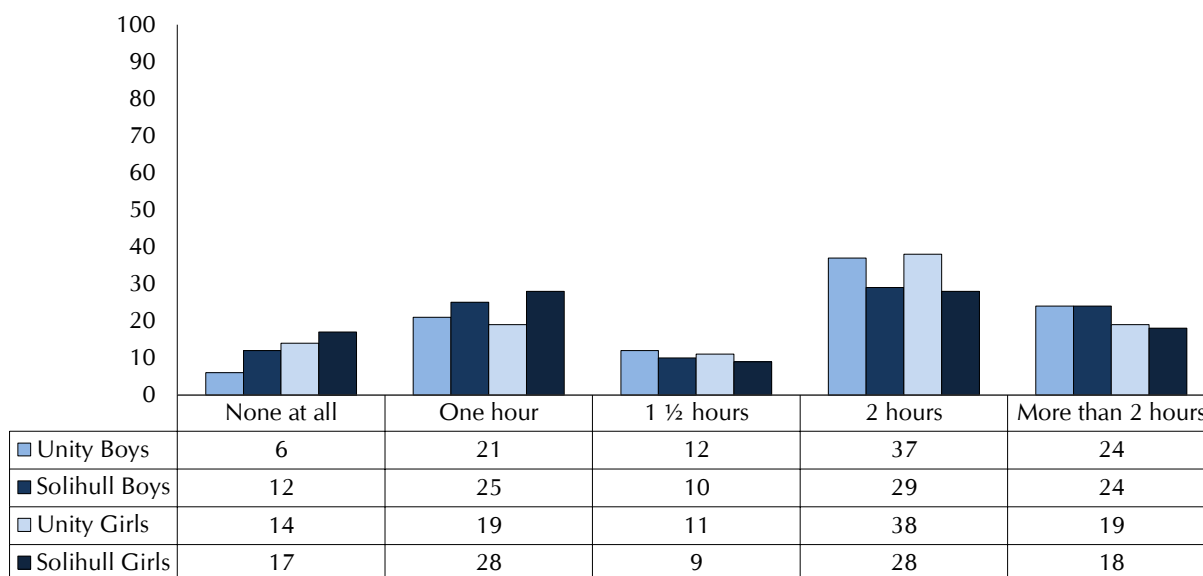
|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 6     | 5     | 4        | 5     |
| Girls | 9     | 10    | 5        | 9     |

54% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 68    | 50    | 75       | 64    |
| Girls | 53    | 50    | 65       | 58    |

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



10% (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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 10    | 1     | 9        | 17    |
| Girls | 14    | 14    | 12       | 23    |

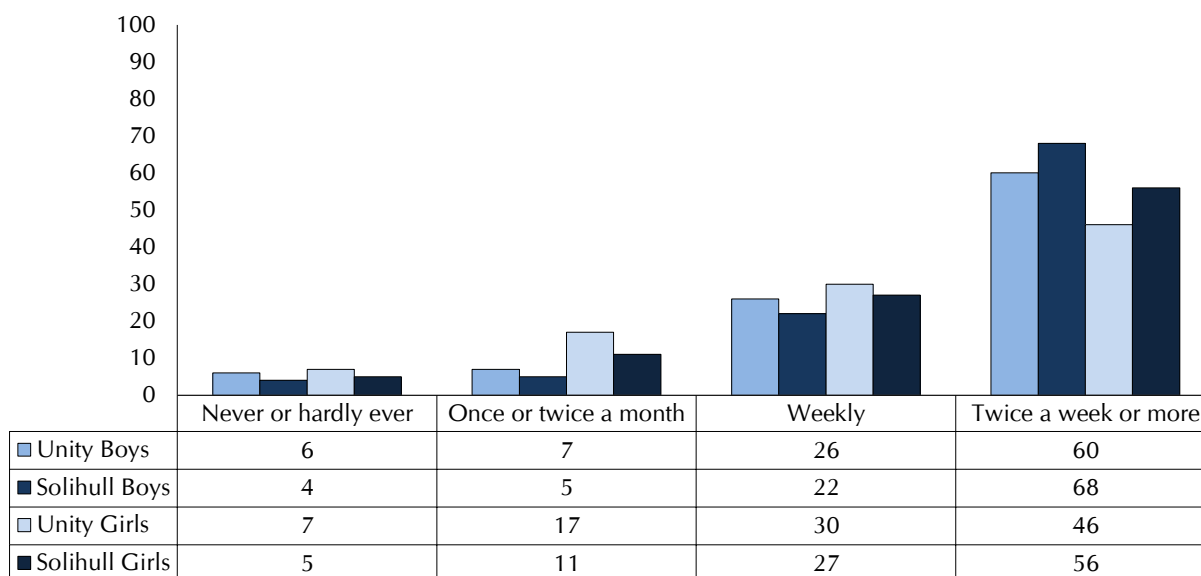
58% (49%) of pupils responded that they have been involved in at least 2 hours of physical activity during school time in the 7 days before the survey.

**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.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 60    | 62    | 64       | 39    |
| Girls | 56    | 58    | 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.

80% (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'.

|       | Unity |       | Solihull |       |
|-------|-------|-------|----------|-------|
|       | Yr 8  | Yr 10 | Yr 8     | Yr 10 |
| Boys  | 88    | 82    | 92       | 87    |
| Girls | 82    | 67    | 87       | 77    |

39% (43%) of pupils responded that they go for walks at least 'weekly', while 27% (32%) said they go jogging and 22% (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                    | 52 | (50) | 1     | Going for walks           | 47 | (51) |
| 2    | Jogging                   | 33 | (36) | 2     | Gymnastics/trampolining   | 25 | (16) |
| 3    | Riding a bicycle          | 33 | (33) | 3     | Jogging                   | 21 | (29) |
| 4    | Going for walks           | 30 | (34) | 4     | Dancing/ballet            | 19 | (27) |
| 5    | Judo, karate, boxing etc. | 23 | (18) | 5     | Fitness/aerobics          | 16 | (18) |
| 6    | Badminton                 | 19 | (14) | 6     | Riding a bicycle          | 12 | (12) |
| 7    | Weight training           | 16 | (18) | 7     | Netball                   | 11 | (19) |
| 8    | 5-a-side football         | 14 | (15) | 8     | Swimming                  | 11 | (13) |
| 9    | Fitness/aerobics          | 14 | (15) | 9     | Soccer                    | 11 | (8)  |
| 10   | Basketball                | 11 | (16) | 10    | Judo, karate, boxing etc. | 10 | (8)  |



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Health Related Behaviour Survey!**

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