

Safe and Well at School Survey 2016 - Brighton & Hove

- The Safe and Well at School Survey (SAWSS) is an anonymous online survey conducted annually by primary and secondary schools
- In 2016 a total of 9,546 young people aged 11-16 took part in the 10 different secondary schools across the city (84%)
- 6,710 primary school children aged 8-11 took part across 45 primaries (84%)
- Each school received their own confidential data summary alongside a citywide report and the survey results are used to develop the Public Health School Profiles
- The profiles are used by the Public Health Schools Programme team, working with schools to help develop good practice

SURVEYS | BH Connected

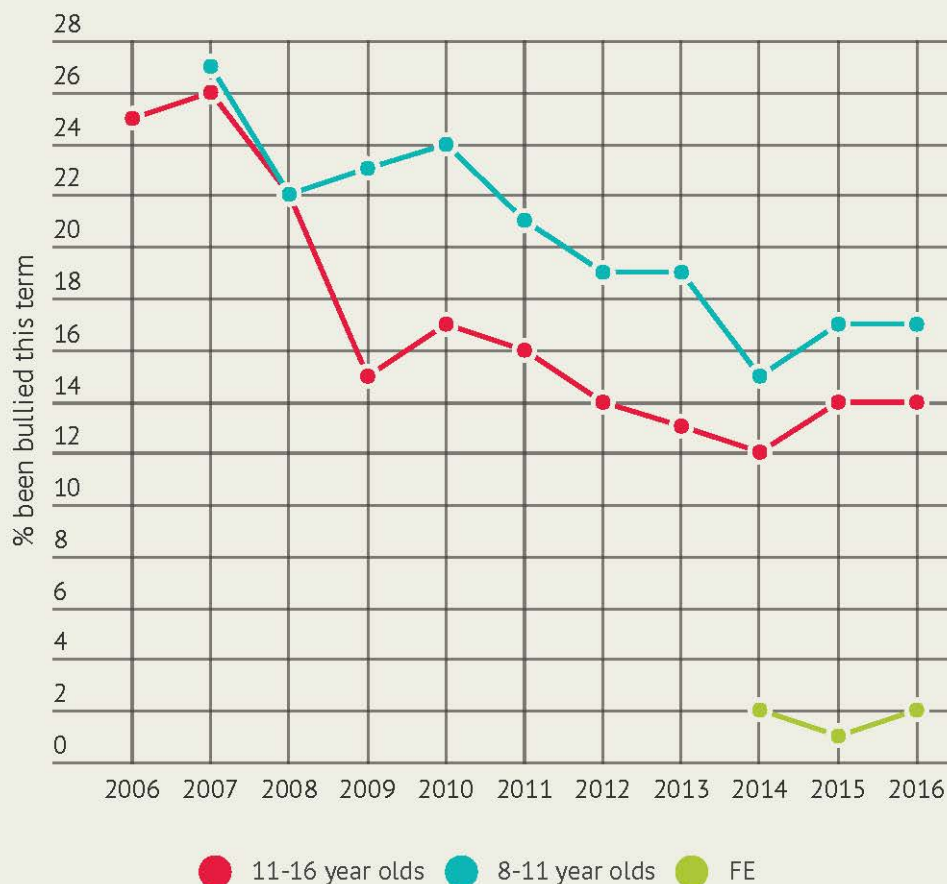
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<http://www.bhconnected.org.uk/content/surveys>

Safe and Well at School Survey 2016 - Brighton & Hove

Bullying

There has been a significant fall in pupils saying they have been bullied - from 26% in 2005 to 14% in 2016 for secondary pupils and from 27% in 2007 to 17% in 2016 for primary pupils



- The most common type of bullying experienced by primary and secondary school pupils was verbal bullying (name-calling /teasing)
- The most commonly perceived reason for bullying was to do with appearance

The following groups of secondary school pupils are significantly more likely to have experienced bullying:



those who need extra help (29%)



young carers (28%)



girls (15%) compared to boys (13%)



LGB students (23%) and those unsure of their sexual orientation (20%) compared to heterosexual pupils (13%)

And pupils who did not (21%) or did not always (33%) identify with the gender they were assigned at birth compared to 13% of those who stated that they did

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Drugs and alcohol

Of 11-14 year olds in B&H:



74%

have never tried alcohol, an increase from



59%

in 2011



95%

have never taken drugs

Of 14-16 year olds in B&H:



30%

have never tried alcohol, an increase from



18%

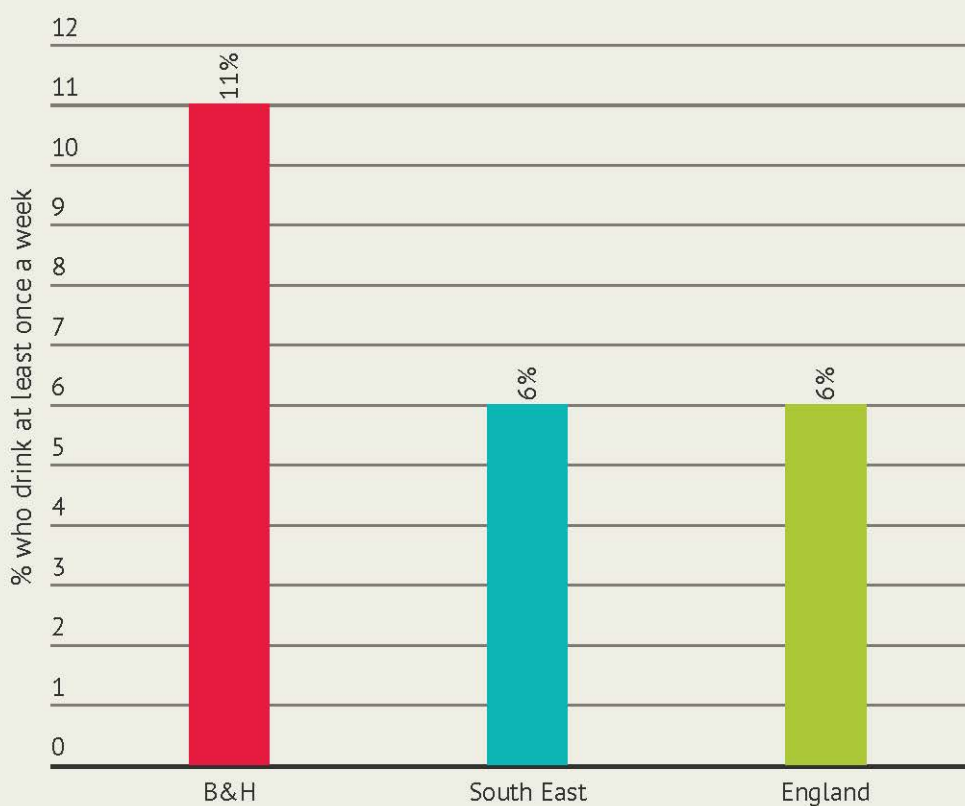
in 2011



73%

have never taken drugs

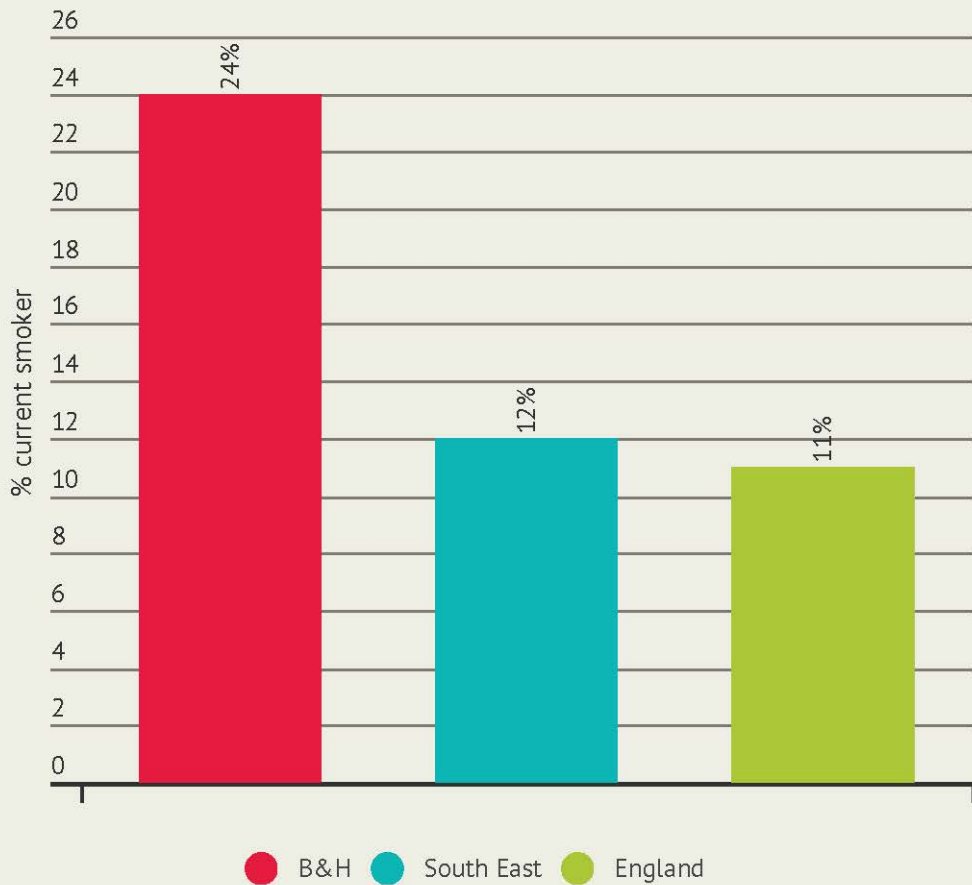
Percentage of 15 year olds who drink regularly (at least once a week), Brighton & Hove, South East and England (What about YOUth survey)



3rd

this is the joint 3rd highest rate in England

Percentage of 15 year olds who have ever tried cannabis, Brighton & Hove, South East and England (What about YOUth survey)



1st

this is the highest rate in England

The following groups of pupils are more likely to have tried:



- White British pupils
- Those who have tried drugs



- Those who have tried alcohol



- LGB pupils
- Pupils who have truanted
- Been excluded
- Bullied someone
- Tried smoking
- Had sex
- Gambled for money
- Those who are not happy often

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Physical activity and diet

Percentage of secondary pupils taking part in at least one hour of physical activity during the last seven days

11-14 year olds



14-16 year olds



Boys Girls All

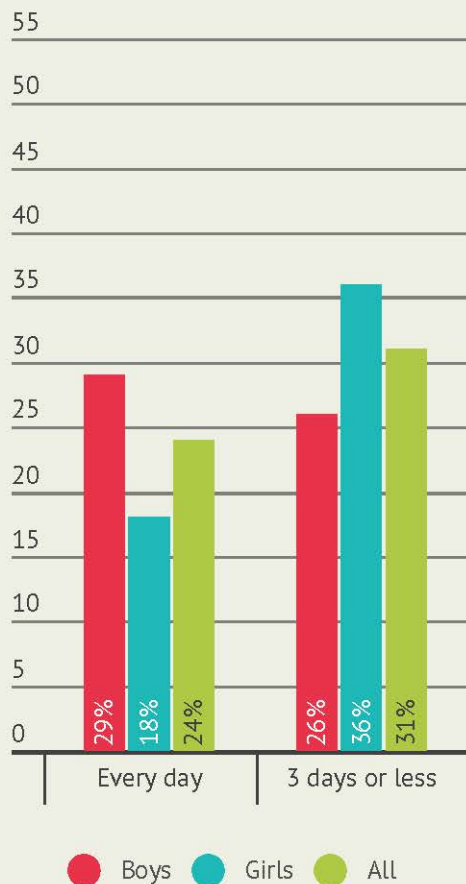
Boys Girls All

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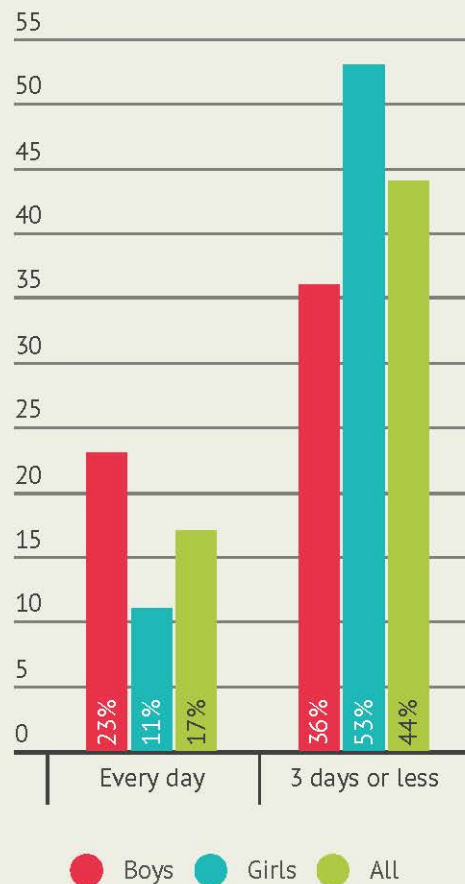
Physical activity and diet

Percentage of secondary pupils taking part in at least one hour of physical activity during the last seven days

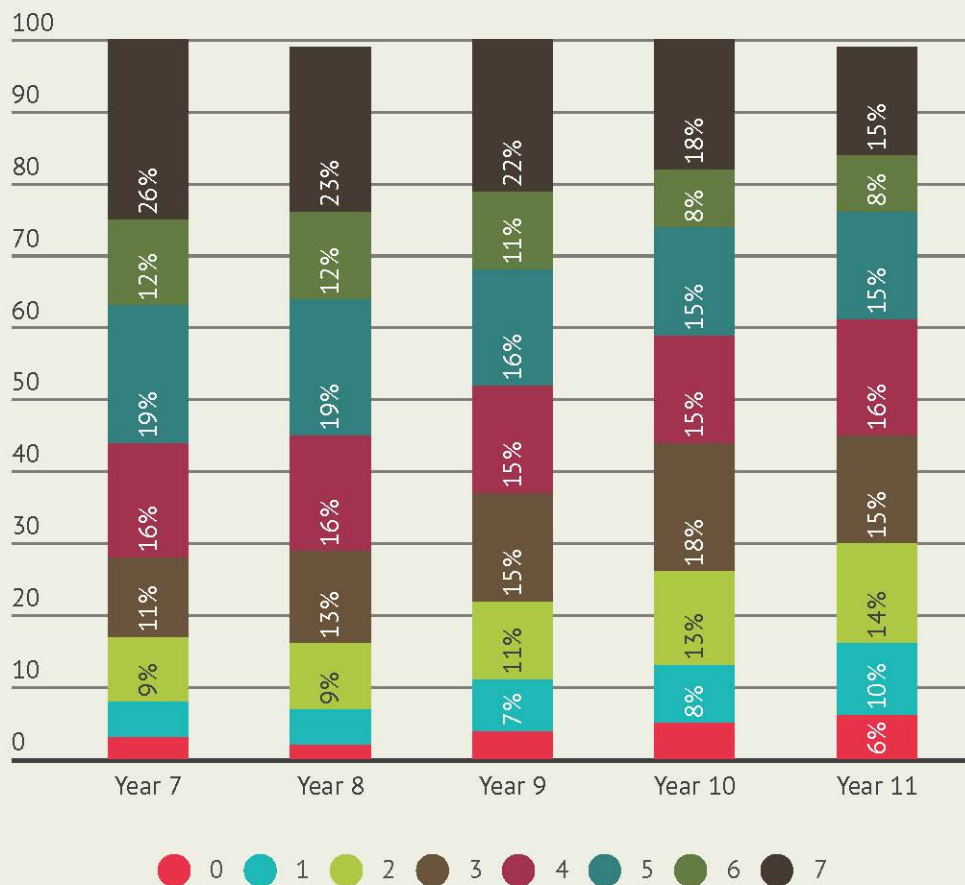
11-14 year olds



14-16 year olds

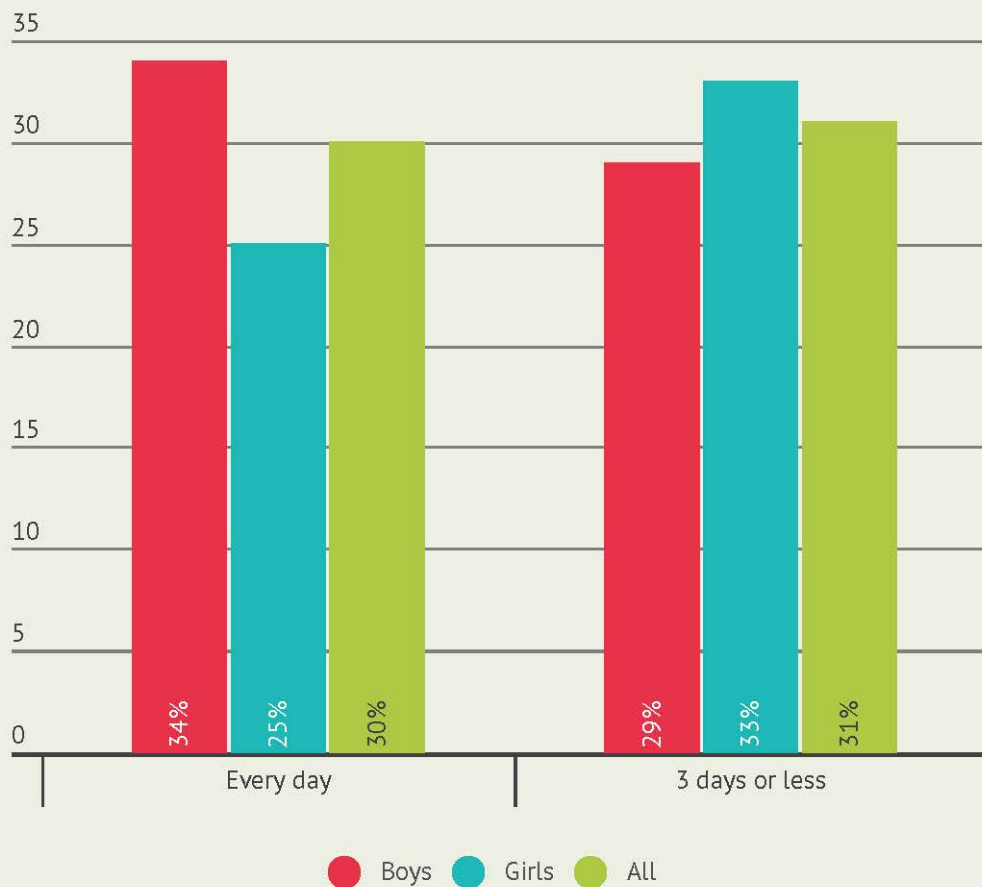


Percentage of secondary pupils taking part in at least one hour of physical activity a day by year and number of days

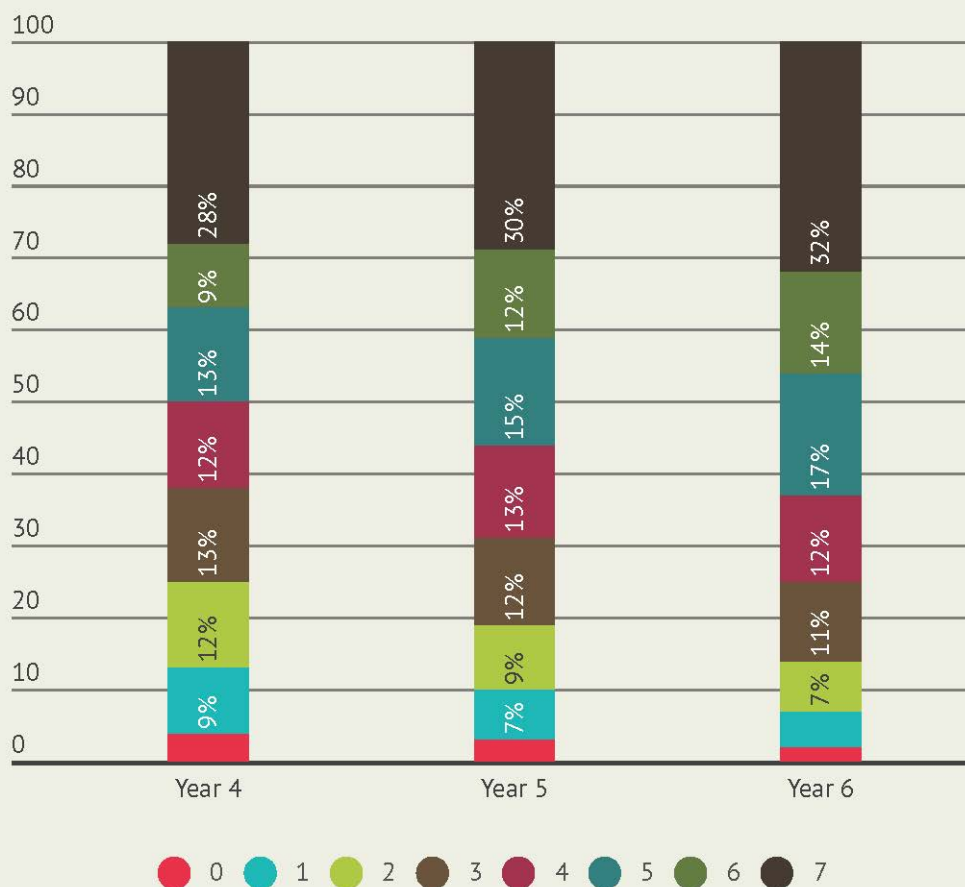


Percentage of primary pupils taking part in at least one hour of physical activity during the last seven days

8-11 year olds



Percentage of primary pupils taking part in at least one hour of physical activity a day by year and number of days



**As well as older students and girls,
the following groups are less likely
to participate in physical activity**



LGB students and those unsure of their sexual orientation



those who say they are not happy



those who have tried smoking

5-a-day

Of 11-16 year olds in B&H:



68%

say that they ate 5 or more portions of fruit or vegetables the previous day (including a maximum of 1 portion of fruit juice)



72%

this falls from 72% of 11-12 year olds



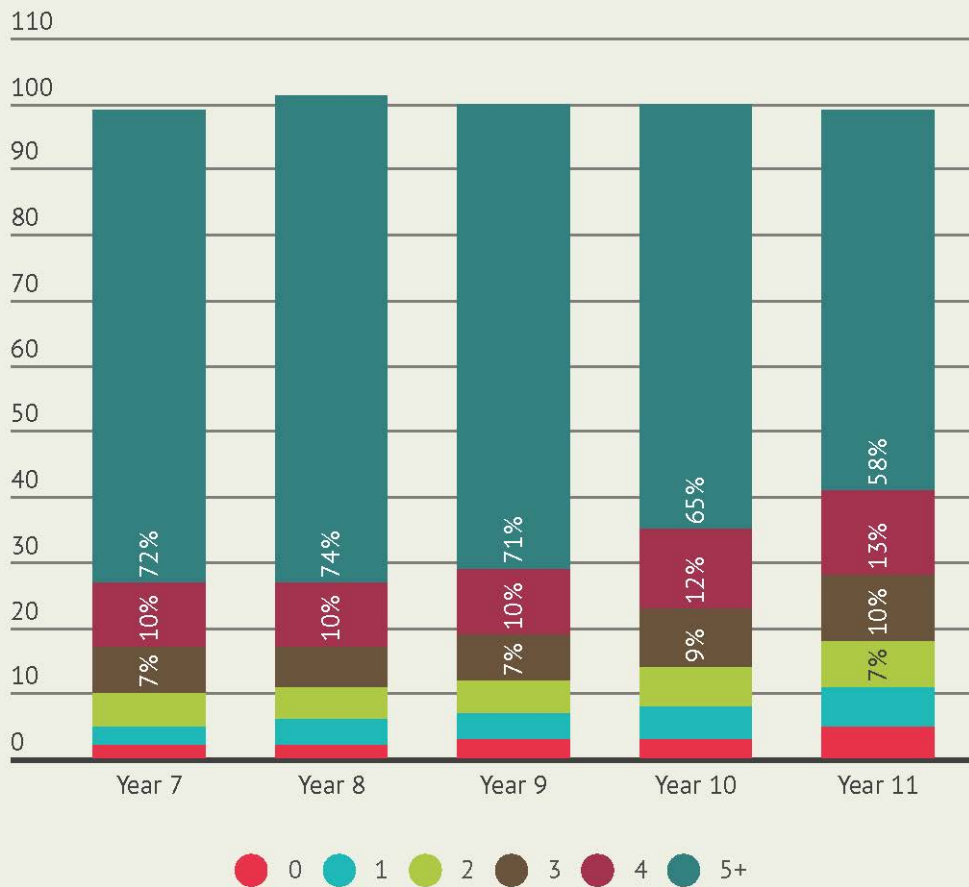
58%

to 58% of 15-16 year olds

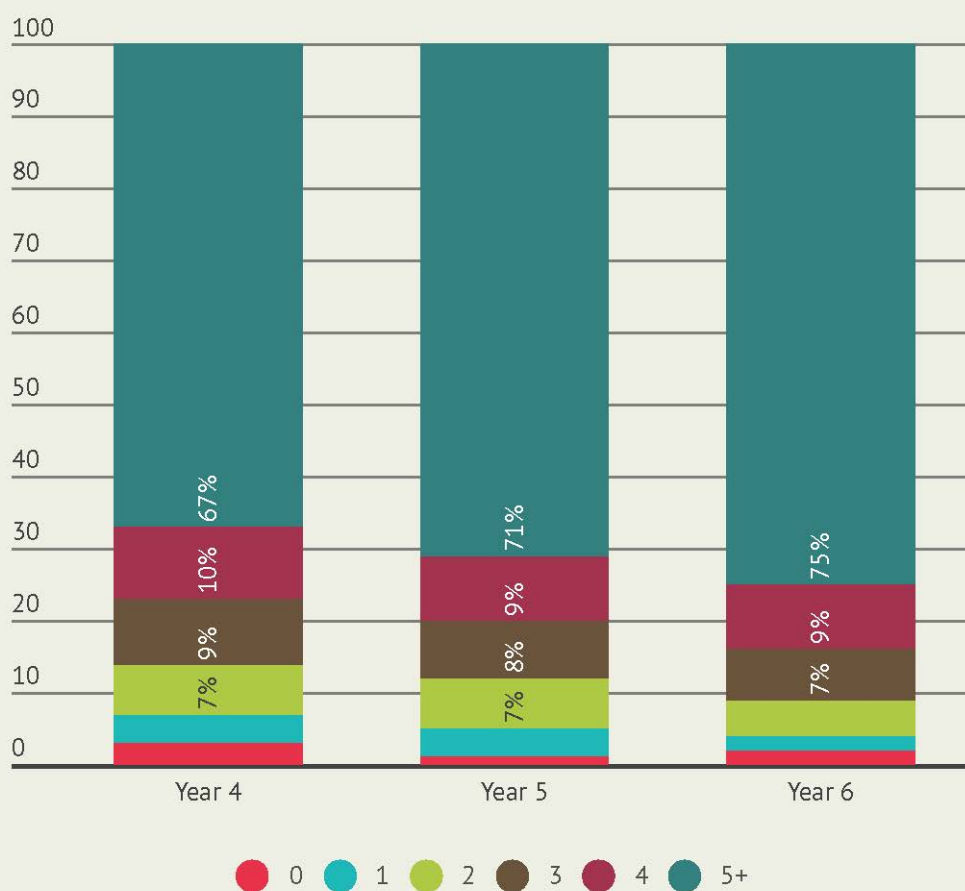


This is a big increase on the previous year, and this result is now in line with the What About Youth 2014 survey result for Brighton & Hove

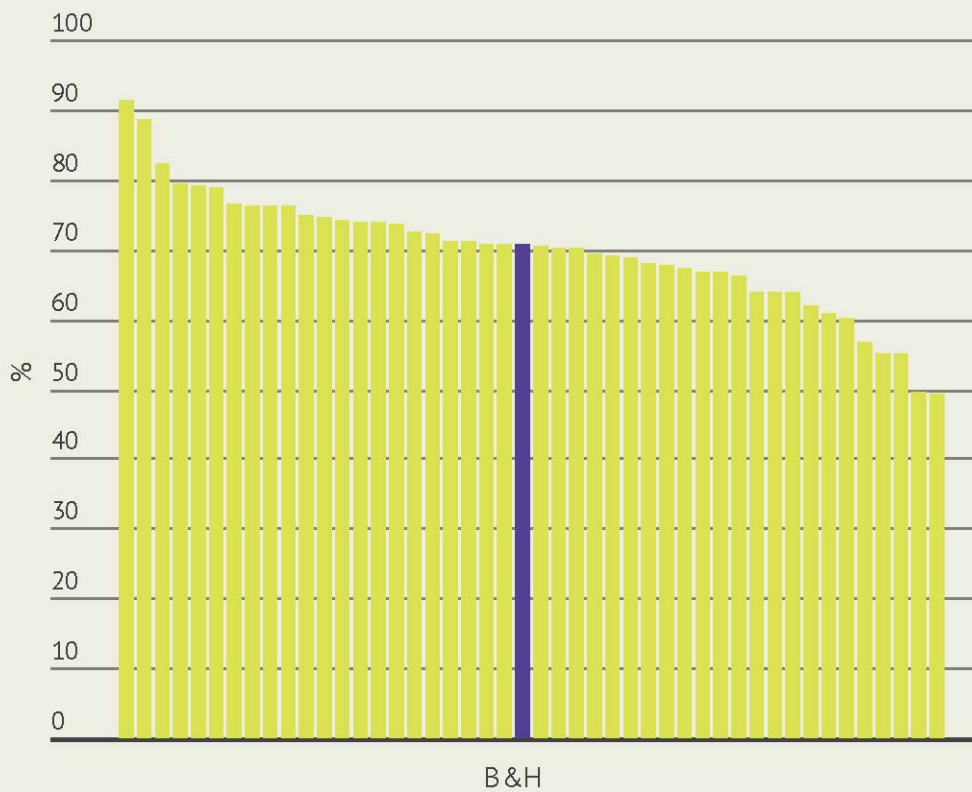
Percentage of 11-16 year olds by number of portions of fruit and veg eaten in a day



Percentage of 8-11 year olds by number of portions of fruit and veg eaten in a day



Percentage of 8-11 year olds eating 5-a-day by school



Travel to school

There has been a significant increase in the % of secondary school pupils who usually travel to school by any form of active travel (walking, cycling or scooter/skateboard) from



44%

in 2010



51%

in 2015



It should be noted that the survey is carried out Nov-Dec each year

Safe and Well at School Survey 2016 - Brighton & Hove Smoking

Of 11-14 year olds in B&H:



90%

have never tried a cigarette, an increase from



80%

in 2010 when questions on smoking were first included in the survey (a statistically significant increase)



6%

have tried a cigarette only once

Of 14-16 year olds in B&H:



63%

have never tried a cigarette, an increase from



51%

in 2010 when questions on smoking were first included in the survey (a statistically significant increase)



16%

have tried a cigarette only once

E-cigarettes

Of 11-14 year olds in B&H:



85%

have never tried e-cigarettes



11%

have tried only once or twice

Of 14-16 year olds in B&H:



64%

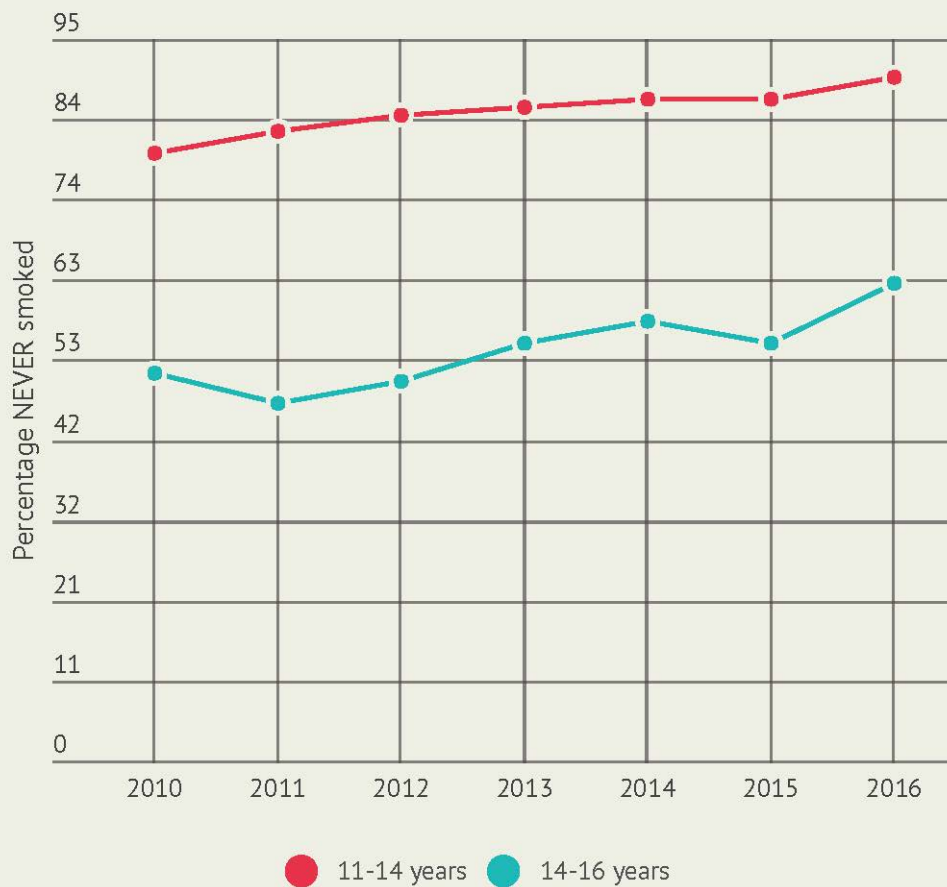
have never tried e-cigarettes



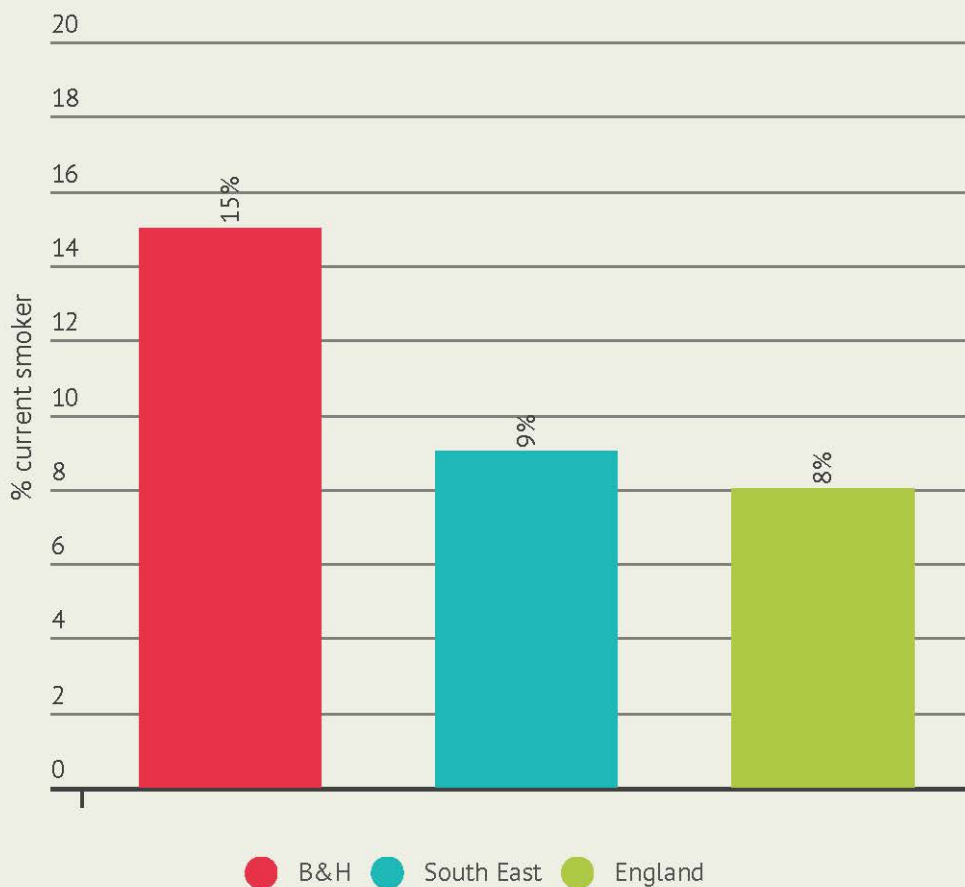
24%

have tried only once or twice

Percentage of 11-14 and 14-16 year olds who have NEVER smoked, Brighton & Hove, 2010 onwards



Percentage of 15 year olds who currently smoke, Brighton & Hove, South East and England (What about YOUth survey)



1st

this is the highest rate in England

The following groups are more likely to have smoked



older students - 97% of 11-12 year old students had never smoked, falling to 55% of 15-16 year olds



for younger pupils there is little difference, but for 14-16 year olds girls are more likely to have smoked (45%) compared to boys (29%)



LGB students, but not those unsure of their sexual orientation, and students who do not always identify as the gender they were assigned at birth



those who need extra help



those who have truanted or been excluded



those who have been bullied or bullied someone else



those who say they are not happy



have tried alcohol or



tried drugs

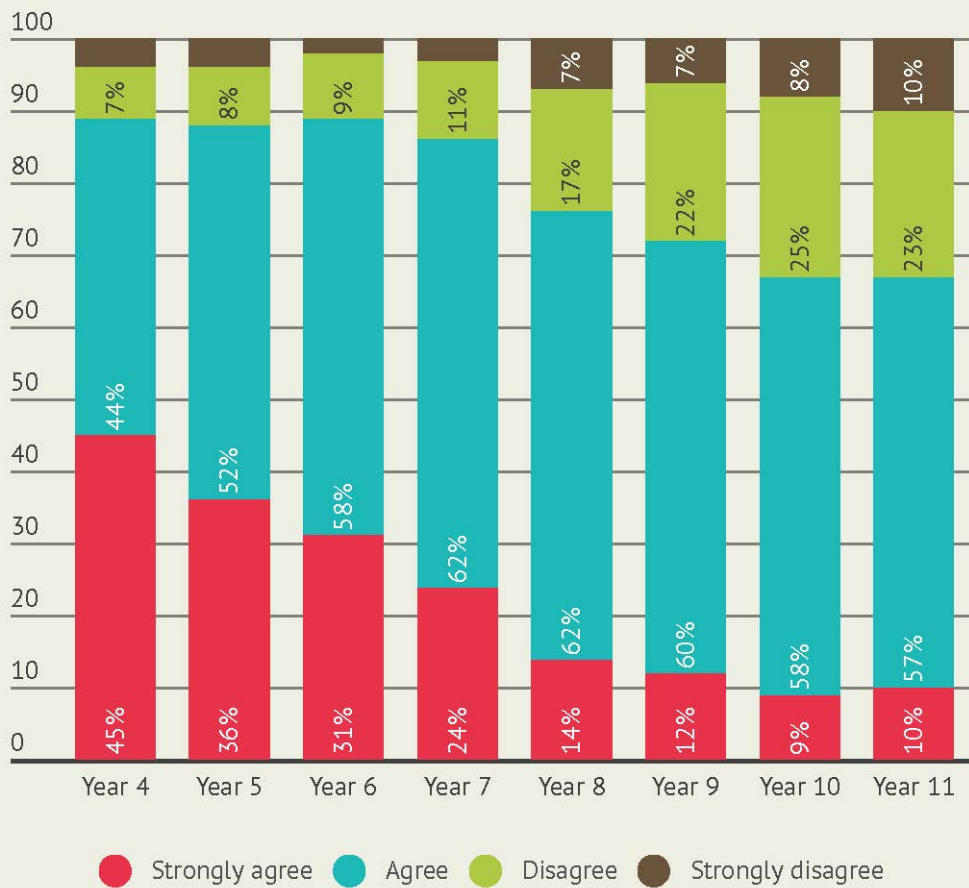
Safe and Well at School Survey 2016 - Brighton & Hove Emotional wellbeing

Levels of

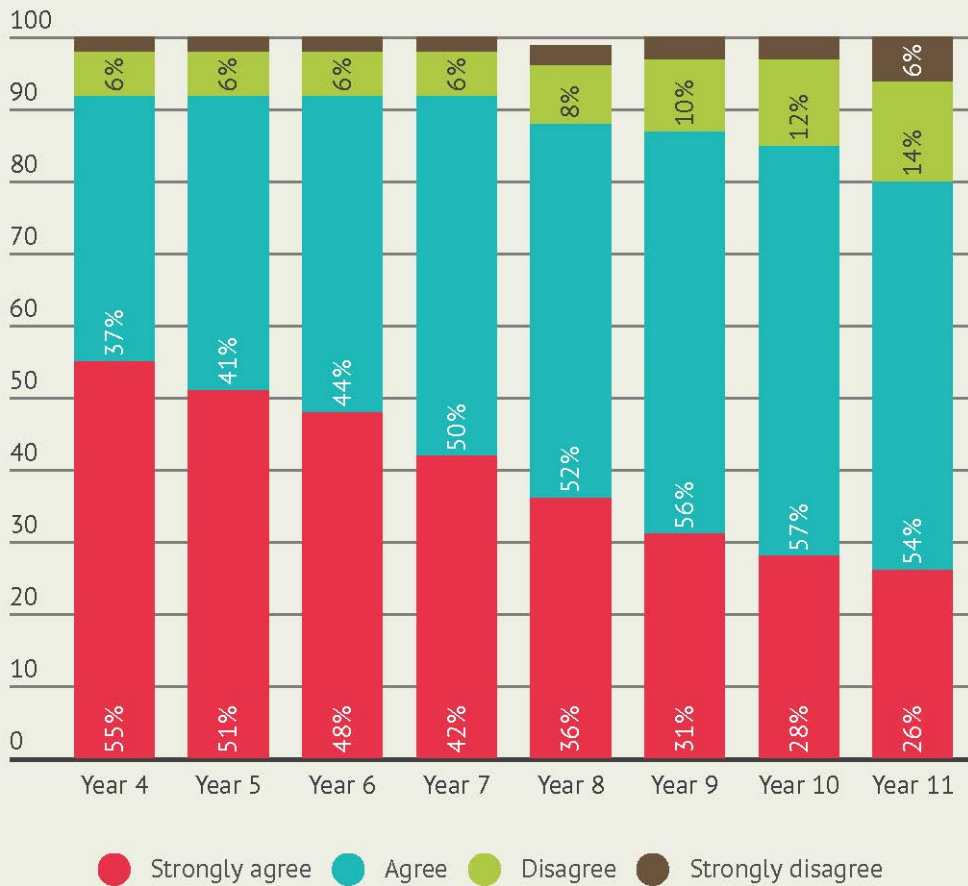
- happiness
- enjoying coming to school
- thinking 'my school helps me get on with others including people from different religious and cultural backgrounds' and
- that pupils help each other, even if they are not friends

are all significantly associated with age.

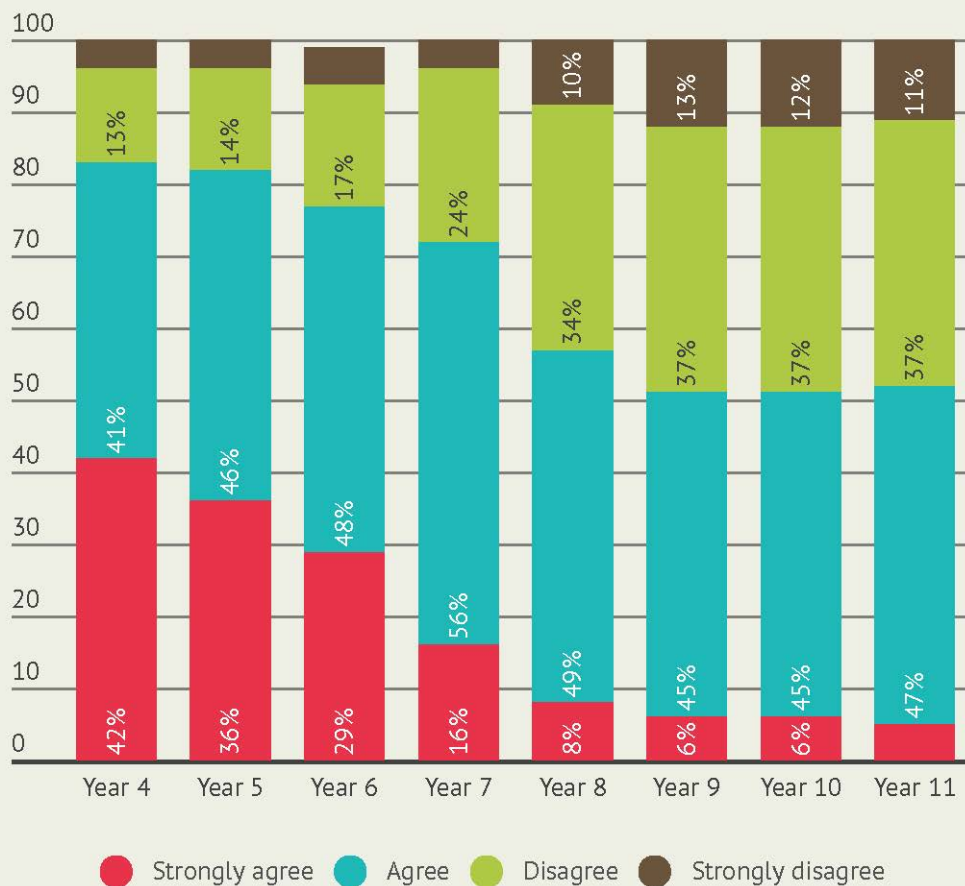
I enjoy coming to school



In the last few weeks I have often felt happy



Pupils in my school help each other, even if we are not friends



As well as older pupils, the following groups of secondary school pupils are less likely to say that they are happy with their life at the moment



girls



LGB students and those unsure of their sexual orientation

those who use another word to describe their gender



young carers



those who need extra help



those who have truanted or been excluded



those who have been bullied or bullied someone else



those who have tried smoking



alcohol or



drugs

Percentage of pupils who often or sometimes worry about the following:

	11-14 years	14-16 years
Exams	75%	85%
The future in work and education	66%	77%
School work	66%	76%
Being healthy	57%	64%
Own looks	53%	62%
Problems with friends	49%	49%
Family	41%	47%
Money	39%	45%
Puberty and growing up	31%	30%
Bullying	30%	20%
Own alcohol / drug use	7%	14%
Sexual orientation	10%	12%
Alcohol /drug use at home	10%	11%

- The amount pupils worry about these issues varies by age
- In general, older pupils worry more often about most topics than younger pupils
- With the exception of puberty/growing up and bullying

Harmful behaviours

Of 14-16 year olds in B&H:



15%

say that they often or sometimes have suicidal thoughts



11%

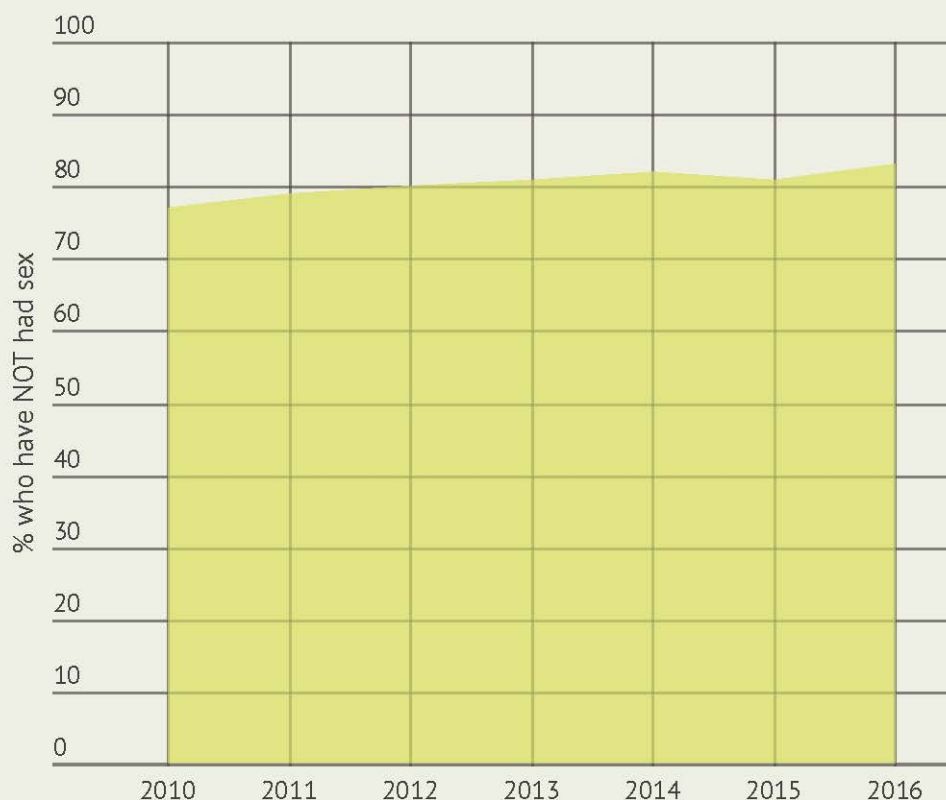
say that they often or sometimes hurt or harm themselves

Safe and Well at School Survey 2016 - Brighton & Hove

Relationships and sexual health

- The majority of students aged 14-16 years in Brighton & Hove have not had sex (83%)
- This has remained similar since the question was introduced in 2010

Percentage of 14-16 year olds who say that they have not had sex



Those more likely NOT to have had sex include:



89% of 14-15 year olds had not had sex compared to 75% of 15-16 year olds



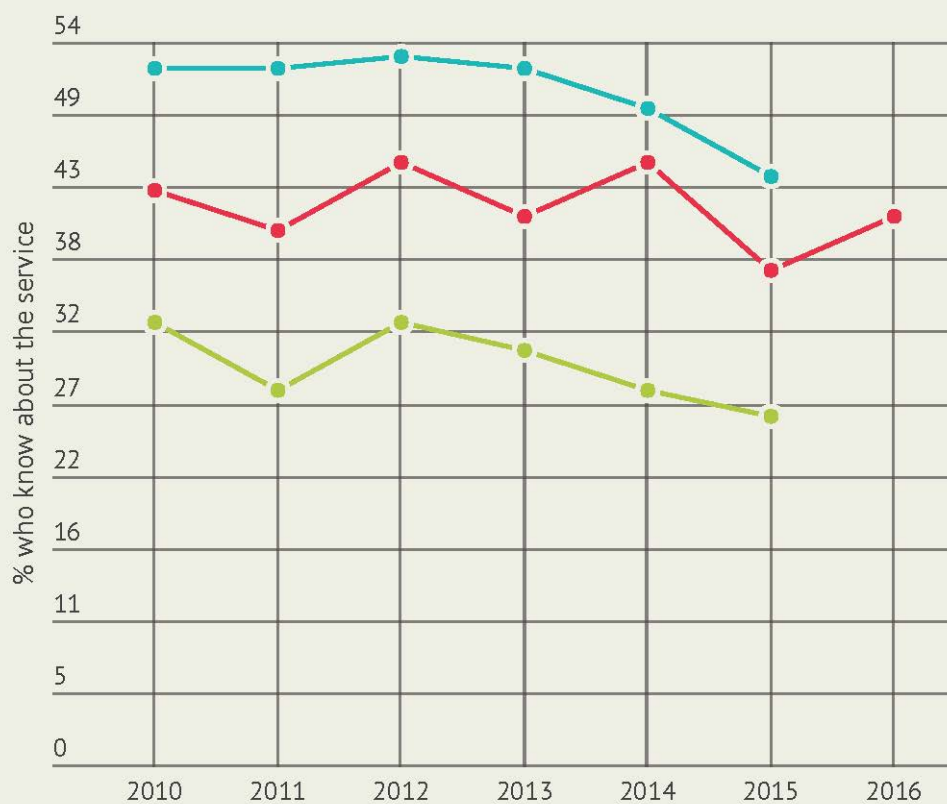
Those who use another word to describe their gender (76%), but no difference between girls and boys (both 83%)



Heterosexual pupils (84%) and those unsure of their sexual orientation (92%) compared to LGB pupils (71%)

Those who are more likely to have had sex at an early age are more vulnerable e.g. those who have been bullied, use drugs or alcohol, have truanted or been excluded from school.

Knowledge of sexual health services (14-16 year olds)



● Know where to get tested for Chlamydia ● Know where to get free condoms

● Know where to get EHC (emergency hormonal contraception)

Know where to get tested for Chlamydia



41%



55%

● All pupils ● Pupils who have had sex

Know where to get free condoms



44%



65%

● All pupils ● Pupils who have had sex

Know where to get EHC



26%



47%

● All pupils ● Pupils who have had sex

Around two thirds (62%) of 14-16 year olds have got, or ever had, a boyfriend or girlfriend. Of these:

23%

had been yelled at

19%

had exchanged sexualised / naked pictures or photos

16%

had been put down and/or humiliated

15%

had been constantly checked up on

9%

had been hit, kicked, punched or slapped

7%

had been threatened if they didn't want to do something their partner wanted