

Healthy Lifestyles Survey Combined Data Report Primary Schools Academic year 2019/20





Introduction

Now in its 5th year the Healthy Lifestyles Survey (HLS) for primary aged pupils represents a significant collection of data about young people's self-reported health and lifestyle related attitudes and behaviours in Darlington. New questions are added or edited each year to reflect emerging areas of interest and the changing environment in which children are growing up.

The process consists of an anonymous online survey which asks pupils about their experiences, attitudes and behaviours across a range of topics related to health and lifestyle. Schools schedule time for pupils to complete the surveys as part of the school day to ensure maximum participation and reduce chances of technical issues. The results for each school are fed back to the schools and Team Around the School (TAS) meetings. The results from all the schools are then collated into this publicly available report providing an insight into the common themes and issues that are affecting children living in Darlington.

The results of the survey paint a picture of the attitudes and beliefs of children in year 5 and 6 (the final two years of primary school) in Darlington. It should be noted that questions reflect the self-reported attitudes of the children and should not be regarded as a direct measurement of behaviours.

Where there are significant gender differences in the answers to questions these have been highlighted in blue boxes. If there is no analysis of gender differences then readers can assume there was not a significant difference.

The Healthy Lifestyle Survey for primary schools this year was undertaken by **2501** pupils across **23** different primary schools in Darlington during the autumn term of 2019.

Executive Summary

Summary of results

The results indicate that children of this age in Darlington largely understand the health information and messages they receive. Children report they act on this information and messages through exhibiting positive attitudes and health seeking behaviours. They report negative attitudes to behaviours have a detrimental effect on their health or the health of others. They report an understanding of what positive relationships should look like and the effects of negative behaviours of others such as bullying, as well as their own health and wellbeing.

The Internet and Modern Technology

The influence of social media even in the lives of the younger primary aged children is significant and this may be difficult for parents/carers to understand. It is apparent from the survey results, that children are reporting largely unrestricted and unsupervised access to the internet and social media, often accessing sites and platforms with age restrictions. The responses indicate that children are using social media as part of developing and maintaining their friendships and relationships. Their responses also show the potential for harm, with many reporting cyber bullying and others reporting making friends on social media with people that they have never met. Most pupils in this age group are playing online games however many more boys than girls are accessing the internet via a games console which presents significant new challenges in keeping children safe. Most children reported that they found others being unkind or offensive to them or others online is distressing. Their responses show that children this age do not perceive images of violence and sexual content seen online as distressing as interpersonal disputes. This indicates that children are normalising distressing content.

Emotional Health and Wellbeing

The survey results indicate that on the whole children feel happy in their lives, their relationships and feel supported by their family and other significant adults such as teachers. Most children report (89%) that they feel generally happy about their lives at that moment. Over 75% of children report that they find it easy to find someone to talk to if they are worried. Over 8 out of 10 (86%) of children said that they would speak to their parent if they were worried about something with just over 6 out of 10 responding that they would speak to a teacher.

Children also report an increasing impact of stress on their lives, largely from activities and pressures relating to school, and their emotions. The survey also showed that 75% of children felt stressed at some point with just over a half (55%) saying the school was a significant source of stress with 3 in 10 (33%) citing homework as a cause of stress with more than half finding it difficult to concentrate on their school work. Outside school nearly 7 in 10 (68%) of children feel stressed when dealing with their emotions and feelings. The top five stressors for pupils other than school work and dealings with emotions are brothers and sisters, bullying, friends, things they see on the news and crime.

Specific responses indicate that children of this age seem to understand the information about health and wellbeing that they receive and are receptive to the health messages around risk taking behaviours such as smoking and consuming alcohol. They have negative attitudes towards risk taking behaviours.

Relationships

Responses to the survey indicate that children in primary schools generally have positive relationships and understand what a good relationship with others should be with over 96% of children agreeing “*that people in relationships should care about and respect each other*”. 86% pupils agreed that it was not acceptable to exhibit negative behaviours towards others in a relationship such as being verbally, physically or emotionally abusive or intimidate others.

Dental Health

99% of pupils reported that they had a toothbrush and toothpaste at home with girls being better teeth cleaners than boys with 77% of girls saying they brush twice a day compared with only 60% of boys. The majority (71%) of pupils reported having their teeth checked at the dentist in the past year with 40% reported having a filling and nearly a third of pupils (30%) have had a tooth/teeth removed.

Puberty

Two thirds of primary school pupils (68%) reported that they know what changes to expect during puberty. One third (32%) were not aware of the expected changes and nearly half (417) wanted to know more about puberty. One in six pupils (16%) reported that they were either worried or scared about the changes that they would experience. There were significant differences between boys and girls, with many more girls (46%) than boys (20%) reporting being scared about what will happen during puberty.

Safety

93% of pupils report feeling safe in school and 92% reported that they knew who to talk to if they didn't feel safe in school. Pupils were asked if they had ever taken part in anti-social behaviour and the majority said they had not (81%).

Physical activity and eating habits

Children who completed the survey showed largely positive attitudes and behaviours in respect to physical health and eating habits. The majority (75%) stated that they ate a balanced diet using the “*Eat Well Plate*” as a guide with a clear majority (84%) of children this age reporting that they eat breakfast. However, 47% reported eating sweets and chocolate every day. Most (50-70%) report that they achieve at least 60 minutes of physical activity in a week day, with 78% through PE or the Daily Mile at school. This reduced to 46% reporting doing 60 active minutes on a Sunday. The most popular reasons for being active; were to keep fit and healthy (75%) and enjoyment (68%) and weight management and body shape (35%).

Bullying

One in four (39%) self-reported that they had been bullied at some point with the majority (47%) occurring in school. Bullying is reported as a significant contributor (37%) to these children feeling stressed. More boys than girls are report experiencing physical bullying with 56% of boys compared to 27% of girls. Boys also report more homophobic bullying than girls (20% compared to 9%). Cyber bullying as



a form of bullying was reported less (16%) than verbal (64%), Physical (41%) or indirect (25%) forms of bullying. When bullying occurred in schools 57% of children reports it was resolved with 64% reported it was resolved outside school.

Smoking

The overwhelming majority of 92% of primary school pupils report that they have never smoked. Of those who have reported smoking more than 8 out of 10 (86%) had tried it only once. Of the 5% who report smoking regularly over three quarters say they have used an e-cigarette or 'vape', with less than 25% reporting smoking cigarettes. Most cigarettes or vapes were being accessed at home or from friends. The attitude to smoking was overwhelmingly negative in primary school children with 98% agreeing that smoking was 'a bad idea'.

Alcohol

More than half (56%) of pupils reported to have never tried an alcoholic drink. Only 4% of pupils reported to ever having "full alcoholic drink" to themselves with the majority of those who had tried an alcoholic drink reporting to having a sip of another person's drink. The majority (74%) of pupils who reported having an alcoholic drink reported that they were given the drink from someone else in their own home or a friend's home. More boys (61%) than girls (56%) reported that they access alcohol from someone at home. More girls (25%) report that they access alcohol at a special occasion than boys (11%).

Key Messages

- A minority of pupils have seen distressing content online, but most tell an adult about it.
- Most pupils report that they have unrestricted and unsupervised access to the internet and social media however nearly half have set time limits on how long they are on the internet or when they are playing computer games.
- A third of children have friends online they do not know but most reported that they would not agree to meet these online friends in real life.
- The majority of pupils report positive wellbeing, reporting that they feel happy, are supported by family and have someone they can talk to.
- Most pupils will get help from their parent or a teacher if they were worried about anything.
- Three quarters of pupil's report that they have felt stressed, with the two most significant contributors to their stress being school work and managing their emotions and feelings.
- The single biggest factor in pupils feeling stressed about their school work was that they found it difficult to concentrate.
- 68% of pupils said they felt stressed about dealing with emotions, but found it hard to say why.
- The top five stressors for pupils other than school work and dealings with emotions are brothers and sisters, bullying, friends, things they see on the news and crime.
- Only 4% of children think that people in relationships care about and respect each other.
- 97% of children have their teeth checked, with over 70% of children having the teeth checked this year.
- Two thirds of primary school pupils (68%) reported that they know what changes to expect during puberty.
- Over three quarters of pupils say that they have never taken part in anti-social behaviour.
- A significant number of children exercise to keep fit and healthy and because they enjoy it.
- 23% of children have reported not trying an energy drink.
- 1 in 4 children have self-reported that they have been bullied.
- Over 9 out of 10 children have never smoked and nearly all of them feel that 'its not okay' to smoke at their age.
- More than half of all pupils reported that they had at least one sip of an alcoholic drink.
- Only 4% reported having an alcoholic drink to themselves.

Participating Schools

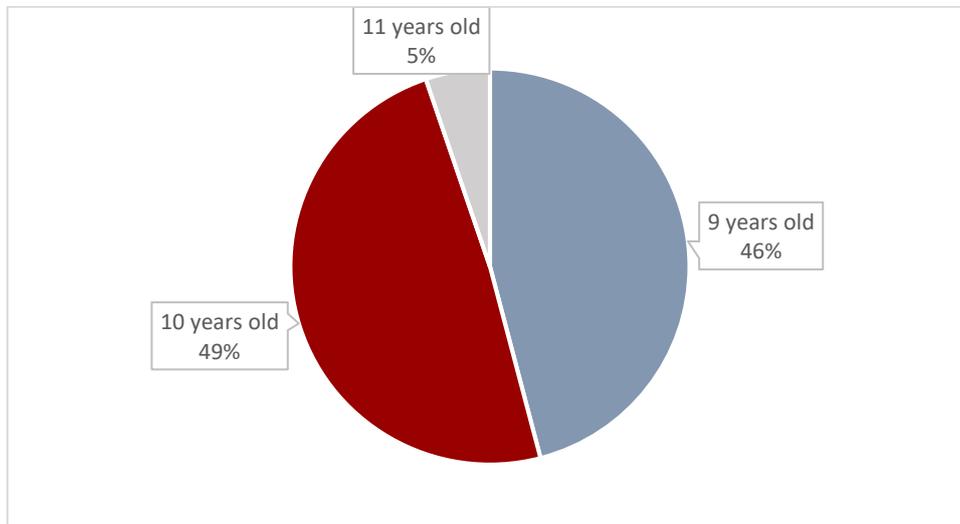
The following primary schools took part in the survey

School Name	Number of Pupils who answered some or all of the survey *	% of all participants
Corporation Road Community Primary School	96	4%
Federation of Abbey Schools	211	8%
Firthmoor Primary School	109	4%
Gurney Pease Academy	57	2%
Harrowgate Hill Primary School	210	8%
Heathfield Primary School	119	5%
Heighington CofE Primary School	87	3%
Hurworth School	66	3%
Mount Pleasant Primary School	69	3%
Mowden Junior School	180	8%
Polam Hall Free School	120	5%
Red Hall Primary School	51	2%
Rydal Academy	207	8%
Reid Street Primary School	125	5%
Springfield Academy	48	2%
St George's CofE Academy	137	5%
St John's CofE Academy	55	2%
St Teresa's Roman Catholic Primary School	56	2%
Skerne Park Academy	87	3%
West Park Academy	124	5%
Whinfield Primary School	181	7%
St Mary's CofE Primary	51	2%
High Coniscliffe CofE Primary School	37	1%

** Not all pupils answered all the questions on the survey. The numbers reported here show how many pupils answered at least one question on the survey. Of **2501** pupils who started the survey **2026** completed the survey.*

Q1 Age of Participants

Participants ranged from age 9 to 11 as shown here



Age	%	Numbers
9 years old	45.92%	1154
10 years old	48.87%	1228
11 years old	5.21%	131

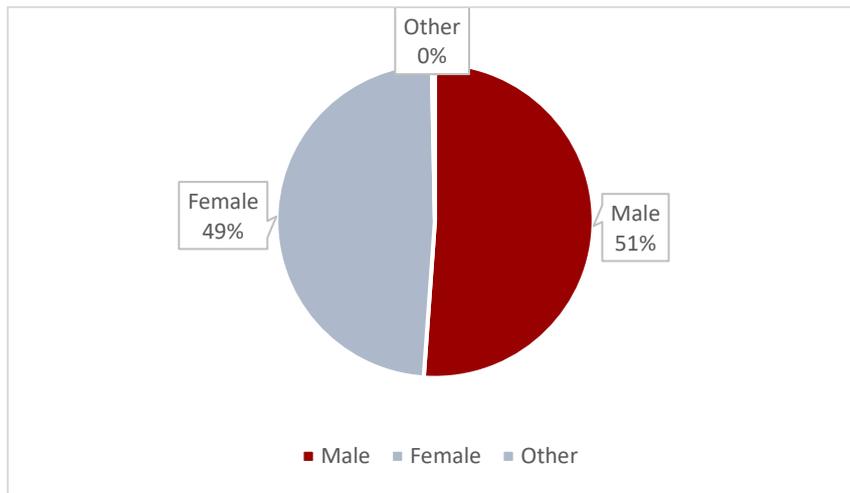
The small number of 11 year olds is due to the fact the survey is undertaken early in the school year when a large proportion of year 6 pupils have not yet had their 11th birthday.



Gender of Participants

Q2 Are you...?

Participants were asked the open ended question “Are you...?” with options for Male, Female, Prefer Not to Say and Other



Options	%	Numbers
Male	51.13%	1285
Female	48.55%	1220
Other	0.32%	8
Prefer not to say	0.00%	0
Prefer to self-describe	0.00%	0



No respondents answered ‘prefer not to say’ this year compared with 71 last year (and 27 the previous year) of the small number of responses in the ‘other’ category range from “transgender” and “a special person” to “an attack helicopter”

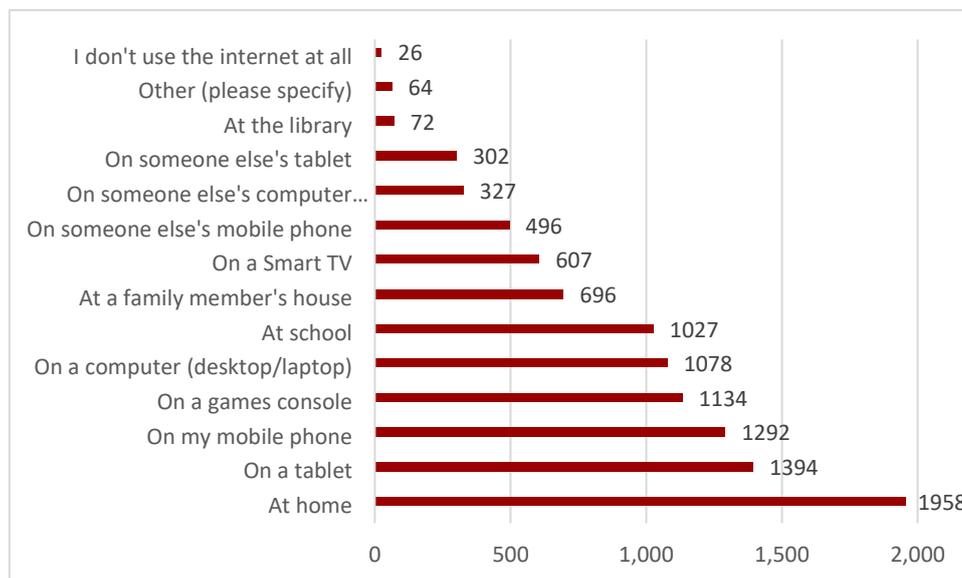
Analysis of the following questions is broken down into sections and then individual questions

Section 1: The Internet and Modern Technology

This section aims to explore how children access the internet. It investigates what they use the internet for, whether they have had bad experiences using the internet and how they interact with others on-line.

Q3 How do you access the internet?

Children were given 14 options exploring their access to the internet. On average they selected four access routes indicating that they are using multiple platforms to get online. The pattern of access across devices is similar to last year's.



Options	%	Numbers
At home	79.46%	1958
On a tablet	56.57%	1394
On my mobile phone	52.44%	1292
On a games console	46.02%	1134
On a computer (desktop/laptop)	43.75%	1078
At school	41.68%	1027
At a family member's house	28.25%	696
On a Smart TV	24.63%	607
On someone else's mobile phone	20.13%	496
On someone else's computer (desktop/laptop)	13.27%	327
On someone else's tablet	12.26%	302
At the library	2.92%	72
Other (please specify)	2.60%	64
I don't use the internet at all	1.06%	26



Though most children were accessing the internet at home, over 550 were not accessing the internet at home at all. Only just over 1% of respondents (26 young people) said they did not access the internet at all. On my mobile phone is continuing to show an increase at 52%, from 50% last year and 42% in 2017.



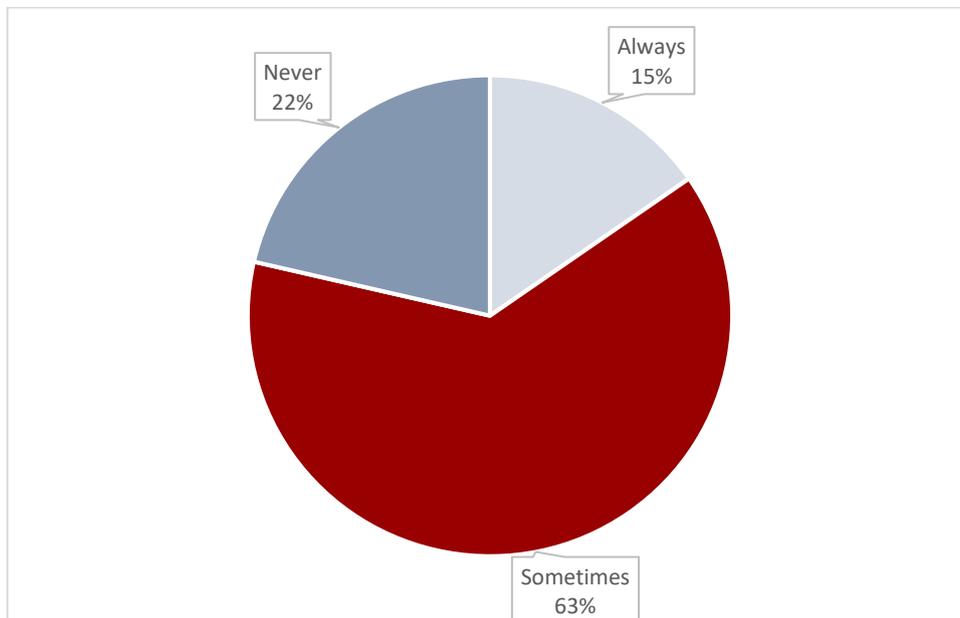
GENDER DIFFERENCE

♂ ♀

Many more boys than girls are accessing the internet via a games console 65% of boys compared to 26% of girls

Q4 When you are on the internet, how often is there an adult watching or checking on what you are doing?

This question explores how much young people think their access to the internet is being overseen by an adult.



Options	%	Numbers
Always	15.34%	378
Sometimes	63.27%	1559
Never	21.39%	527



This does suggest that a large number of children are accessing the internet unsupervised at least for some of the time. The pattern is similar to last year's survey.

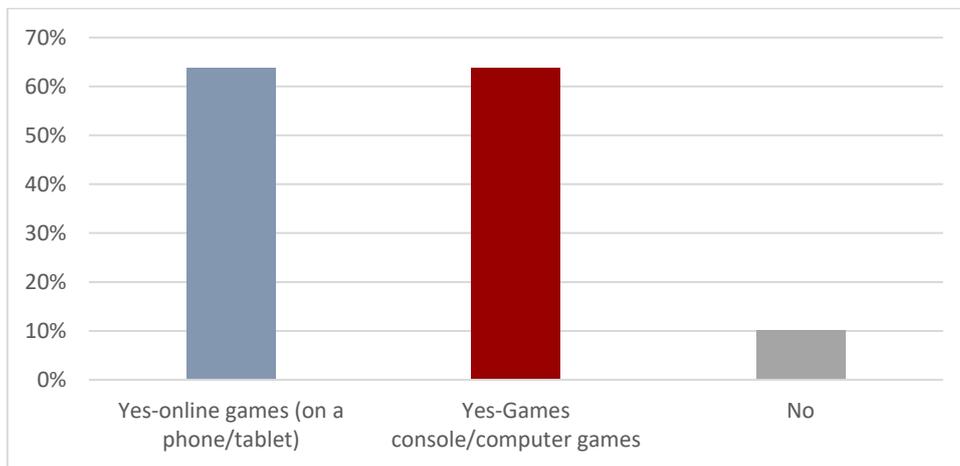
GENDER DIFFERENCE

♂ ♀

Many more boys than girls report that there is never an adult watching or checking on their internet activity 26% of boys compared to 15% of girls

Q5 Do you play computer games?

This is the first in a series of questions exploring on-line gaming



Options	%	Numbers
Yes-online games (on a phone/tablet)	63.84%	1573
Yes-Games console/computer games	63.84%	1573
No	10.19%	251

The data shows that 90% of children who answered the question, are playing computer games either online via a phone or tablet or console.

Q6 What games do you play?

When asked what games they play most common the leading answers were

Fortnite in which players explore a created world, usually battling other players.

Minecraft in which players create environments. It can be played solo or with others.

Roblox in which users can access and create a vast array of user generated games. There is no standard mode of play, users can explore existing content or create their own.

Roblox is rated PEGI 7 in the UK meaning it is considered suitable for those over 7 years old and Minecraft is also rated 7+ . Fortnite is rated **12+** because of ‘frequent scenes of mild violence’

GENDER DIFFERENCE

♂ ♀

More girls than boys report not playing online games 4% of boys and 17% of girls.

Q7 Do you play games that are rated?

When we asked children about their access to games rated 12+ **61.45% (1323)** were accessing games rated 12 and **26.47% (694)** were accessing games rated 16 to 18, including GTA and Call of Duty. The oldest young person surveyed was 11.

GENDER DIFFERENCE

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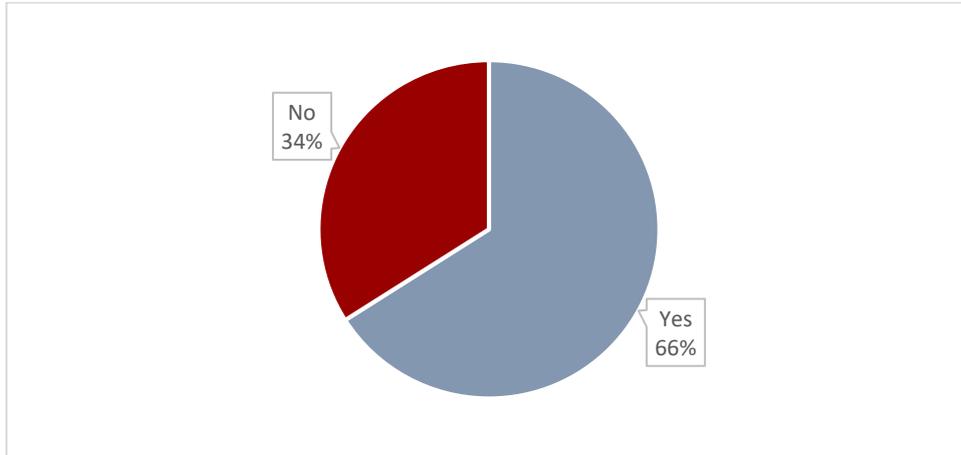
Many more boys than girls are report playing games which are rated 16 to18, 39% of boys compared to 11% of girls

A dig deep into the year 5 data was carried out with a small number of Primary Schools last year was suggested that many boys were playing games rated 16 to 18, than reported.

Q8 Do you talk to people online while gaming?

54% (1180 young people) who play online games are talking to people online whilst gaming, we asked them whether they knew the people they were talking to in real life.

Q9 Do you know all the people you talk to while gaming in real life?



Options	%	Numbers
Yes	54.81%	1180
No	45.19%	973

A significant number of young gamers 34% or 398 children **do not know** the people they are talking to in the virtual world. These answers are all similar to last year’s responses.

GENDER DIFFERENCE

♂ ♀

Many more boys than girls report talking to people whilst online gaming 68% of boys compared to 39% of girls. However whether or not they know the people they talk to in the virtual world is very similar for boys and girls.

Q10 Do you have a time limit on how long you can play computer games?

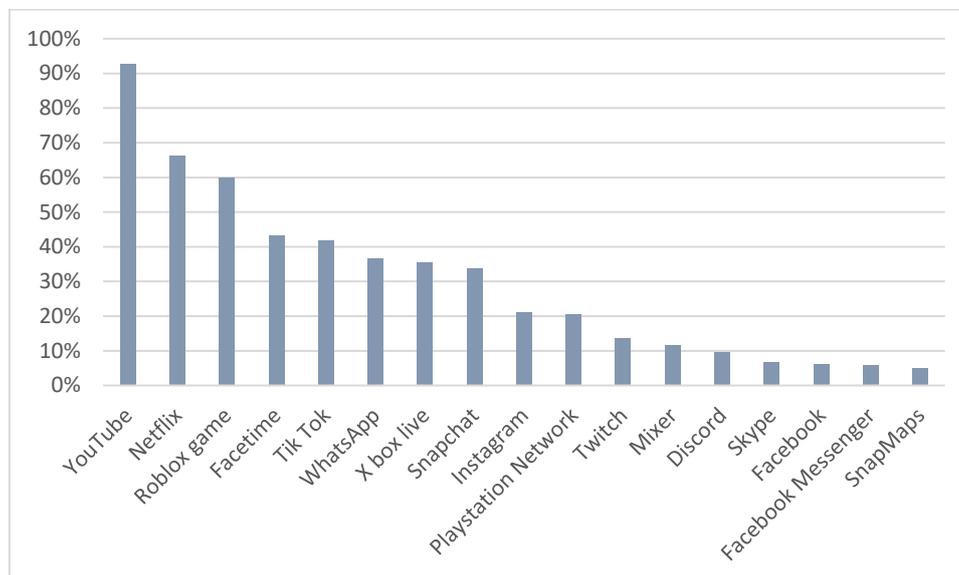
INSIGHT BOX

Just under half of respondents, **45%** or **966** young people, answered yes to the question ‘Do you have a time limit on how long you can play computer games?’



Q11 Which of these do you use?

Children were asked which of the following social media sites they used – the chart here shows only those that more than 5% of respondents claimed they used



Options	%	Numbers
YouTube	92.71%	2176
Netflix	66.38%	1558
Roblox game	60.03%	1409
Facetime	43.16%	1013
Tik Tok	41.84%	982
WhatsApp	36.73%	862
X box live	35.66%	837
Snapchat	33.87%	795
Instagram	21.26%	499
Playstation Network	20.49%	481
Twitch	13.76%	323
Mixer	11.59%	272
Discord	9.80%	230
Skype	6.86%	161
Facebook	6.05%	142
Facebook Messenger	6.01%	141
SnapMaps	5.16%	121

Twitter just missed the 5% mark at 4.81% and YouTube is by far the most popular site used. Darlington Intranet Safety Partnership has more details:

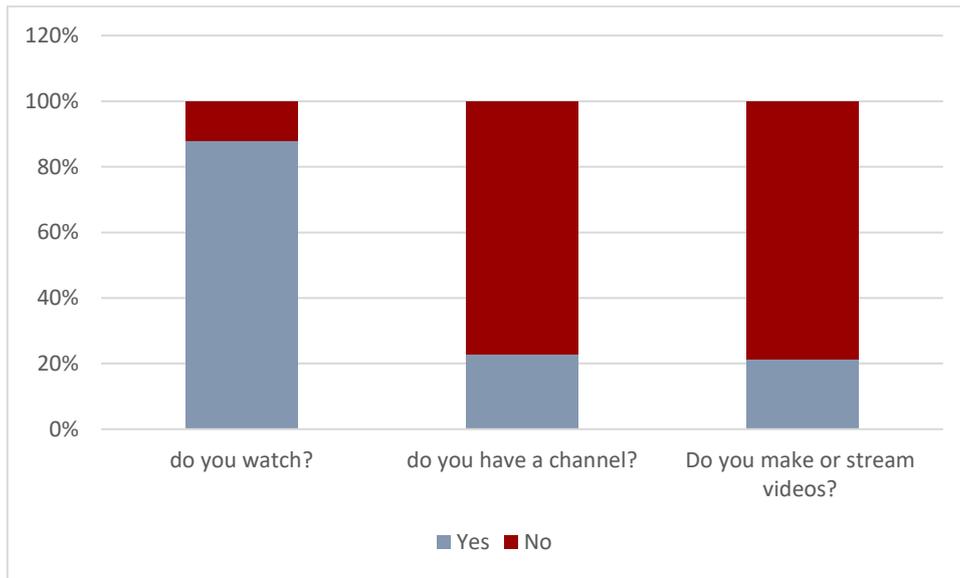
<https://www.darlington.gov.uk/health-and-social-care/public-health/children-and-young-people/darlington-pshe-network/darlington-internet-safety-partnership/>

The next few questions investigate young people's interaction with video content. We asked

Q12 Do you watch vloggers and YouTubers?

Q13 Do you have a YouTube channel?

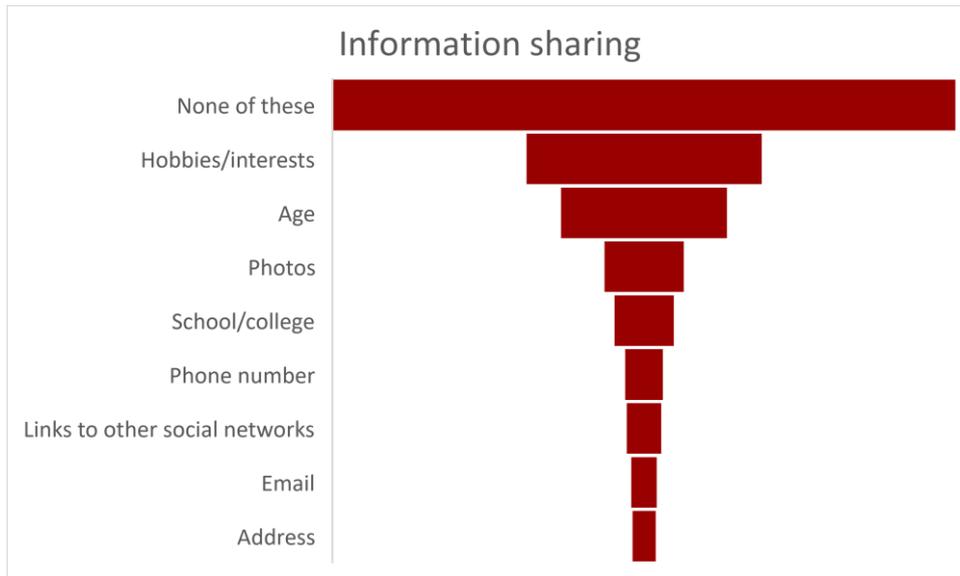
Q14 Do you make or stream videos to YouTube or other platforms eg. Mixer?



Do you watch vloggers or YouTubers?		
Options	%	Numbers
Yes	88.07%	2067
No	11.93%	280
Do you have a YouTube channel?		
Yes	22.80%	535
No	77.20%	1812
Do you make or stream videos to YouTube or other platforms?		
Yes	21.30%	500
No	78.70%	1847

The results show that as expected a large number of children watch YouTubers and vloggers and that 22% of children are creating their own content on YouTube or other platforms. This is similar to last year’s results. There has been an increase of the number of platforms for children to stream and watch, such as Twitch and Mixer.

Q15 What information about yourself do you share with people that you don't really know? E.g. on your profile or talking on a headset/live chat



Options	%	Numbers
None of these	60.97%	1431
Hobbies/interests	23.05%	541
Age	16.28%	382
Photos	7.80%	183
School/college	5.84%	137
Phone number	3.71%	87
Links to other social networks	3.41%	80
Email	2.51%	59
Address	2.30%	54

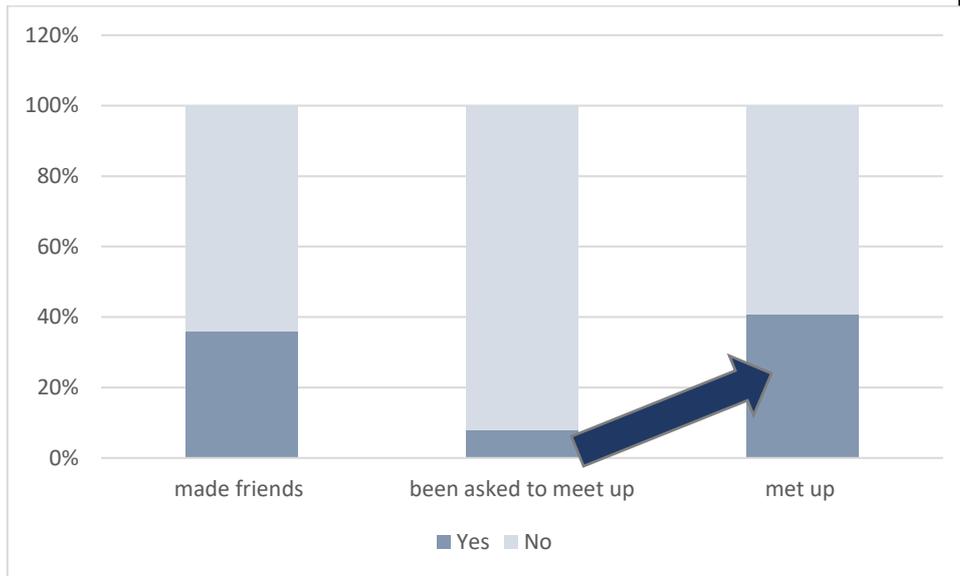
The majority (61%) of children are not sharing personal or identifiable data and the percentages sharing phone number, e-mail and address were all under 5%.

We wanted to understand more about whether children were making friends online and whether they met up with people they got to know online. So we asked

Q16 Have you ever made a friend or friends on the internet, with people you didn't know before?

Q17 Have you ever been asked to meet up with an internet friend you've never met in real life before?

Q18 Did you meet up with them?



Have you ever made a friend or friends on the internet, with people you didn't know before?		
Options	%	Numbers
Yes	35.96%	844
No	64.04%	1502
Have you ever been asked to meet up with an internet friend you've never met in real life before?		
Yes	7.75%	182
No	92.25%	2165
Did you meet up with them?		
Yes	40.66%	74
No	59.34%	108

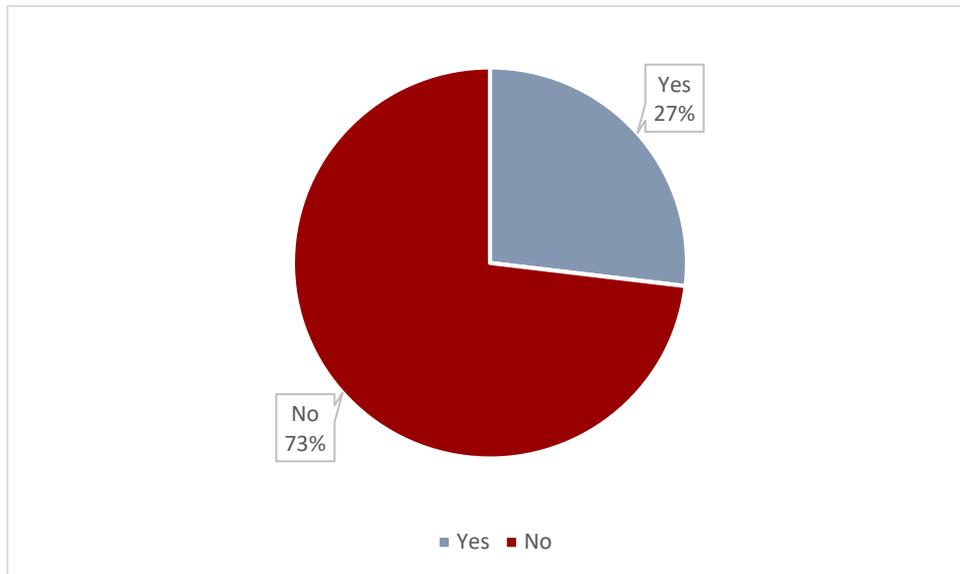
36% of children report that they have made friends online, only a small percentage of young people (7.75%) had been asked to meet up but of those who had **41%** did in fact meet up. This represents **74** individual children of primary school age meeting online friends that they don't know. That is 3% of pupils in year 5 and 6.

GENDER DIFFERENCE

♂ ♀

Boys are more likely than girls to have met up with someone they met online, 43% of boys compared to 23% of girls.

Q19 Have you seen anything online that you shouldn't have?



27% of children (630 individuals) report having seen things online that they shouldn't have.



Q20 If yes what did you see/ go on?

When asked what those things were answers vary considerably but the three main issues were swearing, violence and sexual content ranging from very mild (e.g. girls in short skirts) to hard porn.

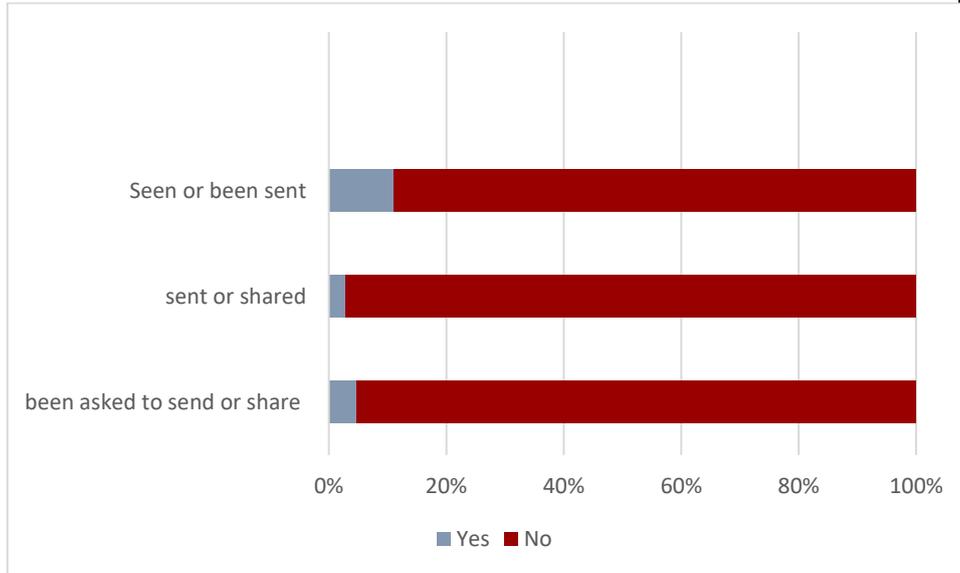
When asked why they should not have seen this content common answers included "because it is rude", "because it was inappropriate", "because I am too young" and "because it was scary"

Only a very small percentage of children have been sending or receiving inappropriate content (pictures or videos). We asked

Q21 Have you ever been asked to send or share an inappropriate photo or video of yourself?

Q22 Have you ever sent or shared an inappropriate photo or video of yourself?

Q23 Have you ever seen or been sent an inappropriate picture/video online?



Have you ever been asked to send or share an inappropriate photo of video of yourself?		
Options	%	Numbers
Yes	4.79%	110
No	95.21%	2186
Have you ever sent or shared an inappropriate photo or video of yourself?		
Yes	2.29%	67
No	97.08%	2229
Have you ever seen or been sent an inappropriate picture/video online?		
Yes	11.15%	256
No	88.85%	2040

11% of children who answered this question have been sent or seen inappropriate pictures or videos. Only 2% of respondents report that they have actively sent or shared inappropriate content.

Q24 Is it ok to send an inappropriate picture of yourself on social media or via mobile phone?

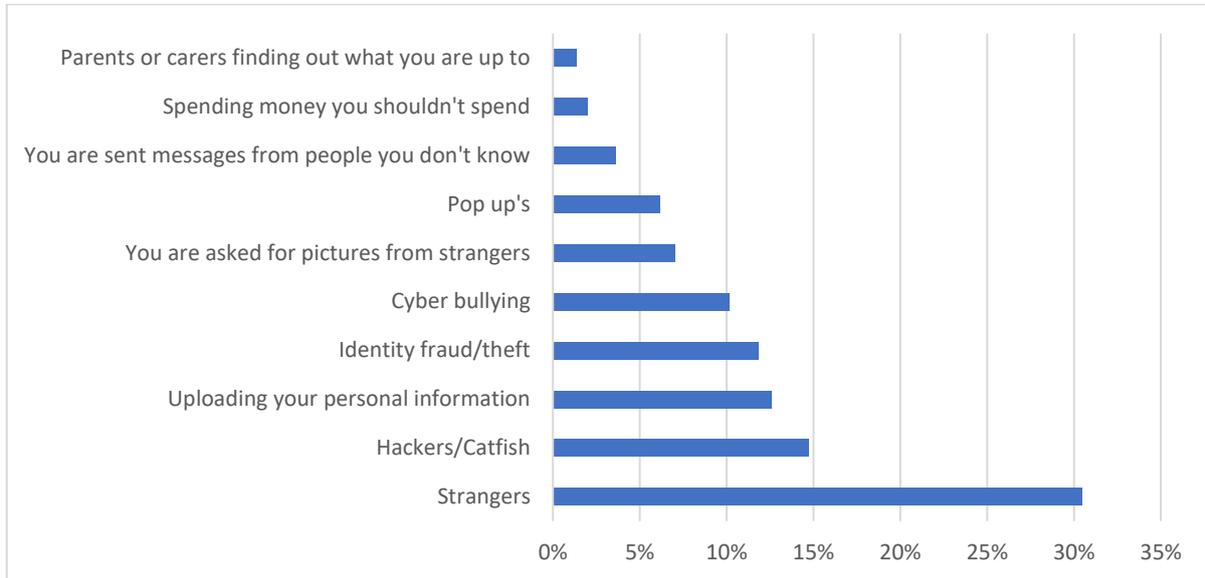
INSIGHT BOX

Only **2.5%** (57 young people) think it is “ok to send an inappropriate picture of yourself on social media or via mobile phone” a significant **decrease** from last year.

82% (1892 young people) think that once you upload an image or text to the internet, you do NOT have control over what happens with it.

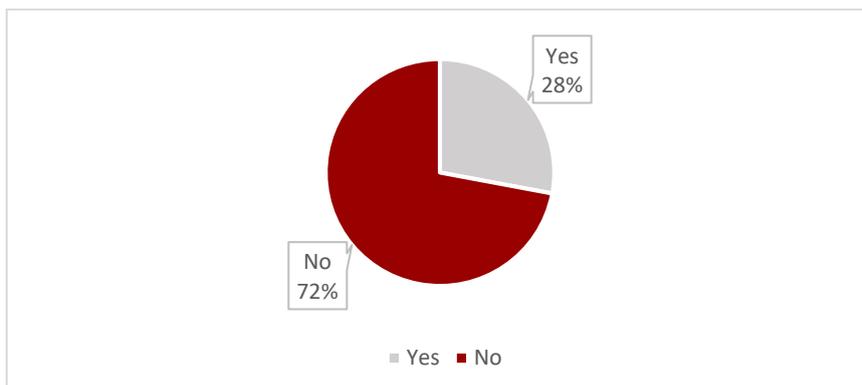
Q25 What do you think is the biggest risk when using the internet?

We asked children what they thought the biggest online risks were, by far the largest perceived risk was strangers.



Options	%	Numbers
Strangers	30.44%	699
Hackers/Catfish	14.72%	338
Uploading your personal information	12.59%	289
Identity fraud/theft	11.85%	272
Cyber bullying	10.15%	233
You are asked for pictures from strangers	7.06%	162
Pop up's	6.18%	142
You are sent messages from people you don't know	3.61%	83
Spending money you shouldn't spend	2.00%	46
Parents or carers finding out what you are up to	1.39%	32

Q26 Have you seen anything online or had anything sent to you that you found offensive, upsetting, nasty, worrying or inappropriate?





28% of children (642 individuals) had seen something that they found offensive, upsetting, nasty, worrying or inappropriate online and of those who had **68%** (425 individuals) told someone about it.

Q27 What was it you saw that upset you?

This was a free text question, the majority of children reported others being unkind or offensive either to that respondent or to each other. Other issues such as violence or sexual content were reported much less often than physical attacks.

Sample Answers

“One of my friends started being horrible and sending messages that upset me”

“People were insulting each other”

“A girl was bullying on tiktok”

“An animal dies”

“Something rude about my sister”

INSIGHT BOX

This suggests that though children do sometimes access inappropriate material online the main things that upsets them are interpersonal disputes.

Answers to this section have been relatively stable over the previous two years although some of the questions have varied. There does appear to have been a shift in behaviours or attitudes towards gaming. There has been an increase of children who play computer games due to the introduction of more apps and an increased use of smartphones and ownerships. Although children are reporting playing 12+ games rather than 16-18 rated games.



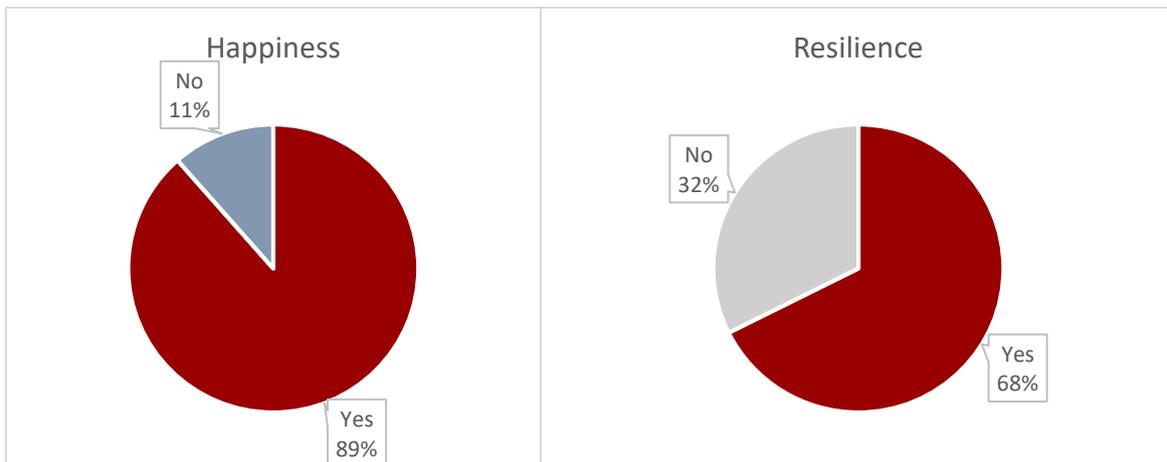
Section 2: Emotional Health and Wellbeing

This section explored how children felt and how they coped with difficulty. It looked at strategies they have for coping with stress as well as their access to support networks.

We asked a series of yes/no questions, as follows

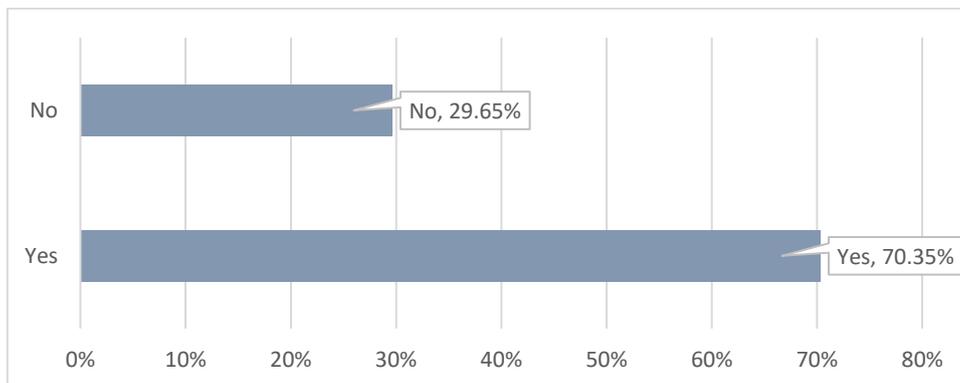
Q28 Generally I feel happy about my life at the moment

Q29 I am resilient; I can bounce back from difficult, upsetting or stressful situations



The responses show that 89% (2032 young people) felt happy with their lives at the time of the survey 68% (1544 young people) describe themselves as resilient.

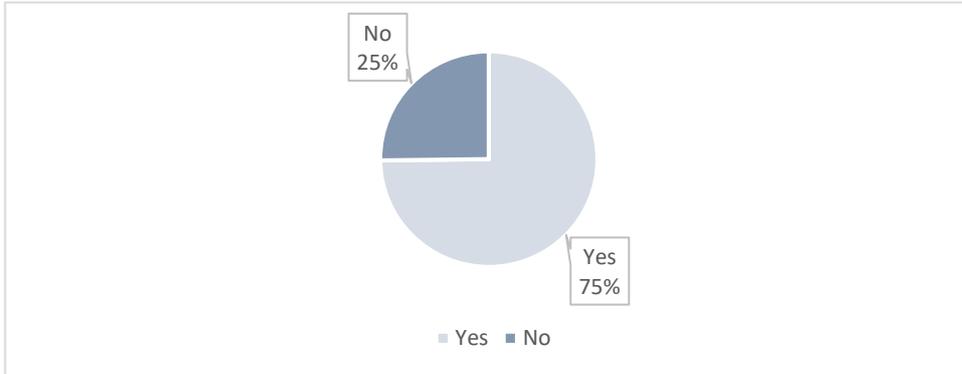
Q30 If my friends are doing something I don't like or don't want to join in with, it's easy for me to say 'no'





70% (1606 children) said they did find it easy to say no if they didn't want to do what their friends were doing. There is a significant minority **30%** (677 children) who do not find it easy to resist peer pressure.

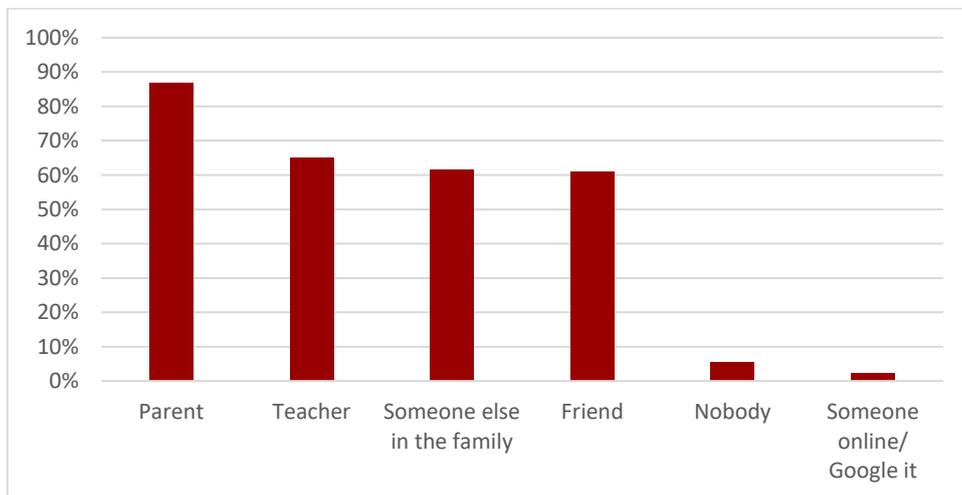
Q31 If I'm worried about something, it's easy for me to find someone to talk to



25% (575 children) said they did not find it easy to find someone to talk to if they were worried about something. This is an **increase** on last year's survey where 16% of respondents said they did not find it easy to find someone to talk to.

So our next question aimed to find out more about who they feel they can talk to in times of need

Q32 If you were worried about something, who would you talk to?



Options	%	Numbers
Parent	86.77%	1981
Teacher	64.96%	1483
Someone else in the family	61.59%	1406
Friend	61.06%	1394
Nobody	5.48%	125
Someone online/ Google it	2.37%	54



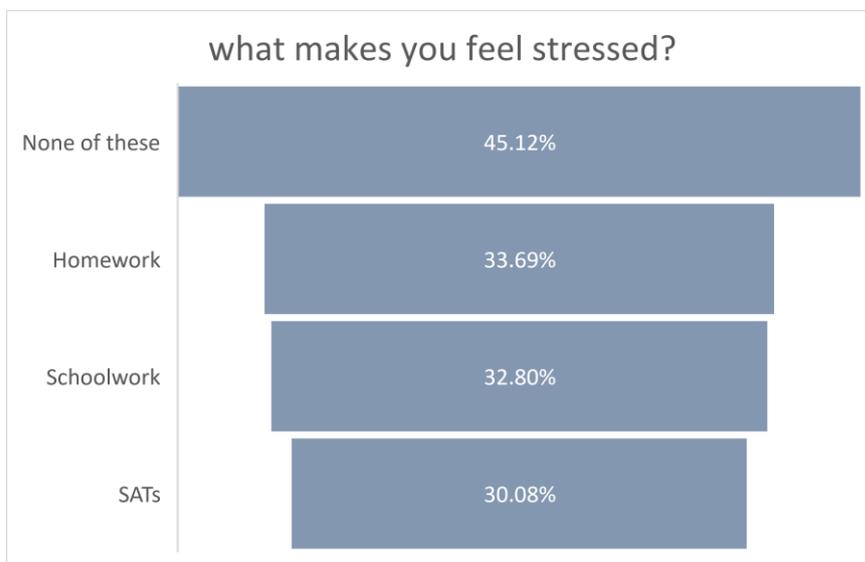
87% of children felt they could talk to a parent and others turned to a teacher, family member or friend for advice. **5.5%** (125 children) didn't feel there was nobody they could talk to about their worries.

Q33 Stress is feeling overwhelmed, angry, upset or anxious and not able to deal with a situation. Do you ever feel stressed?

74% children, 1692 individuals, reported feeling stressed at times

We asked children what things made them feel stressed – our first questions concentrated on the educational context

Q34 If you feel stressed, is it about the following? (more than one could be picked)

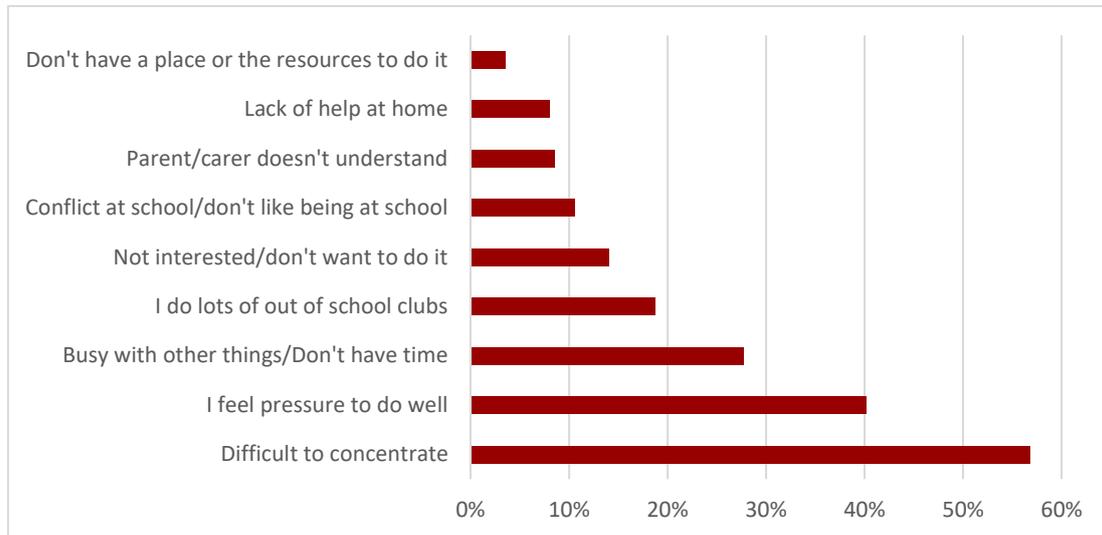


Options	%	Numbers
None of these	45.12%	762
Homework	33.69%	569
Schoolwork	32.80%	554
SATs	30.08%	508

Although 45% (762 children) did not feel stressed by the educational environment, 55%, of them did. Homework, schoolwork and SATS were all similar stress factors for children.

In order to gain more insight into this pattern of stress we asked

Q35 Why do you feel stressed about homework, school work, SATs? (children could tick up to 3 options)



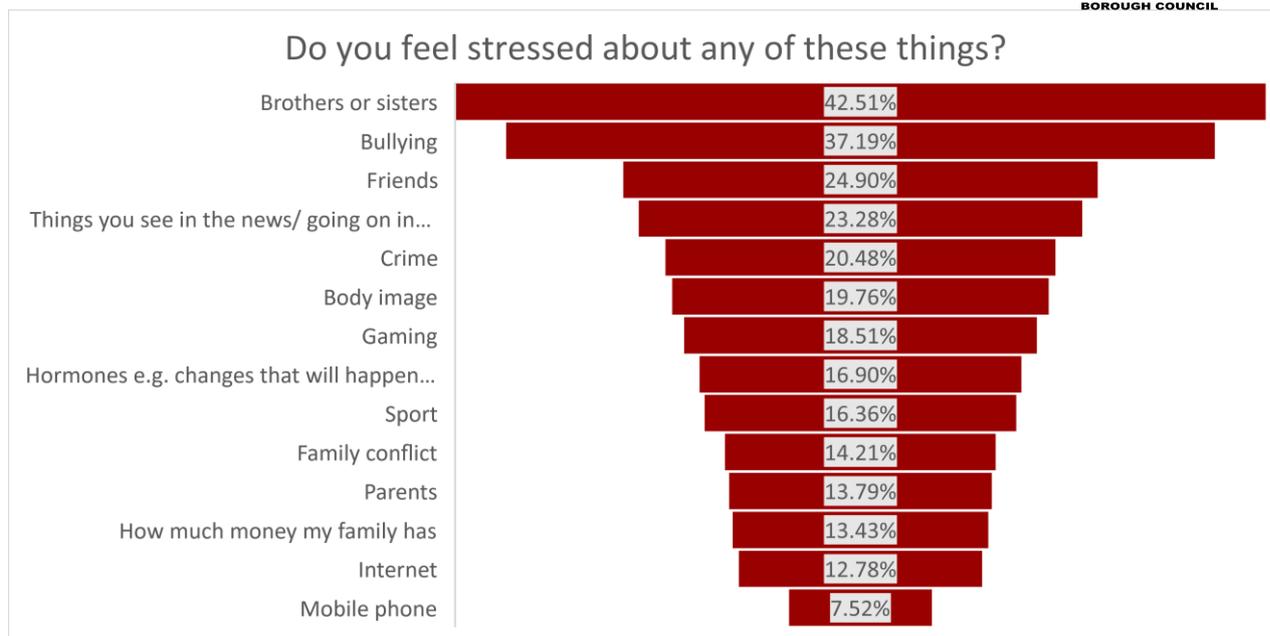
Options	%	Numbers
Difficult to concentrate	56.75%	542
I feel pressure to do well	40.21%	384
Busy with other things/Don't have time	27.64%	264
I do lots of out of school clubs	18.74%	179
Not interested/don't want to do it	14.03%	134
Conflict at school/don't like being at school	10.58%	101
Parent/carer doesn't understand	8.48%	81
Lack of help at home	8.06%	77
Don't have a place or the resources to do it	3.56%	34

Children reported feeling stressed because they found it hard to concentrate, because they felt pressure to do well and because they were busy or didn't have time. These three issues have elements in common leaving children feeling pressured. **These results are similar to previous years.**



We asked children about what they found stressful in a wider context and these were their answers...

Q36 Do you feel stressed about any of these things? (more than one could be picked)



Options	%	Numbers
Brothers or sisters	42.51%	712
Bullying	37.19%	623
Friends	24.90%	417
Things you see in the news/ going on in the world e.g. climate change	23.28%	390
Crime	20.48%	343
Body image	19.76%	331
Gaming	18.51%	310
Hormones e.g. changes that will happen to my body during puberty	16.90%	283
Sport	16.36%	274
Family conflict	14.21%	238
Parents	13.79%	231
How much money my family has	13.43%	225
Internet	12.78%	214
Mobile phone	7.52%	126

The top five stressors for pupils other than school work and dealings with emotions are brothers and sisters, bullying, friends, things they see on the news and crime.

New options added this year included things that you

- Things you see in the news/ going on in the world e.g. climate change
- Crime
- Hormones e.g. changes that will happen to my body during puberty
- How much money my family has

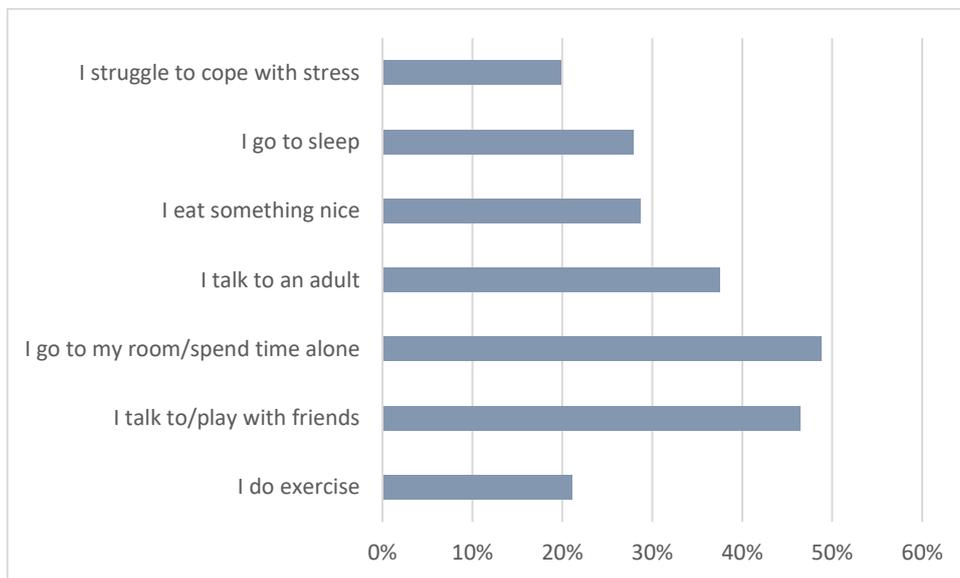


Q37 Do you feel stressed when dealing with your emotions/feelings?

68% of children, 1144 individuals said that they did but when asked why in a free text question they clearly find it hard to articulate often saying ‘I don’t know’ other common answers revolve around not being able to control strong emotions or not knowing how to express them appropriately. E.g. “because I am scared” “I don’t know whether I give myself good advice” and “because it’s hard to deal with it”. Answers to this section were similar to previous years.

Finally we asked children about their coping mechanisms – what they do to deal with stress

Q38 How do you cope with stress?



Options	%	Numbers
I do exercise	21.10%	349
I talk to/play with friends	46.37%	767
I go to my room/spend time alone	48.79%	807
I talk to an adult	37.42%	619
I eat something nice	28.72%	475
I go to sleep	27.93%	462
I struggle to cope with stress	19.89%	329

Interestingly there were a similar number of children who coped by creating alone time **49%** (807 individuals) and those who coped by spending time with friends **46%** (767 individuals).

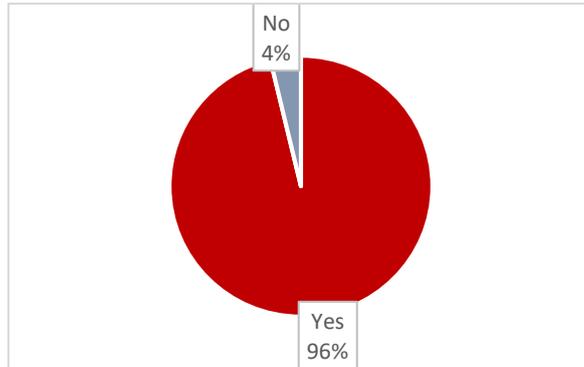
INSIGHT BOX

29% of young people, **475** individuals, were using food as a coping mechanism an increase from **20%** in 2018 (the question was not asked in 2017)

Section 3: Relationships

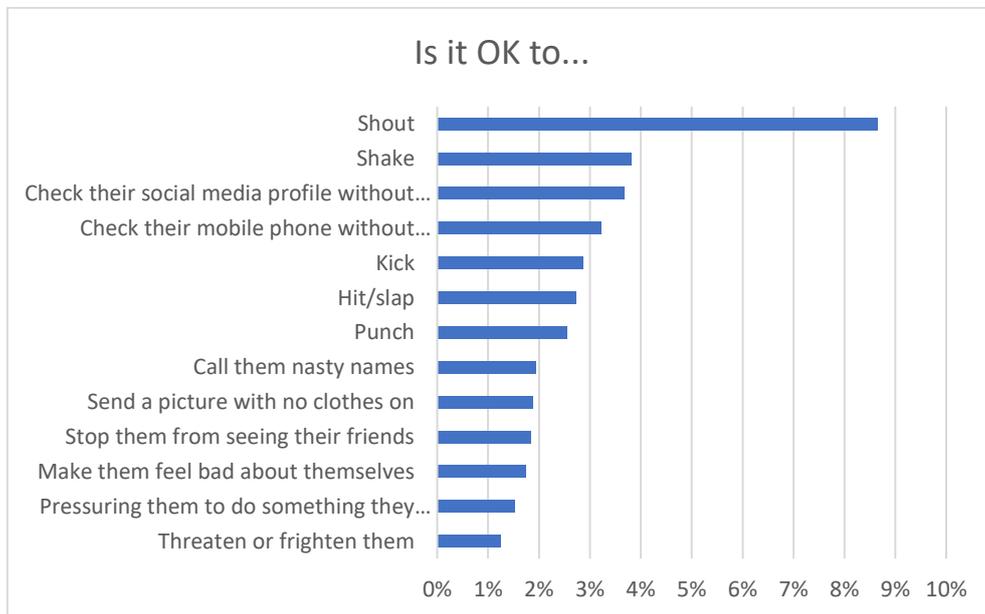
This section explores what children think about acceptable behaviour in relationships.

Q39 Should people in relationships care about and respect each other?



The vast majority of children 96% do think it's important to respect each other in relationships with only 84 children (4%) saying otherwise. To understand more about what children think constitutes acceptable behaviour in a relationship, we asked.

Q40 In a grown up relationship with a boy/girl, it is ok to....





Options	%	Numbers
Threaten or frighten them	1.25%	28
Pressuring them to do something they don't want to do	1.52%	34
Make them feel bad about themselves	1.75%	39
Stop them from seeing their friends	1.84%	41
Send a picture with no clothes on	1.88%	42
Call them nasty names	1.93%	43
Punch	2.55%	57
Hit/slap	2.73%	61
Kick	2.87%	64
Check their mobile phone without permission	3.23%	72
Check their social media profile without permission	3.67%	82
Shake	3.81%	85
Shout	8.65%	193

Whilst **9%** (193 children) thought that it was acceptable for adults to shout at each other in a relationship (a decrease from previous years). None of the other behaviours were accepted by more than **5%** of children. So most children have a good understanding about healthy grown up relationships.

INSIGHT BOX

The largest number of pupils **84%** (1874 young people) thought that **NONE OF THESE** behaviors were acceptable.

This is a positive increase on previous years when 76% in 2017 and 80% in 2018 indicated that none of these behaviors were acceptable.



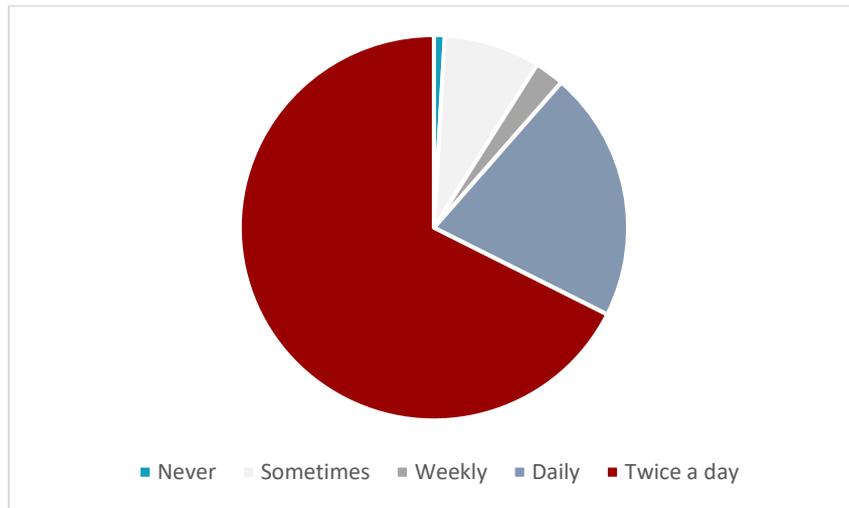
**Section 4:
Dental Health**

It is good to know that 99% of children reported owning a toothbrush and toothpaste at home.



We asked

Q41 How often do you clean your teeth?



Options	%	Numbers
Never	0.90%	20
Sometimes	8.02%	178
Weekly	2.48%	55
Daily	21.04%	467
Twice a day	67.57%	1500

GENDER DIFFERENCE
♂ ♀

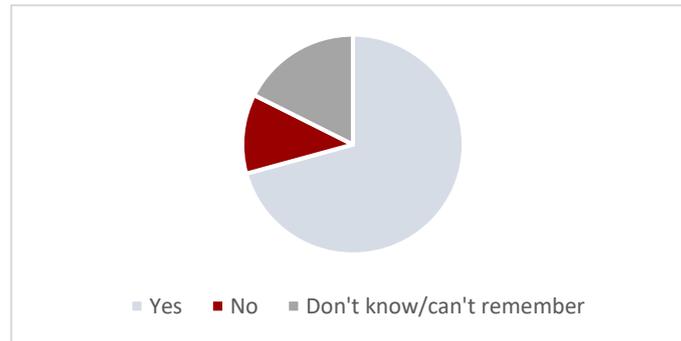
Girls report being better teeth cleaners than boys with 77% of girls saying they brush twice a day compared with only 60% of boys.

Dental health is about looking after your teeth as well as brushing your teeth so we asked

Q42 Where do you get your teeth checked?

97% of children, 2149 were checked at the dentist
6% of children, 134 were checked at the hospital

Q43 Have you had your teeth checked this year?

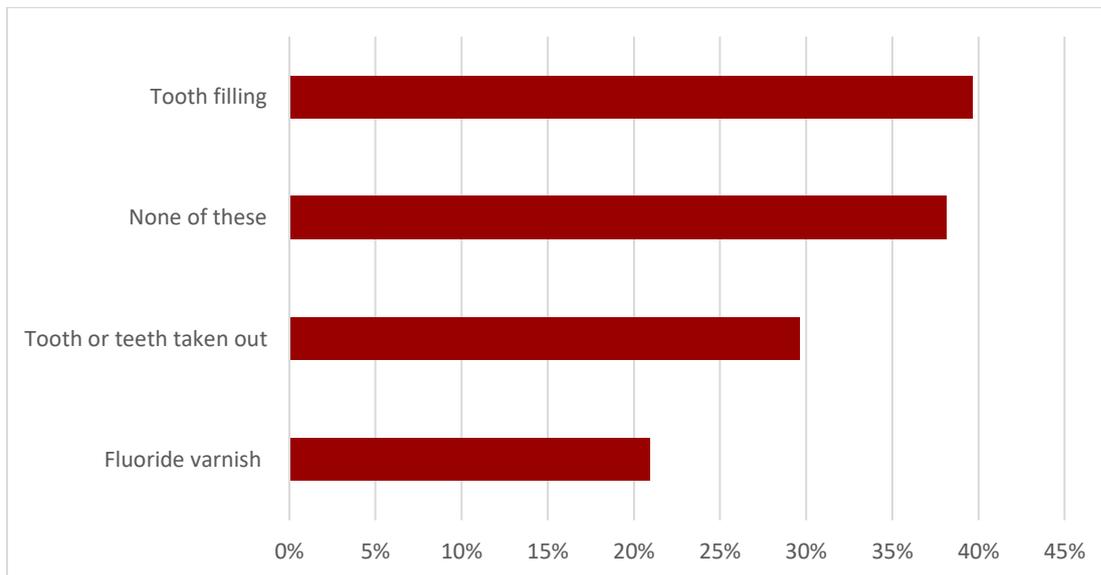


Options	%	Numbers
Yes	70.72%	1570
No	11.71%	260
Don't know/can't remember	17.57%	390

Most respondents think they have had their teeth checked this year.

Finally we asked about dental health

Q44 Have you ever had a filling, a tooth/teeth taken out or a fluoride varnish?



Options	%	Numbers
Fluoride varnish	20.90%	464
Tooth or teeth taken out	29.59%	657
None of these	38.11%	846
Tooth filling	39.68%	881

INSIGHT BOX

40% of young people, 881 individuals, have had a filling and **30%**, 657 individuals, have had a tooth/teeth removed.

The number of children having fluoride varnish on their teeth has reduced since last year.

Despite the positive responses to the questions about dental hygiene behaviour, dental health in Darlington is not particularly good. However these statistics are comparable with national patterns*

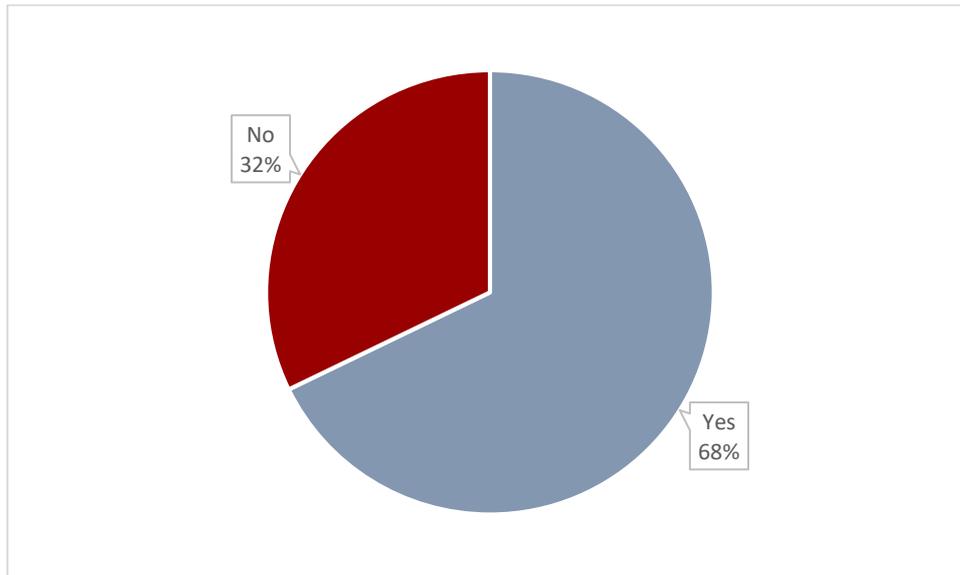
*data published by the NHS in 2015 (collected in 2013) says 34% of children under 12 in the UK had tooth decay treated.

Section 5: Puberty



This section is designed to explore what children know and how they feel as the experience and prepare for puberty

Q45 Do you know what changes you will experience during puberty?



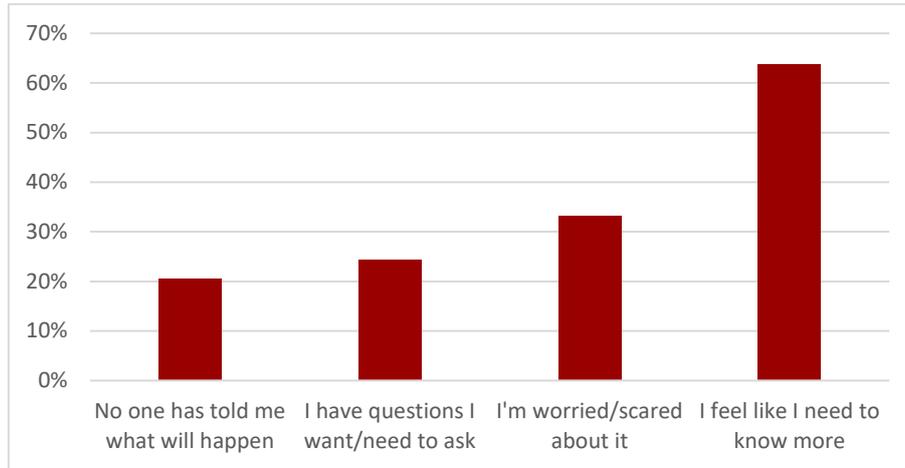
32% (711 children), do not feel that they know what changes they will experience in puberty*.

*Puberty lessons may not have taken place in year 5 at the time of the survey.

Q46 Would you like more information about the changes that you may experience during puberty?

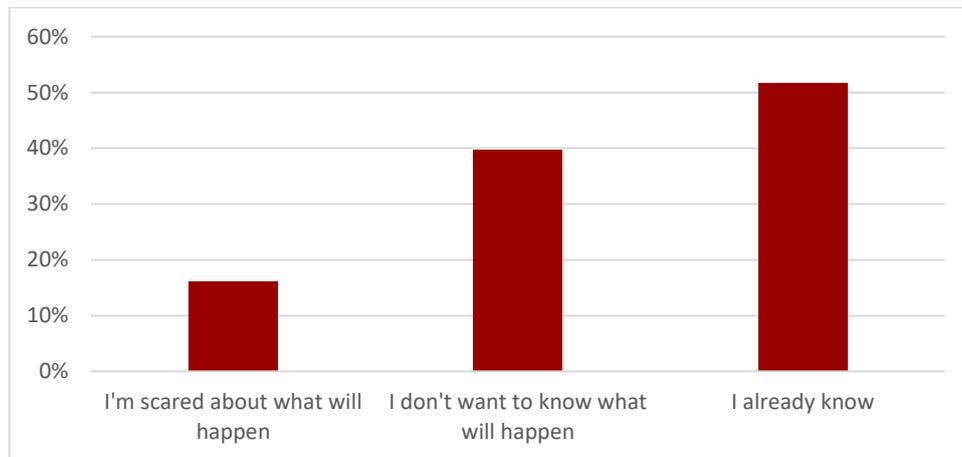
47%, 1037 individuals, would like to have more information about the changes they may experience. These numbers are similar to previous years.

Q47 If yes, why would you want more information?



Options	%	Numbers
No one has told me what will happen	20.64%	213
I have questions I want/need to ask	24.42%	252
I'm worried/scared about it	33.33%	344
I feel like I need to know more	63.86%	659

Q48 If no, why do you not want more information?



Options	%	Numbers
I'm scared about what will happen	16.08%	188
I don't want to know what will happen	39.78%	465
I already know	51.75%	605

Combining this data 605 children feel they already know what to expect from puberty and 659 children would like to know more.

GENDER DIFFERENCE



Many more girls than boys report being scared about what will happen during puberty, 20% of boys compared to 46% of girls.

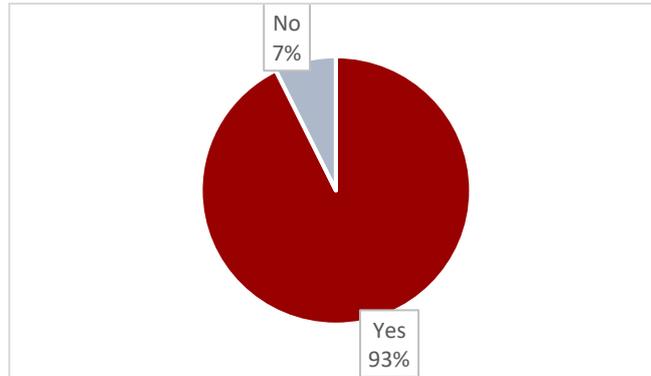
INSIGHT BOX

In total **21%** (532 young people) who took part in the survey are worried or scared about what will happen to them when they reach puberty whether this means they want more or less information about it. (This is similar to last year's data)

Section 6: Safety

This section explores how safe the children feel and their behaviour and attitudes related to antisocial behaviour. We started by asking

Q49 Do you feel safe in school?



93% of children (2689) do feel safe in school and **92%** (2718) also felt they knew who they should talk to if they didn't feel safe in school

Children were given the following definition of anti-social behaviour

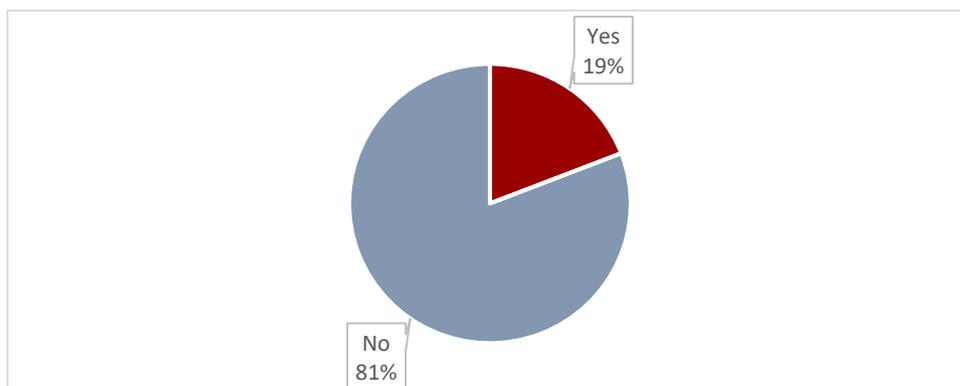
Anti-Social behaviour is acting in a way that causes or is likely to cause harassment, alarm or distress to one or more people in the community.

Examples:

- climbing on things you shouldn't climb on
- swearing in public places where others are present
- unacceptable behaviour in shopping centres
- littering and dropping rubbish or vandalising things
- causing problems with buses or other public transport
- intimidating language/behaviour

Based on this children were asked

Q50 Have you ever taken part in anti-social behaviour?





19% (415 children) report that they have taken part in antisocial behaviours.

Q51 There are 2640 young people in Year 5 and 6 in Darlington. How many do you think take part in anti-social behaviour?

When children were asked to estimate how many year 5 and 6 pupils took part in antisocial behaviours they estimated **2% (44 pupils)** which is a significant underestimation.

Q52 If you saw anti-social behaviour happening, would you know who to tell about it/report it to?

86% (1853 children) think they know who to tell if they see anti-social behaviour

Q53 If you saw anti-social behaviour happening, would you report it?

86% (1871 children) said they would report it if they saw it.

Answers to this section are similar to previous years.

Q54 Does anti-social behaviour (being caused by others) put you off/make you nervous going to certain areas of town/place or doing activities at certain times?

39% (843 young people) said that anti-social behaviours put them off or made them nervous of going to certain places at certain times – the largest fear by far is that of getting physically hurt.

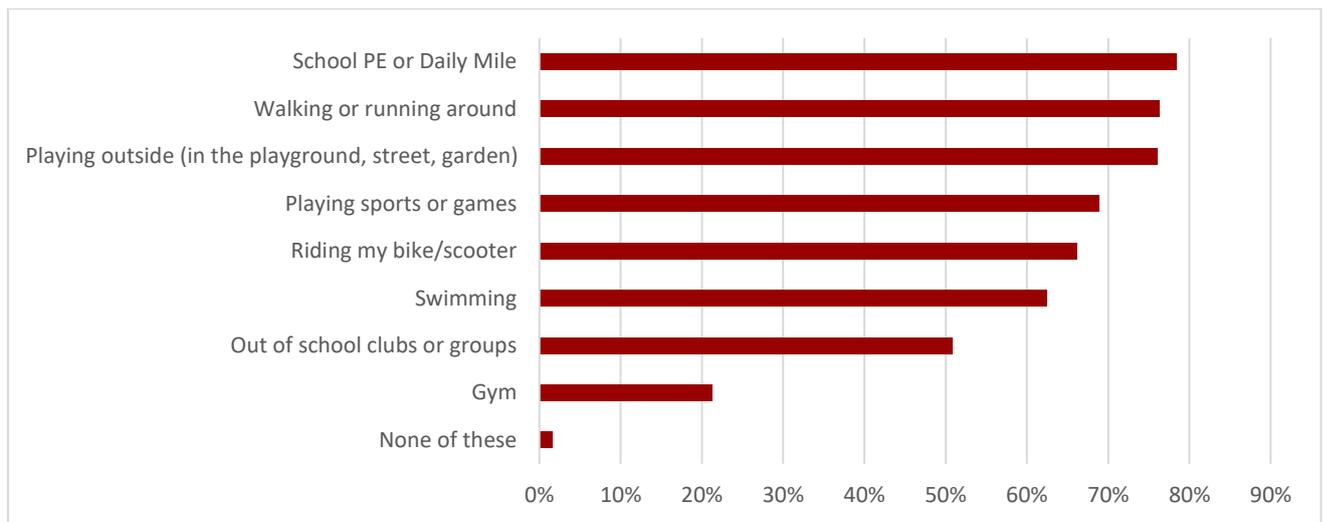


**Section 7:
Physical Activity and Eating Habits**

This section explores what activities children take part in and why, it also asks questions about eating and drinking habits investigating the lifestyle of the respondents at home and at school.

Our first question was

Q55 What exercise do you do?



Options	%	Numbers
School PE or Daily Mile	78.35%	1650
Riding my bike/scooter	66.14%	1393
Walking or running around	76.35%	1608
Playing sports or games	68.90%	1451
Swimming	62.44%	1315
Playing outside (in the playground, street, garden)	76.07%	1602
Out of school clubs or groups	50.85%	1071
Gym	21.23%	447
None of these	1.57%	33

The answers are encouraging with well over half respondents taking part in exercise independently of the school environment. Only 1.6% (33 children) report taking part in none of these activities but remember that this answer does not mean they do no exercise.

Q56 Think back over the last seven days. Tick which days you think you did your 60 active minutes of exercise like playtime, walking to school, PE (remember this doesn't have to be all in one go!)

We asked about which days of the week children were most or least active and it's clear that children are most active during the school week

Options	%	Numbers
Monday	66.57%	1402
Tuesday	62.82%	1323
Wednesday	64.67%	1362
Thursday	60.64%	1277
Friday	61.06%	1286
Saturday	51.99%	1095
Sunday	46.15%	972
None of these days	5.13%	108

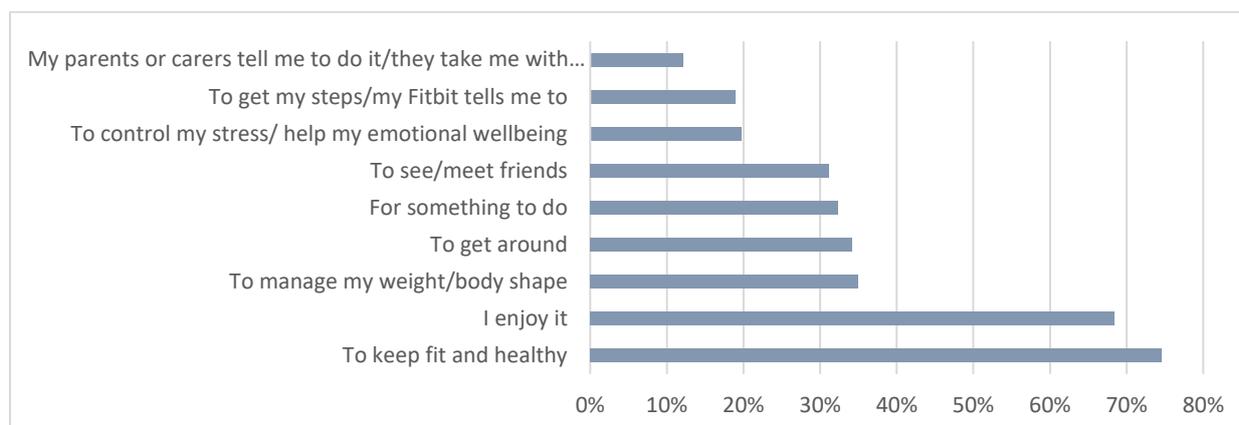
During the week 60-70% of children report doing 60 active minutes.
 On Saturday only 52% of children report doing 60 active minutes.
 On Sunday only 46%% of children report doing 60 active minutes.



This suggests that school activities are an important component of the active lives of children in Darlington.

Looking at what motivates children to exercise we asked them

Q57 Why do you exercise?



Options	%	Numbers
To get around	34.19%	720
I enjoy it	68.38%	1440
To get my steps/my Fitbit tells me to	18.95%	399
To keep fit and healthy	74.60%	1571
For something to do	32.38%	682
To see/meet friends	31.15%	656
To manage my weight/body shape	34.95%	736
My parents or carers tell me to do it/they take me with them when they exercise	12.16%	256
To control my stress/ help my emotional wellbeing	19.71%	415
Other (please specify)	5.51%	116

The biggest motivators are a desire to keep fit and healthy (1571 individuals) and enjoyment of the activity itself (1440 individuals). The next biggest factor was managing weight or body shape (736 individuals). After that there is a significant proportion of children who exercise for practical reasons to get around and to see or meet friends. Answers were similar for boys and girls, and similar to previous year's surveys.

When asked

Q58 Is there anything that stops you/makes it hard for you to exercise?

Most children cited health reasons such as **asthma, physical injuries** or **illnesses** which limited their capacity to exercise. A smaller number had concerns about **bullying** or **body image**.

Sample answers

- “People swearing and being mean”
- “My condition”
- “My bones, they hurt”
- “I used to have asthma”

Next we asked about eating habits

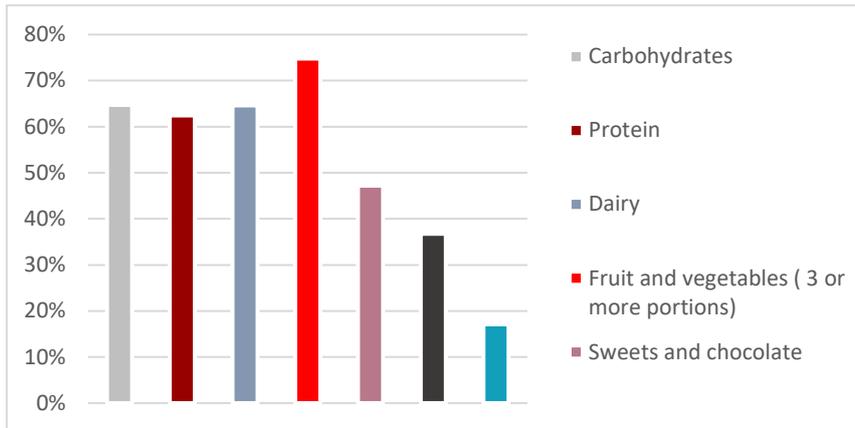
Children were given guidance as to what foods constituted carbohydrate, protein and dairy and shown the eatwell plate (below).



They then answered the following questions



Q59 What do you eat/drink every day?

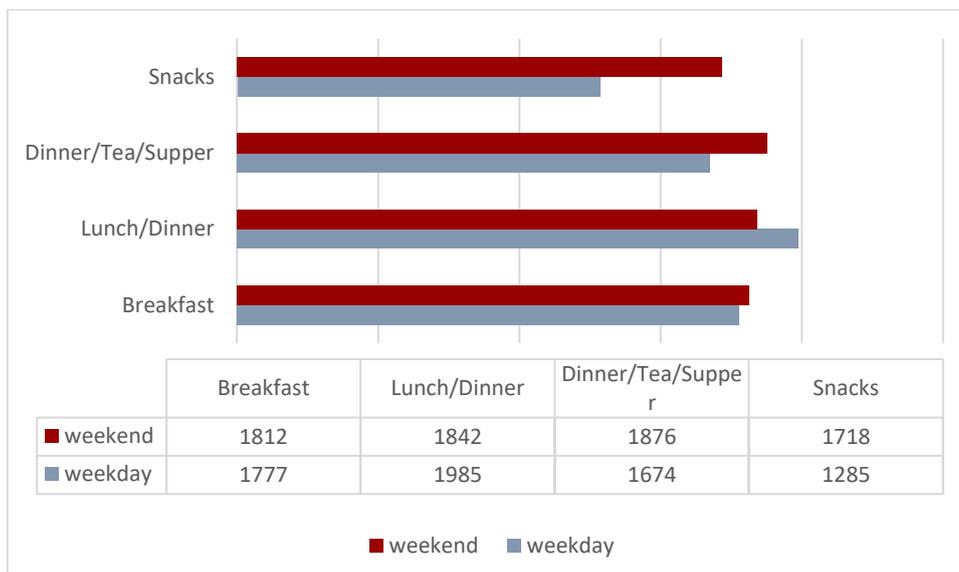


Options	%	Numbers
Carbohydrates (potatoes, rice, bread, pasta etc)	64.72%	1363
Protein (meat, fish, eggs etc)	62.44%	1315
Dairy (milk, cheese etc)	64.62%	1361
Fruit and vegetables (3 or more portions)	74.79%	1575
Sweets and chocolate	47.20%	994
Fizzy drinks	36.75%	774
Energy drinks	17.09%	360

75% (1575 young people) report eating at least 3 portions of fruit and vegetables a day however **47%** (994) are eating sweets and chocolate every day.

Q60 Use the table below to tick on school days and on weekends/ holidays what meals you normally have:

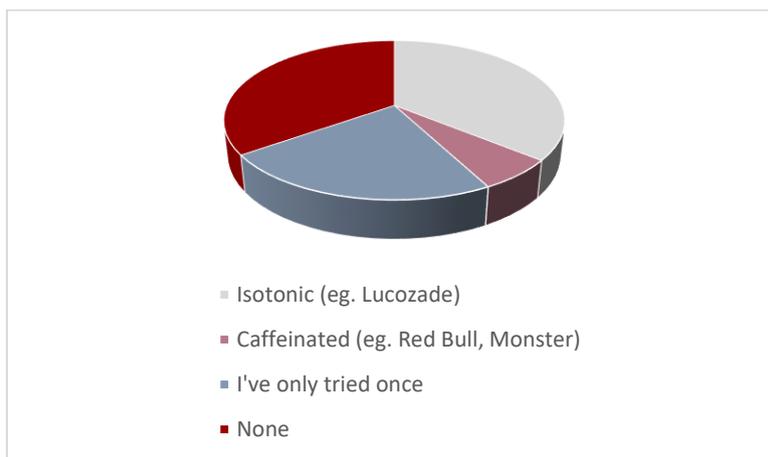
We asked children whether they usually ate breakfast, lunch, dinner or snacks on weekdays and weekends.



Snacks and dinners were more often eaten on the weekends whereas lunch was more often eaten during the school week where it is part of the school day.

Finally we looked at young people’s consumption of energy drinks explaining about different types of energy drinks and asking

Q61 Have you ever had an energy drink?



Options	%	Numbers
Isotonic (eg. Lucozade)	35.90%	756
Caffeinated (eg. Red Bull, Monster)	6.36%	134
I've only tried once	22.93%	483
None	34.81%	733

Only 6% (134 children) drank caffeinated energy drinks and 58% (1,171) had either never had an energy drink or only had one once.

To find out more we asked

Q62 Where did you get the energy drink from?

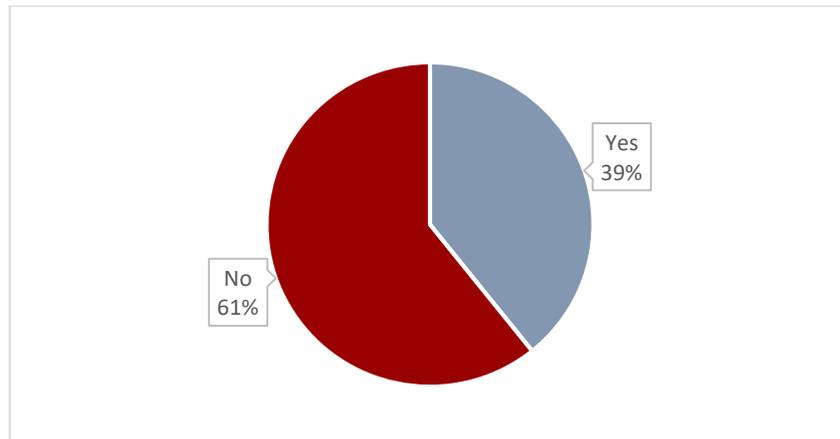
The **25%** (523 children) got the energy drinks from home or from the shops with **22%** (456) buying them independently and **15%** (321) being bought for the pupil by someone else.

NB caffeinated energy drinks should only be sold to children over 16. This is legislation which supermarkets abide by, but not all local shops do and there are more issues in schools with local small shops nearby.

Section 8: Bullying

This section concentrates on whether children have experienced bullying and if so what sort of bullying as well as their ways of dealing with bullying.

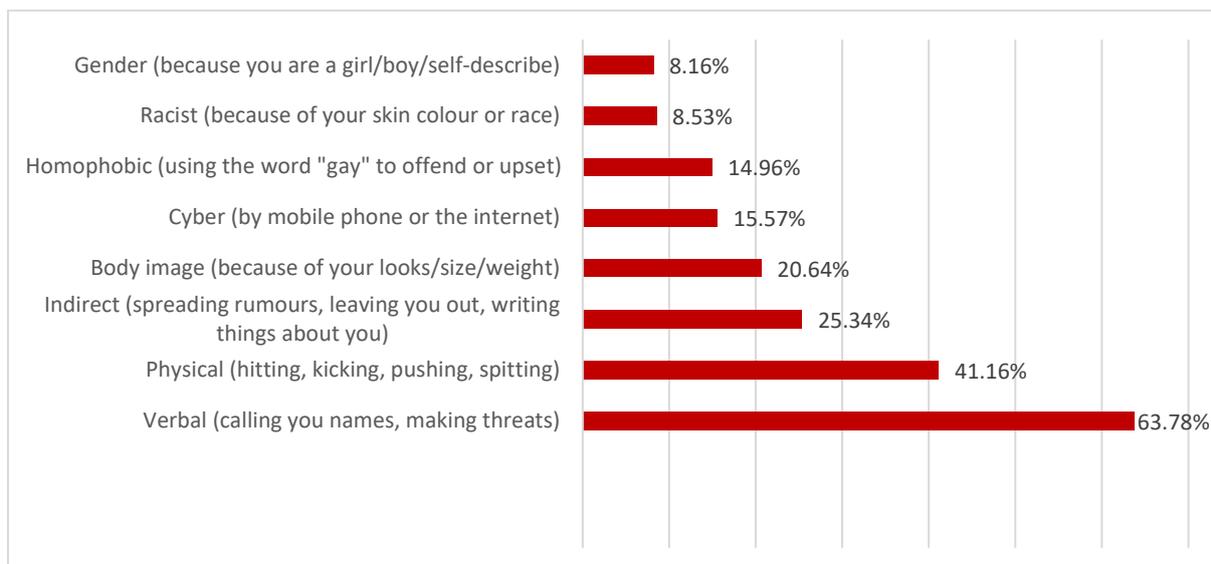
Q63 Have you been bullied in the last year?



39% (815 children) self-report being bullied in the last year, similar numbers to those reporting bullying in previous years.

We asked

Q64 What kind of bullying was it?





Options	%	Numbers
Physical (hitting, kicking, pushing, spitting)	41.16%	333
Verbal (calling you names, making threats)	63.78%	516
Indirect (spreading rumours, leaving you out, writing things about you)	25.34%	205
Cyber (by mobile phone or the internet)	15.57%	126
Racist (because of your skin colour or race)	8.53%	69
Religious (because of your religion)	5.32%	43
Gender (because you are a girl/boy/self-describe)	8.16%	66
Homophobic (using the word "gay" to offend or upset)	14.96%	121
Body image (because of your looks/size/weight)	20.64%	167
Financial (because of how much money you/ your family has)	6.06%	49
Social (because of where/ how you/ your family lives)	6.18%	50
Other (please specify)	13.10%	106

The most commonly experienced kind of bullying was verbal (516 individuals) but physical bullying was also common with 333 individuals reporting experiencing this type of bullying.

GENDER DIFFERENCE



More boys than girls are report experiencing physical bullying, 56% of boys compared to 27% of girls. Boys also report more homophobic bullying that girls (20% compared to 9%). Other types of bullying are similar for both genders.

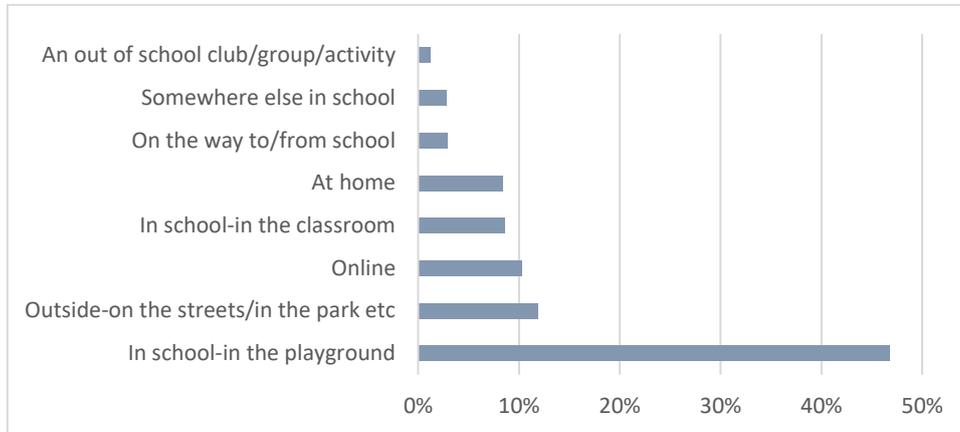
INSIGHT BOX

Over 150 primary school children reported being bullied because of their looks or weight. Although this question was not included in previous years, in 2018 7 pupils put this in their free text answer.



We asked where those who were being bullied were experiencing this bullying

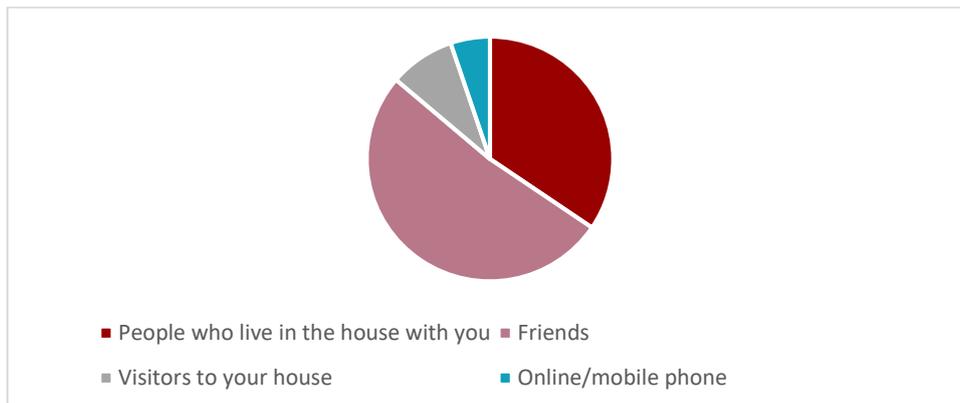
Q65 Where did the bullying mostly take place?



Options	%	Numbers
Online	10.26%	83
At home	8.41%	68
On the way to/from school	2.97%	24
In school-in the classroom	8.65%	70
In school-in the playground	46.85%	379
Somewhere else in school	2.84%	23
An out of school club/group/activity	1.24%	10
Outside-on the streets/in the park etc	11.87%	96
Other (please specify)	6.92%	56

Most bullying takes place in the school playground (**47%**) but it is clear that this can extend more broadly to the streets or park and the children’s online world. It is also of note that **9%** of those being bullied (70 children) report experiencing bullying in the classroom and **8%** at home (68 children).

Q66 If you have been bullied at home is this by people who live at the house with you, friends, visitors, online or something else?





Options	%	Numbers
People who live in the house with you	29.41%	20
Friends	44.12%	30
Visitors to your house	7.35%	<5
Online/mobile phone	4.41%	<5
Other (please specify)	14.71%	10

The majority of bullying in the home is done by others living in the house and friends.

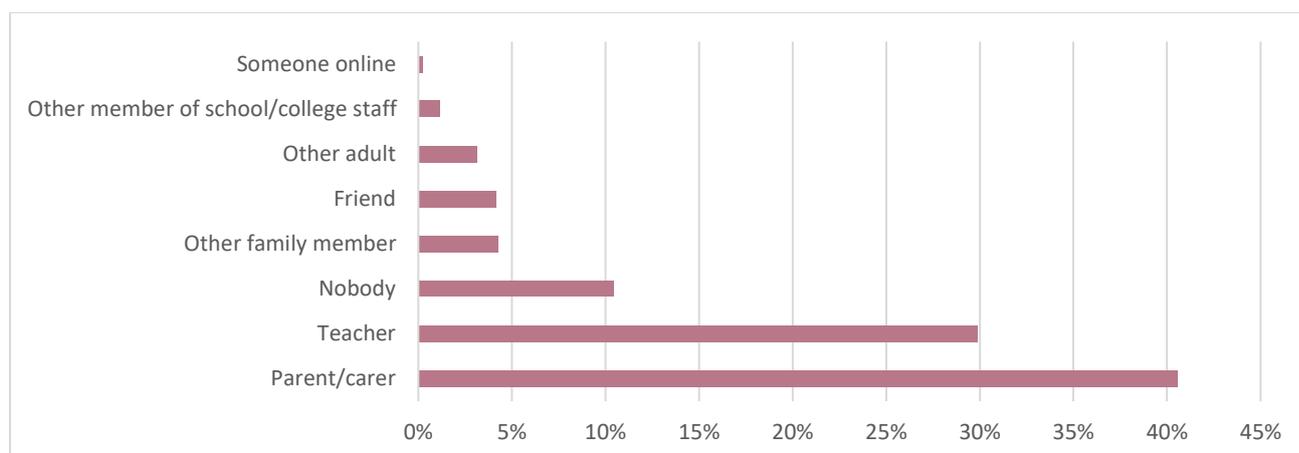
GENDER DIFFERENCE

♂ ♀

Many more girls than boys report being bullied by friends in the home, 56% of girls compared to 31% of boys.

We wanted to know if children felt that they could tell people about being bullied and if so who did they choose to confide in, we asked

Q67 If you have been bullied, who did you tell?



Options	%	Numbers
Teacher	29.90%	238
Other member of school/college staff	1.13%	9
Parent/carer	40.58%	323
Other family member	4.27%	34
Friend	4.15%	33
Other adult	3.14%	25
Someone online	0.25%	<5
Nobody	10.43%	83
I haven't been bullied	0.88%	7

Most children were telling a parent/carer or teacher if they were being bullied but **10%**, 83 individuals, were telling no one.

Q68 After telling someone outside of school about being bullied, was it sorted out?

Q69 After telling someone inside of school about being bullied, was it sorted out?

INSIGHT BOX

If pupils told someone **outside** of school about the bullying in **64%** of cases the bullying was sorted out.

If pupils told someone **inside** school about the bullying in **57%** of cases the bullying was sorted out.

Q70. If it wasn't sorted out, why was this?

This was a free text question, which answers included, don't know, it was sorted out, ticked the wrong box, not listened to and no action was taken.

Although for a few it was because they were not believed, because the teacher or parent was too busy or because they didn't tell anyone because they were afraid of repercussions.

Answers to the questions in this section are similar to previous years with no significant changes.

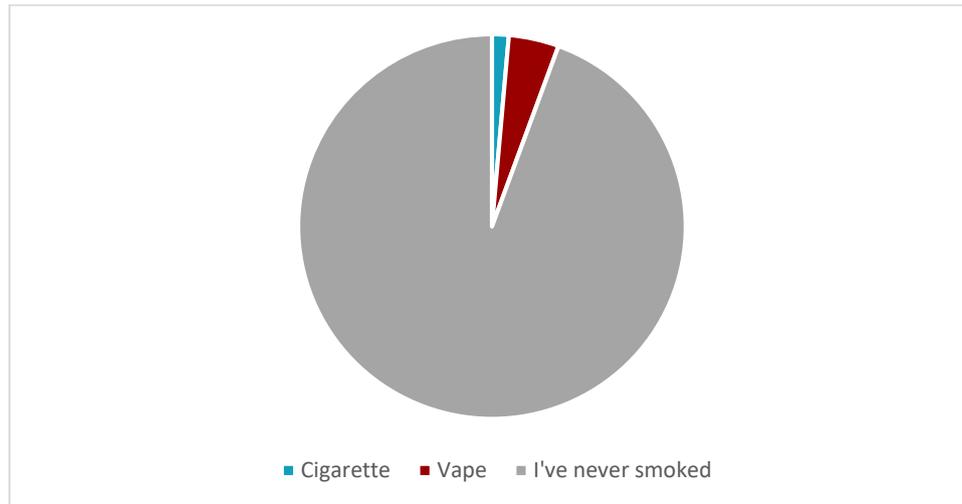


Section 9: Smoking

This section explores prevalence of smoking and vaping, availability of cigarettes, and pupil's attitudes to smoking.

We asked

Q71 Have you ever tried smoking? A Cigarette, Vape or not at all



Options	%	Numbers
Cigarette	1.37%	28
Vape	4.10%	84
I've never smoked	92.44%	1895

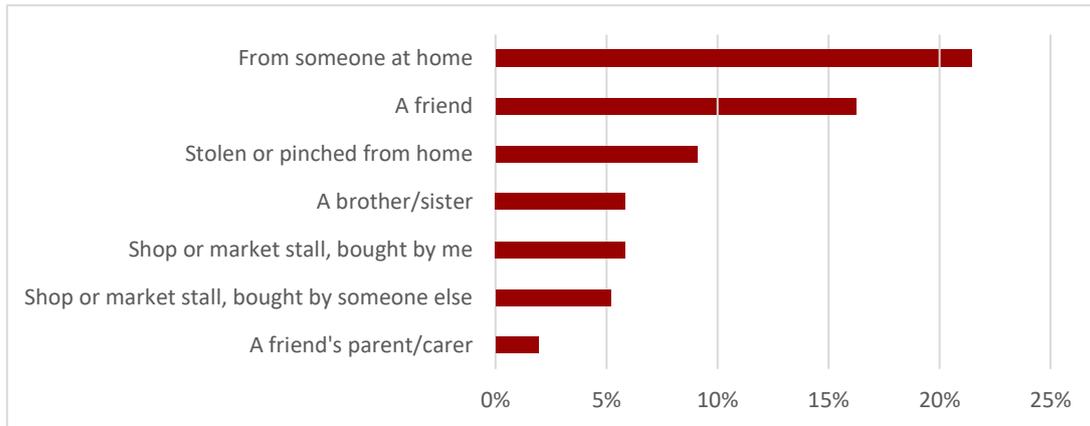
The majority of children have never tried smoking or vaping although more have tried vaping than have smoked cigarettes. Only 112 individuals have tried either.

Of those who had tried cigarettes or vaping only **14%** (21 individuals) had tried smoking more than once.

The number of children trying vaping is growing as the practice becomes more common in the general population. The number reporting they have never smoked is gradually decreasing – it was 96% in 2017, 94% in 2018, and is now 92%. This may also be linked to the increase in vaping.

In order to understand more about how children were accessing smoking we asked

Q72 If you have smoked where did you get them from?



Options	%	Numbers
From someone at home	21.43%	33
Stolen or pinched from home	9.09%	14
Shop or market stall, bought by me	5.84%	9
Shop or market stall, bought by someone else	5.19%	8
A friend	16.23%	25
A friend's parent/carer	1.95%	3
A brother/sister	5.84%	9

Most cigarettes or vapes were being accessed at home or from friends. Only 9 individuals said they had been able to purchase them themselves from a shop or market stall

GENDER DIFFERENCE

♂ ♀

More boys than girls say they have smoked once or more, 45 boys compared to 17 girls.

Boys are 2 ½ times more likely to have tried smokers than girls.

Q73 There are 2640 children in Darlington in Years 5 and 6. How many of them do you think smoke cigarettes?

Pupils **estimated** that **22%** children in year 5 and 6 smoke

Q74 is it OK for children your age to smoke?

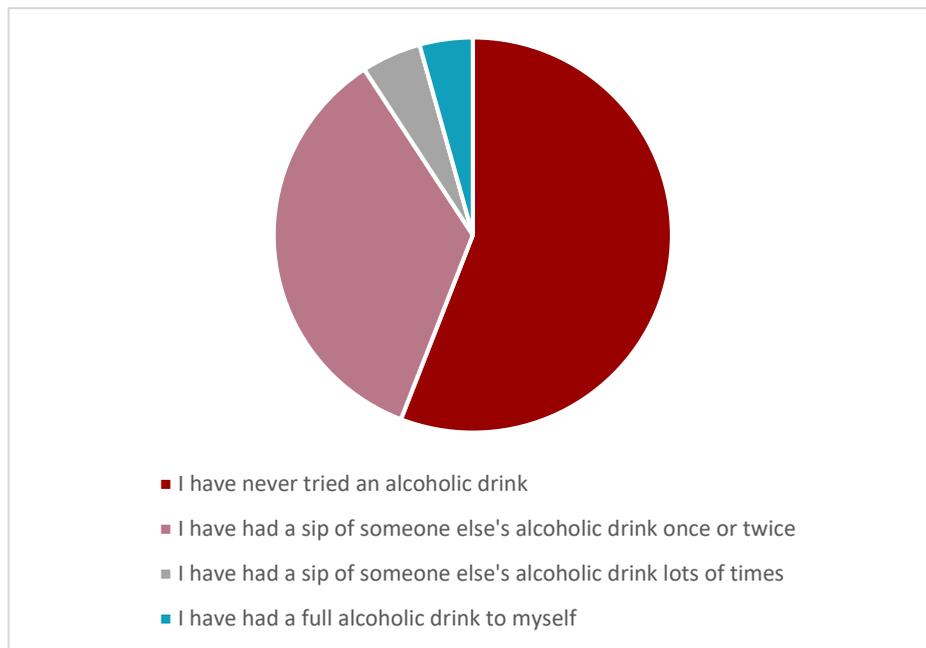
98% of pupils **do not** think it is OK for children their age to smoke a small rise from previous years despite the small rise in pupils reporting that have smoked.

**Section 10:
Alcohol**

This section explores prevalence of drinking alcohol, availability of alcohol to children and attitudes to alcohol.

Q75 Tick the sentence that is true about you:

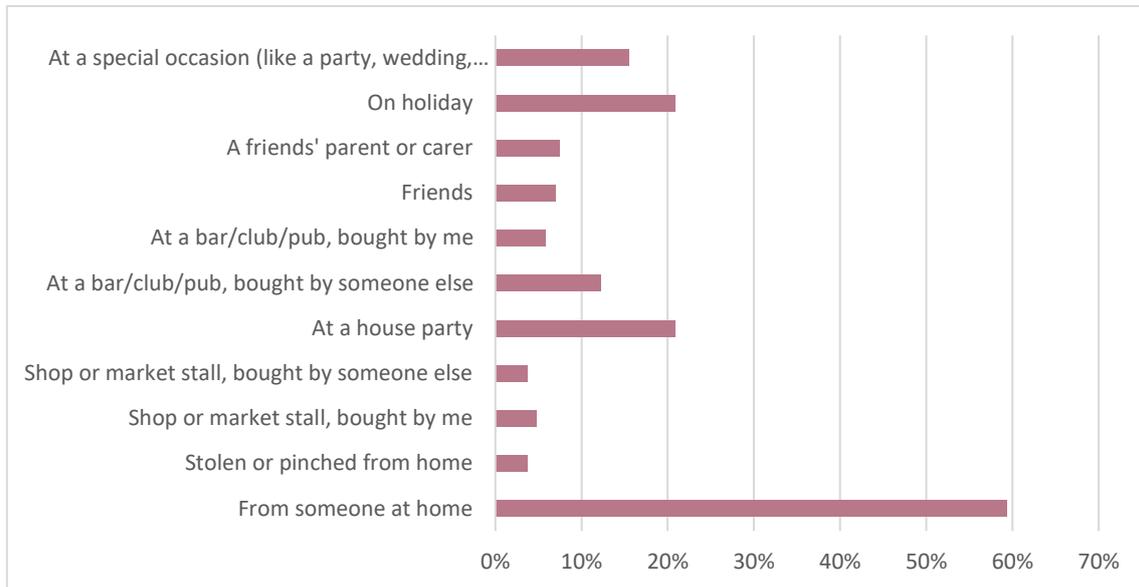
- I have never tried an alcoholic drink**
- I have had a sip of someone else’s alcoholic drink once or twice**
- I have had a sip of someone else’s alcoholic drink lots of times**
- I have had a full alcoholic drink to myself**



Options	%	Numbers
I have never tried an alcoholic drink	55.89%	1139
I have had a sip of someone else's alcoholic drink once or twice	34.94%	712
I have had a sip of someone else's alcoholic drink lots of times	4.86%	99
I have had a full alcoholic drink to myself	4.32%	88

Only **4%** (88 young people) have had a full drink to themselves and only **5%** (99 individuals) often have a sip from someone else’s drink.

Q76 Where did you get the drink from?



Options	%	Numbers
From someone at home	59.36%	111
Stolen or pinched from home	3.74%	7
Shop or market stall, bought by me	4.81%	9
Shop or market stall, bought by someone else	3.74%	7
At a house party	20.86%	39
At a bar/club/pub, bought by someone else	12.30%	23
At a bar/club/pub, bought by me	5.88%	11
Friends	6.95%	13
A friends' parent or carer	7.49%	14
On holiday	20.86%	39
At a special occasion (like a party, wedding, christening)	15.51%	29

Most children were accessing alcohol at home, at a house party or on holiday. Only 9 individuals report being able to buy alcohol for themselves.

GENDER DIFFERENCE

♂ ♀

Although the numbers of boys and girls who have tried alcohol are very similar. More boys than girls are accessing that alcohol from someone at home, 61% compared to 56%. Whilst more girls than boys are accessing alcohol at a special occasion 25% compare to 11%.

Answers to all these questions are statistically similar to previous years.

Q77 There are 2640 children in Darlington in Years 5 and 6. How many of them do you think have drunk alcohol?

INSIGHT BOX

Pupils estimated that **29%** children in year 5 and 6 in Darlington had drunk alcohol, in fact the number is higher, even if we only count those who had drunk a whole drink the actual figure is **88%**.

Q78 Is it ok for young people to get drunk before they are 18 years old?

95% of pupils **do not** think it is OK for people to get drunk before they are 18 years old this is a positive **increase** on previous years. 91% in 2017 and 84% in 2018 indicated they did not think it was OK.



This was the final question in the survey.