

Healthy Lifestyles Survey Combined Data Report Primary Schools 2018 - 19

Introduction

The Primary Schools Healthy Lifestyle Survey 2018/19 took place September 2018 with 23 primary schools in Darlington submitting survey responses. The breakdown of responses by school is documented in the following table:

Q1. Which school do you go to?

School	Number of Pupils (Y5&6) completing at least one question of the survey*	% against total responses across all schools
Corporation Road Community Primary School	61	2.45%
Federation of Abbey Schools	213	8.56%
Firthmoor Primary School	105	4.22%
Gurney Pease Academy	53	2.13%
Harrowgate Hill Primary School	236	9.49%
Heathfield Primary School	166	6.67%
Heighington CofE Primary School	82	3.30%
Hurworth School	73	2.93%
Mount Pleasant Primary School	78	3.14%
Mowden Junior School	170	6.83%
Polam Hall Free School	85	3.42%
Red Hall Primary School	58	2.33%
Rydal Academy	233	9.36%
Reid Street Primary School	114	4.58%
Springfield Academy	59	2.37%

St George's CofE Academy	100	4.02%
St John's CofE Academy	69	2.77%
St Teresa's Roman Catholic Primary School	54	2.17%
Skerne Park Academy	101	4.06%
West Park Academy	111	4.46%
Whinfield Primary School	180	7.23%
St Mary's CofE Primary	55	2.21%
High Coniscliffe CofE Primary School	32	1.29%
TOTAL	2,488	

**please note not all pupils completed all sections of the survey, the numbers above reflect how many pupils by school answered at least one question*

The table above shows the number of pupils taking part in the survey this year. As some schools have a larger number of pupils or classes, they represent a larger percentage of the total answers. For example, Whinfield had 180 responses, overall this equates to 7.23% of the total responses to the survey. This is important to bear in mind if schools wish to compare their individual school results against the overall findings in this report.

(Please note every effort was made to delete duplicate responses where pupils had to start the survey again due to IT issues, but some may remain.)

Section One: Demographics

Q2. What school year are you in?

YEAR 5	1,220
YEAR 6	1,268

Q3. How old are you?

9 YEARS OLD	1,129
10 YEARS OLD	1,263



11 YEARS OLD	96
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Q4. Are you...

MALE	1,227
FEMALE	1,190
PREFER NOT TO SAY	71

The data shows that the survey reached an almost even percentage of pupils in terms of school year and gender. As seen in previous years, there were significantly less 11 year olds taking part in comparison to nine and ten year olds, this is due to the time of year the survey takes place.

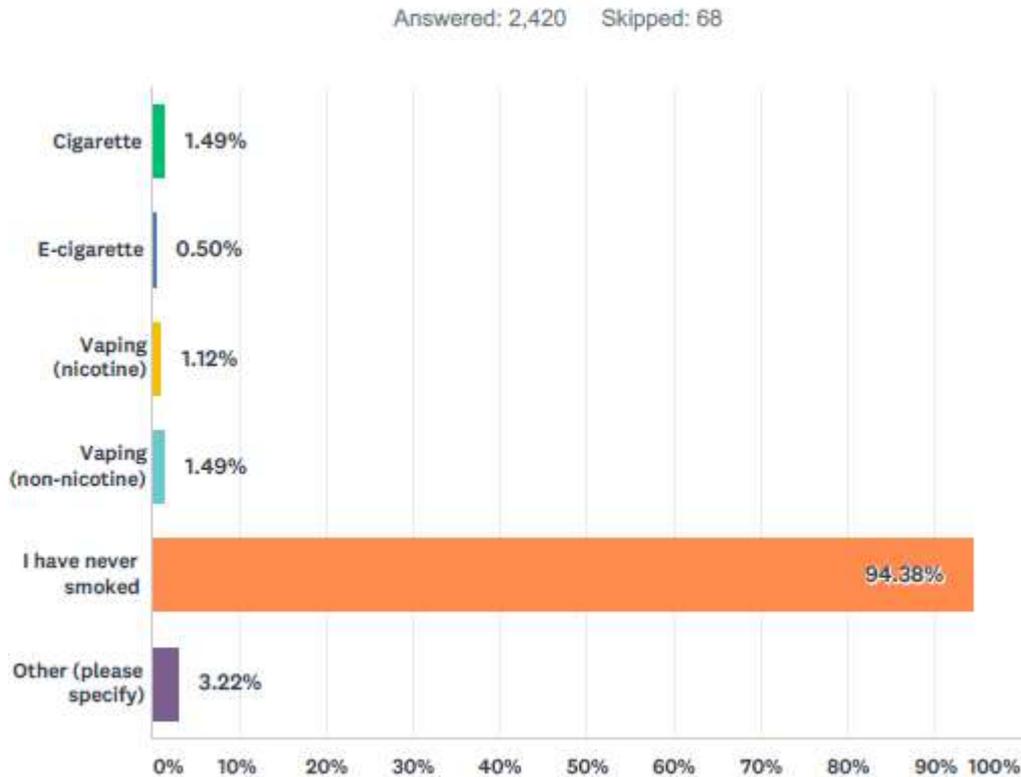
Analysis of the survey has been broken down into sections, and then by question. The number of pupils answering each question fluctuates throughout the survey, therefore the number of responses can be found above each graph on each question. Where it is possible, a summary comparison of results compared to last year's results has been included at the end of each section. However, it is important to note that these are simply comparisons and cannot be used as "trends" as the methodology of the survey does not allow this.

Note: For the following sections' analysis, percentages have been rounded to the nearest whole number for easy understanding. The actual percentages (to two decimal places) are available on the graphs.

Section Two: Smoking

Q5. Have you ever tried smoking a...

94% of pupils chose the option “I have never smoked”. 69 of 78 pupils who chose “Other” indicated that they also had never smoked, therefore the total percentage of pupils who indicated they have never smoked is closer to 97%. 36 pupils had tried a cigarette, 12 an e-cigarette, 27 a nicotine vape and 36 a none nicotine vape.



Q6. How old were you when you first tried?

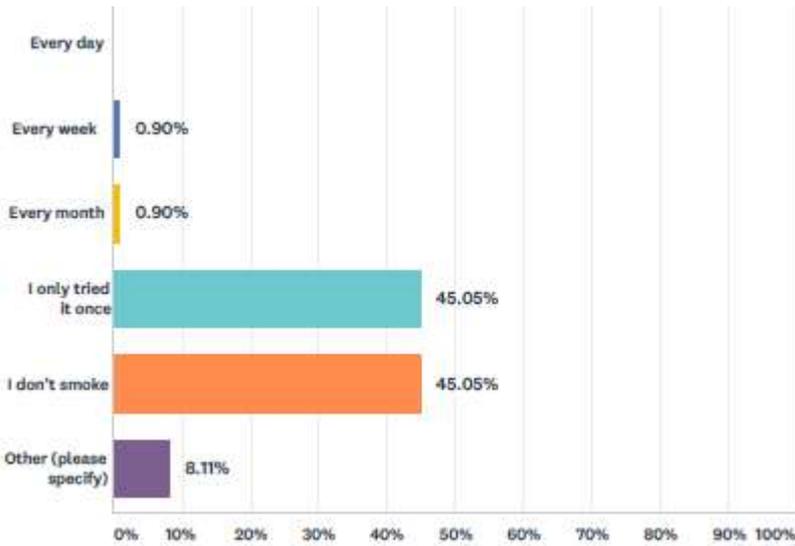
Answer Choice	Average Age
A cigarette	7
An e-cigarette	5
Vaping (nicotine)	6
Vaping (non-nicotine)	6

Q7. How often do you smoke?

Of the pupils who answered this question, 45% said they only smoked once, and another 45% said they did not smoke. It can be inferred then that of the pupils who have tried a form of smoking, 90% have not made this a regular habit.



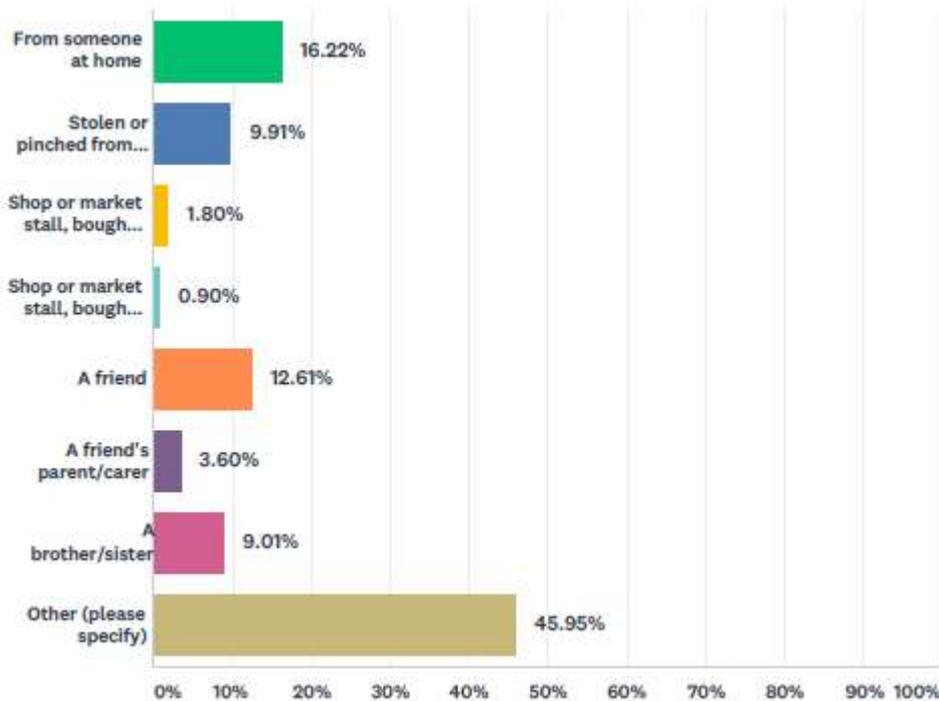
Answered: 111 Skipped: 2,377



Q8. Where do you get them from?

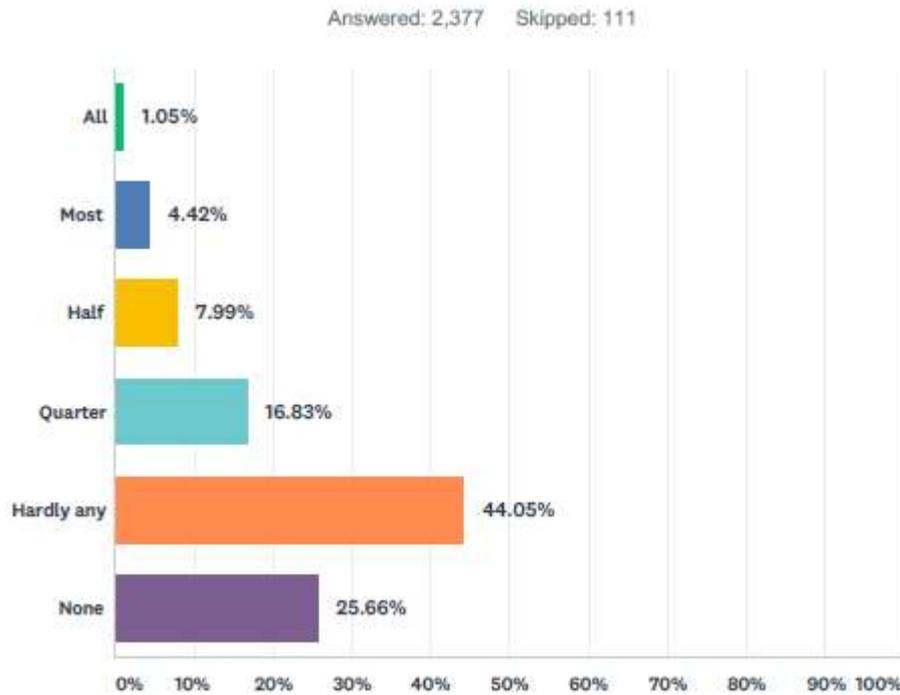
Pupils were most likely to get them from someone at home or a friend. Most of the free text responses for “Other” indicated that pupils did no longer smoke so didn’t get them from anywhere currently.

Answered: 111 Skipped: 2,377



Q9. There are 2,575 children in Darlington in Years 5 and 6. How many do you think smoke cigarettes?

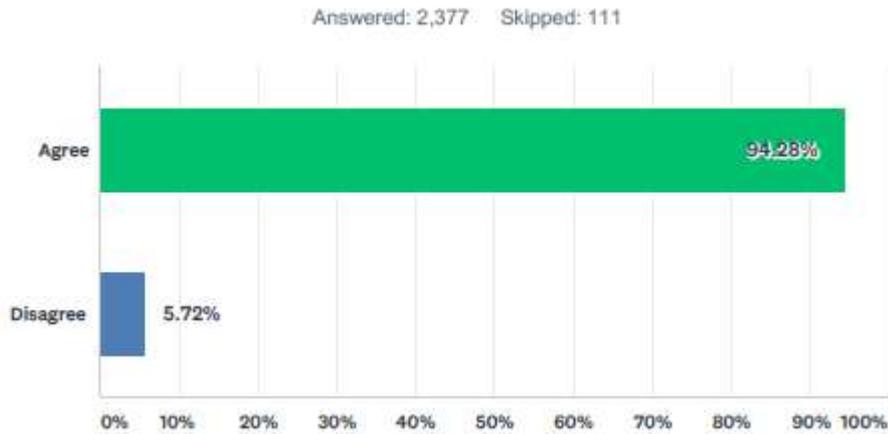
Just over a quarter of pupils who answered this question believe that no pupils their age in Darlington smoke. The most popular answer was “Hardly any” at 44%.



Answer Choice	Number
All	25
Most	105
Half	190
Quarter	400
Hardly any	1,047
None	610

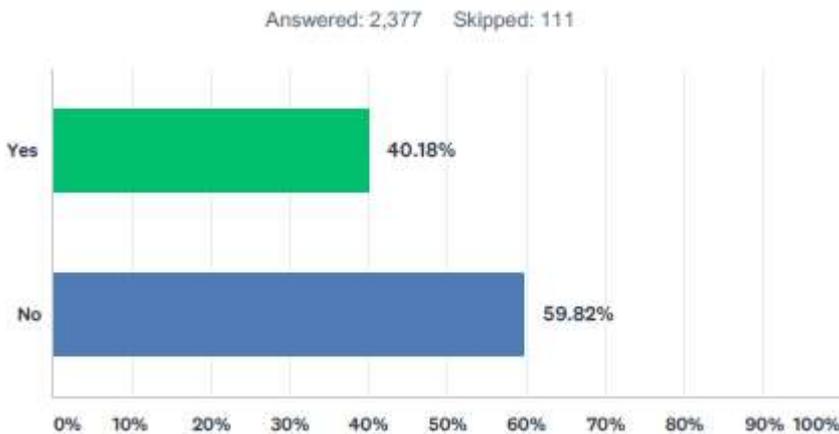
Q10. *Smoking is NEVER a good idea for children your age. Do you agree or disagree?*

94% of 2,377 pupils agree with the statement that smoking is never a good idea for children their age.



Q11. Are you often near people who smoke cigarettes?

955 of 2,377 pupils said that they are often near people who smoke cigarettes which equals 40%.

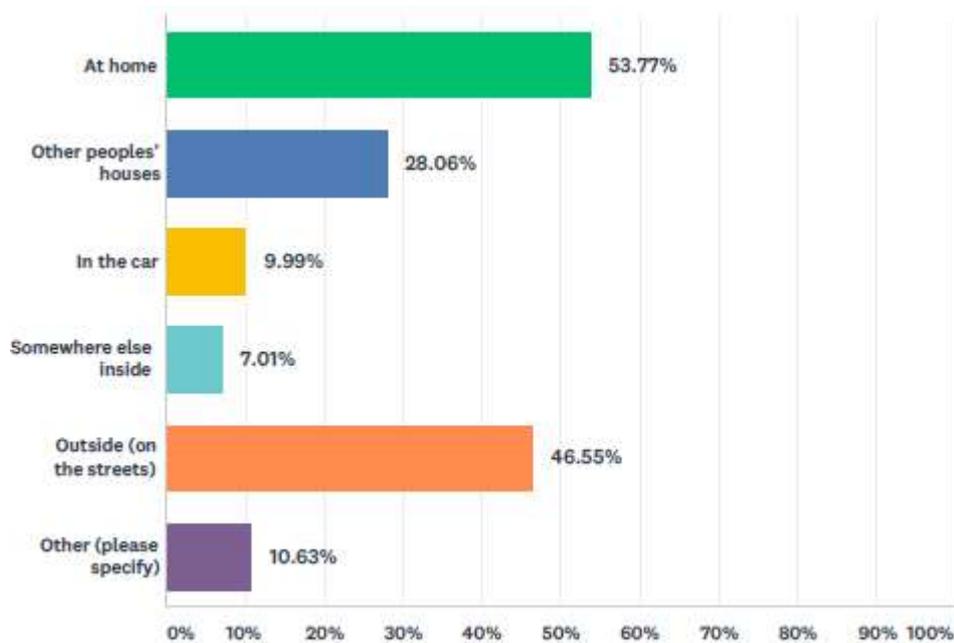


Q12. Where? (you can tick more than one option)

The majority of pupils self-reported second hand smoke at home and out on the streets.

Answer Choice	Number
At home	506
Other peoples' house	264
In the car	94
Somewhere else inside	66
Outside (in the streets)	438
Other (please specify)	100

Answered: 941 Skipped: 1,547



Comparison to 2017/18 results:

In comparison to last year’s results:

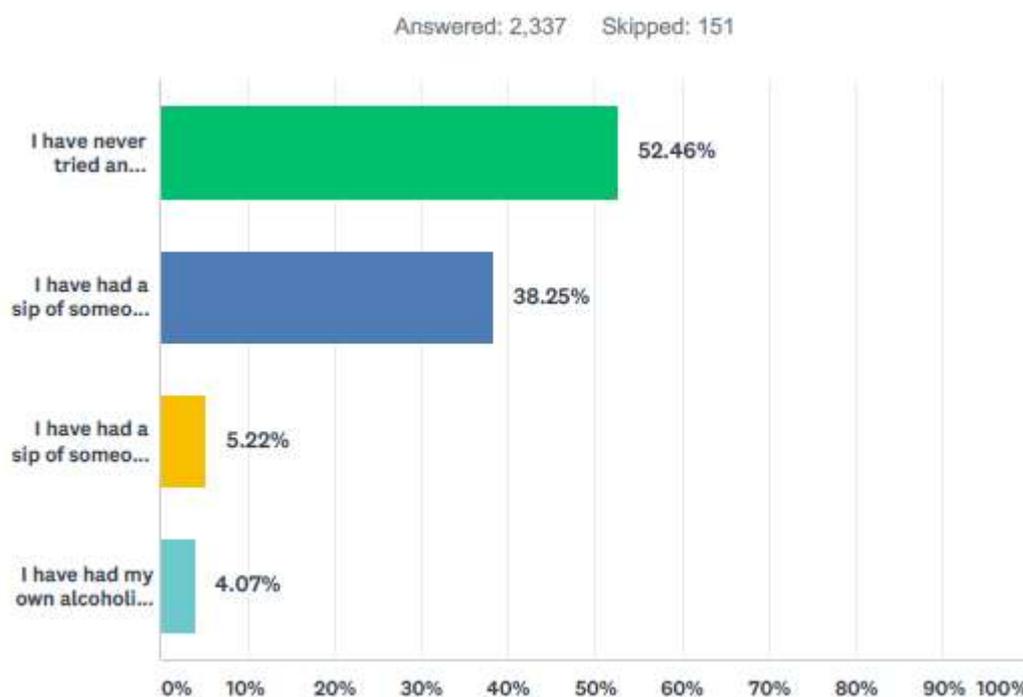
The percentage of pupils who have never smoked has decreased by 1.68%, whereas the percentage of pupils claiming to have tried vaping has increased from 1.87% to 2.61% (nicotine and non-nicotine). Pupils trying e-cigarettes has decreased and those trying cigarettes has remained similar.

In 2017/18 71.36% of pupils perceived that “hardly any” or “none” of their peers smoked. In 2018/19 this sits at 69.71%.

Percentage of pupils agreeing that smoking is never a good idea has remained similar (93.81% to 94.28%) as has the percentage of pupils indicating they are exposed to second hand smoke (around 4 in 10 pupils). “At home” remains the most common location for exposure to second hand smoke.

Section Three: Alcohol

Q13. Which of these statements is true about you:



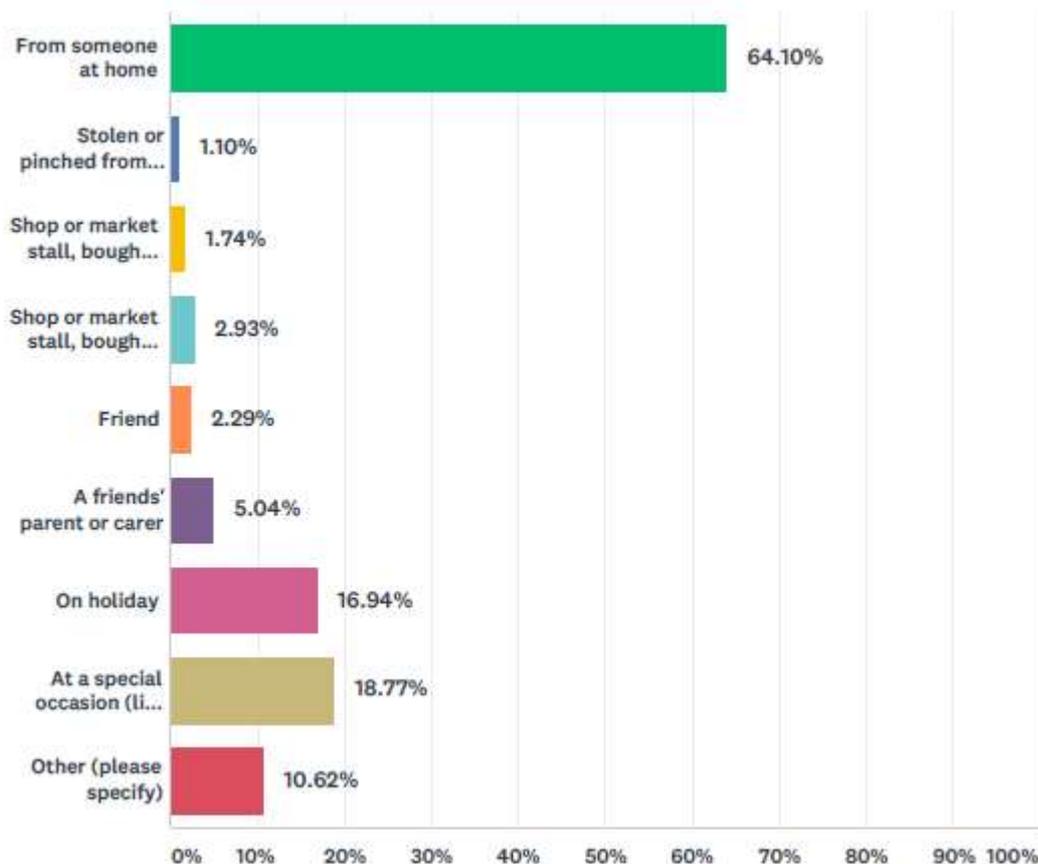
Answer Choice	Number
I have never tried an alcoholic drink	1,226
I have had a sip of someone else's alcoholic drink once or twice	894
I have had a sip of someone else's alcoholic drink lots of times	122
I have had my own alcoholic drink to myself	95

Q14. How old were you when you had a full alcoholic drink?

The average age stated was between 9-10 years old.

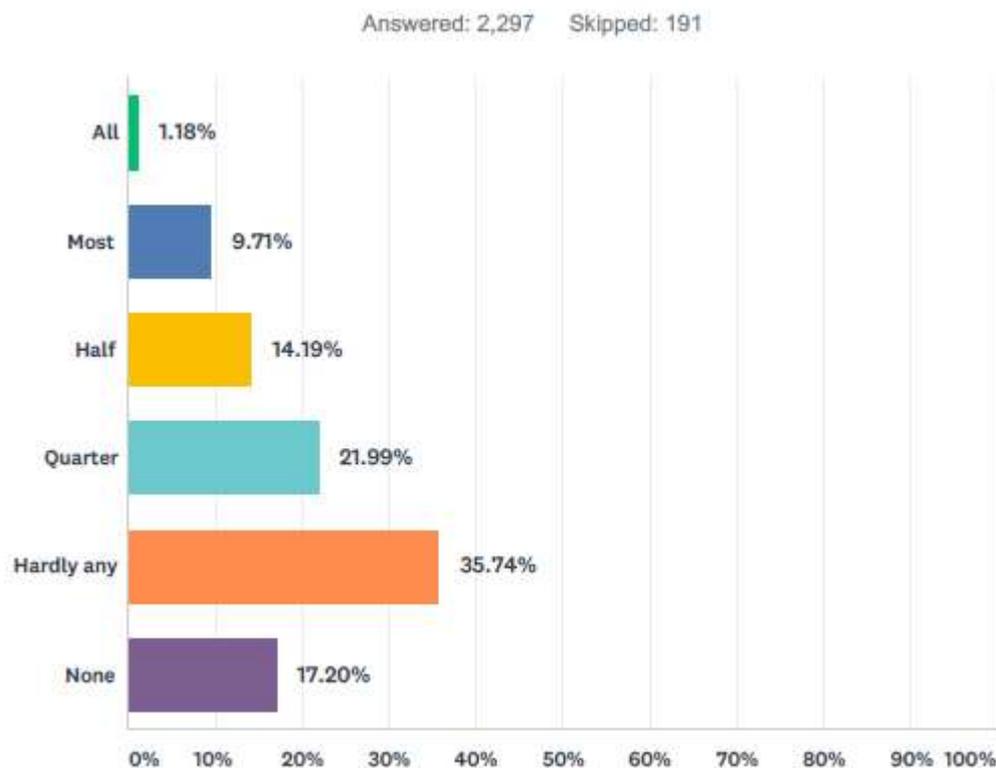
Q15. Where did you get the drink from? (you can pick more than one option)

There were 1,349 "ticks" from 1,092 responses which suggests that some pupils are getting the alcoholic drink from more than one place. Two new options have been added to this question this year; "on holiday" and "at a special occasion". These were added based on pupils' free text responses in previous years.



Answer Choice	Number
From someone at home	700
Stolen or pinched from home	12
Shop or market stall, bought by me	19
Shop or market stall, bought by someone else	32
Friend	25
A friends' parent or carer	55
On holiday	185
At a special occasion (like a wedding, birthday or barbecue)	205
Other (please specify)	116

Q16. *There are 2,575 children in Darlington in Years 5 and 6. How many of them do you think have drunk alcohol?*

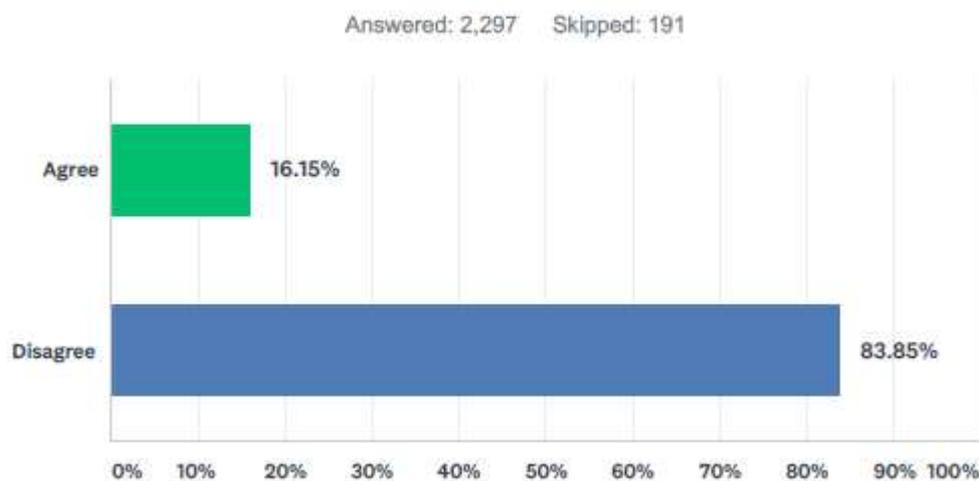


Answer Choice	Number
All	27
Most	223
Half	326
Quarter	505
Hardly any	821
None	395

Just over half of pupils (52.9%) perceive that “hardly any” or “none” of their peers drink alcohol.

Q17. *It is ok for young people my age to drink alcohol. Do you agree or disagree?*

83.85% of pupils who answered this question disagree that it is ok for young people their age to drink alcohol.



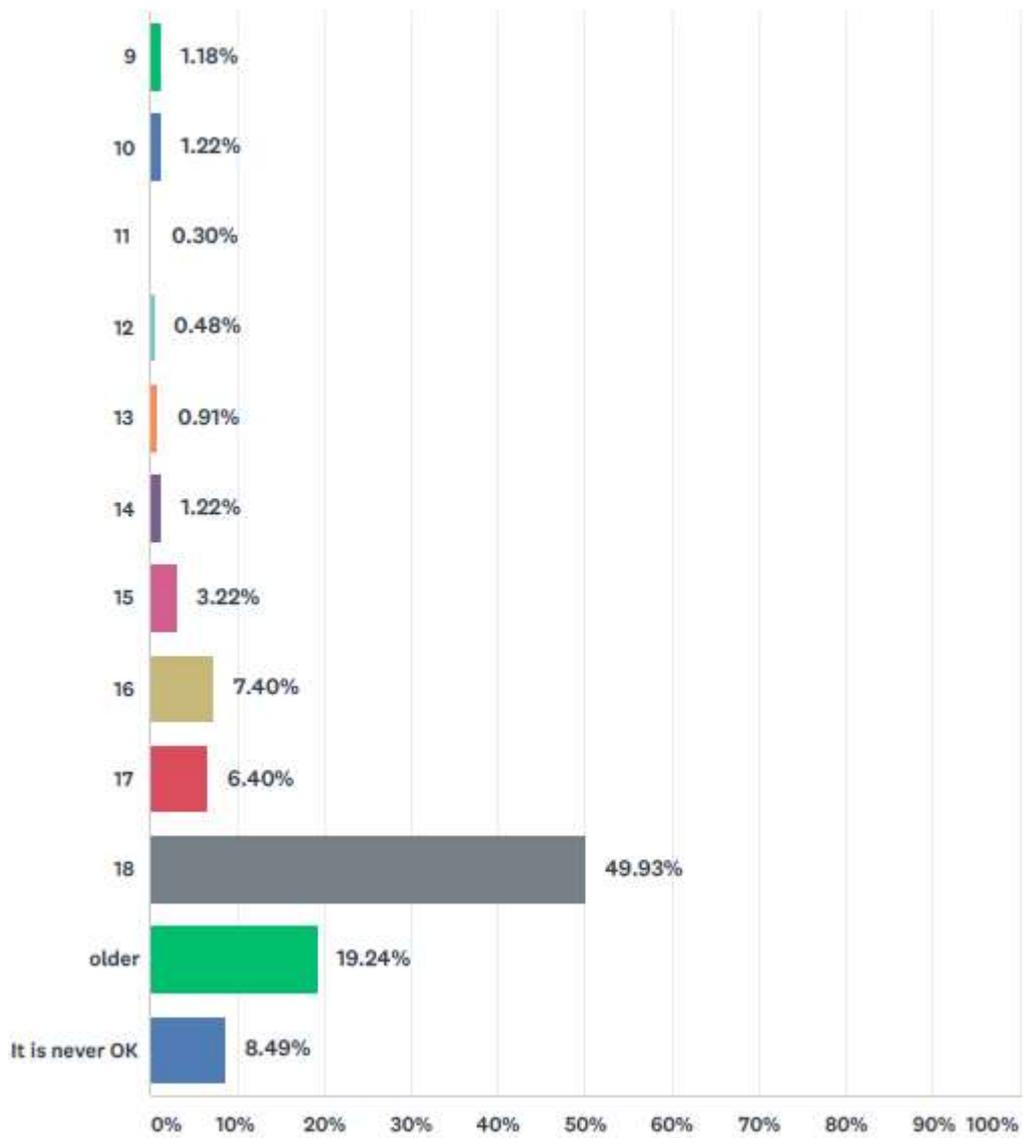
Answer Choice	Number
Agree	371
Disagree	1,926

Q18. *It is not ok for young people to get drunk before they are 18 years old. Do you agree or disagree?*

Out of 2,297 pupils 84% (1,930) agreed, and 16% (367) disagreed.

Q19. *At what age do you think it is OK to drink alcohol?*

Answered: 2,297 Skipped: 191



Answer Choice	Number
9	27
10	28
11	7
12	11
13	21
14	28
15	74

16	170
17	147
18	1,147
Older	442
It is never ok	195

The majority of pupils chose 18 years old or older for this question. 8.49% chose “it is never ok”.

Comparison to 2017/18 results:

The percentage of pupils who have never tried an alcoholic drink has increased from 47% in 2017/18 to 52.5% in 2018/19. The percentage of pupils who have had a full alcoholic drink to themselves has marginally increased (3% to 4%).

“From someone at home” remains the most popular choice of where pupils acquired the drink. The addition of the options “on holiday” and “at a special occasion” have reduced the number of pupils choosing “other”.

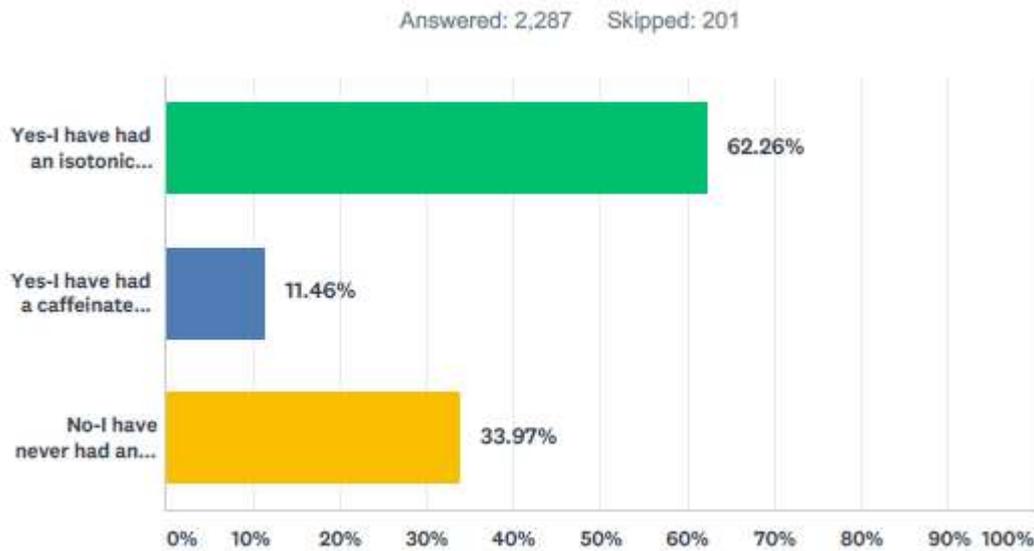
Just over half of pupils perceive “hardly any” or “none” of their peers to have drunk alcohol, which is similar to 2017/18 results.

There has been a reduction in percentage of young people agreeing that it is not ok for young people to get drunk before they are 18 years old (91% in 2017/18 to 84% in 2018/19).

Opinions of what age it is ok to drink alcohol remains similar.

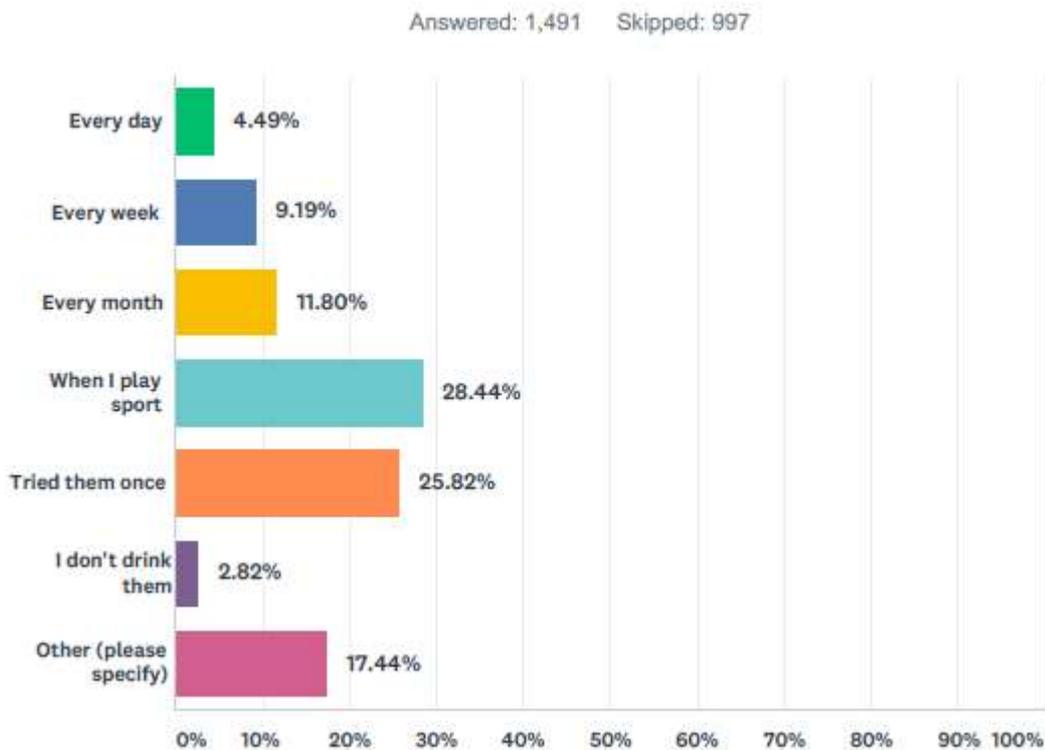
Section Four: Energy Drinks

Q20. *Have you ever had an energy drink? (you can tick more than one option)*



Just over a third (34%, 777) of pupils have never had an energy drink. 262 pupils have had a caffeinated energy drink and 1,424 pupils have had an isotonic energy drink.

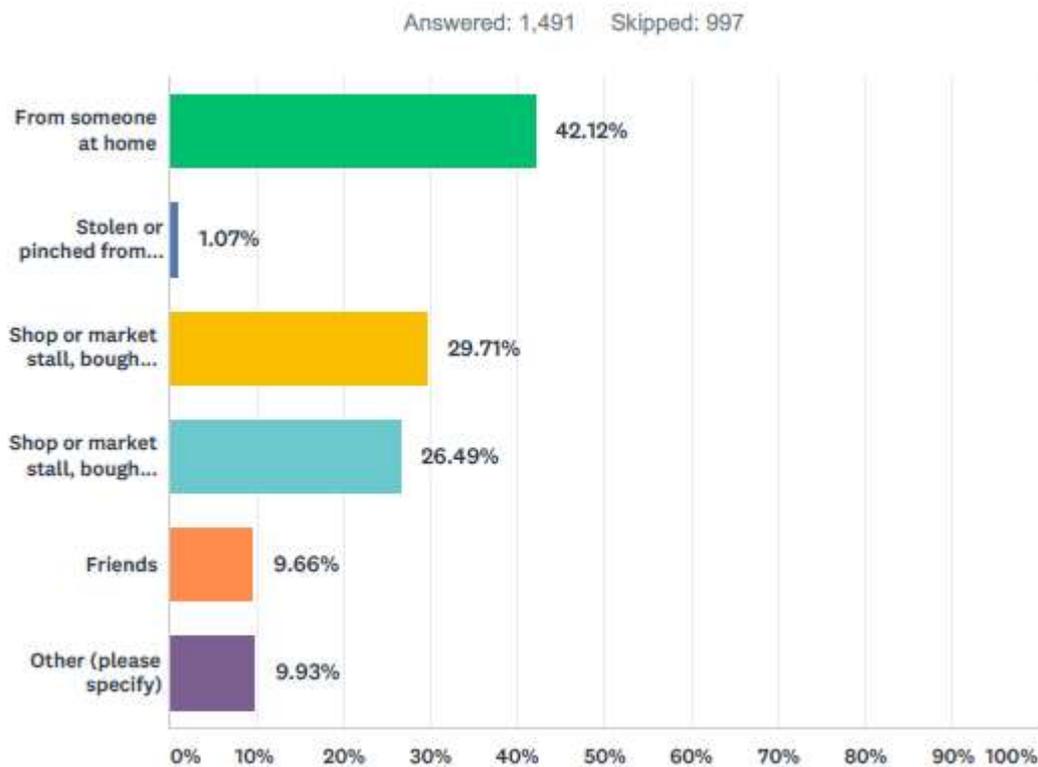
Q21. *How often do you drink energy drinks?*



Answer Choice	Number
Every day	67
Every week	137
Every month	176
When I play sport	424
Tried them once	385
I don't drink them	42
Other	260

17% of pupils picked “other” for this question. Their free-text answers were most commonly once in a while, a special occasion/treat, infrequently, for sport or when ill.

Q22. *Where did you get the energy drink from? (you can tick more than one option)*



The majority of pupils got their energy drink “from someone at home”. Almost 30% of pupils stated they bought an energy drink from a shop, despite the recent age restrictions on purchase of energy drinks.

Answer Choices	Number
From someone at home	628
Stolen or pinched from home	16
Shop or market stall, bought by me	443
Shop or market stall, bought by someone else	395
Friends	144
Other	148

Q23. *It is OK for young people my age to drink energy drinks, do you agree or disagree?*

46% (1,046) pupils agreed it was OK for young people to drink energy drinks, 54% (1,216) pupils did not agree.

Q24. *Energy drinks are bad for your health, do you agree or disagree?*

80% of pupils (1,819) agree that energy drinks are bad for your health, 20% (443) disagree.

Comparison to 2017/18 results:

The question “have you ever had an energy drink?” has been amended this year to break down answers into “isotonic drinks” and “caffeinated drinks” therefore it is difficult to compare to last year which simply had a “yes” or “no” answers. Percentage of pupils who had never had an energy drink can be compared, this has remained similar at a third of pupils both in 2017/18 and 2018/19.

Pupils continue to report drinking energy drinks sporadically, with a decline of pupils drinking them every day from 2017/18 to 2018/19 (6% to 4%).

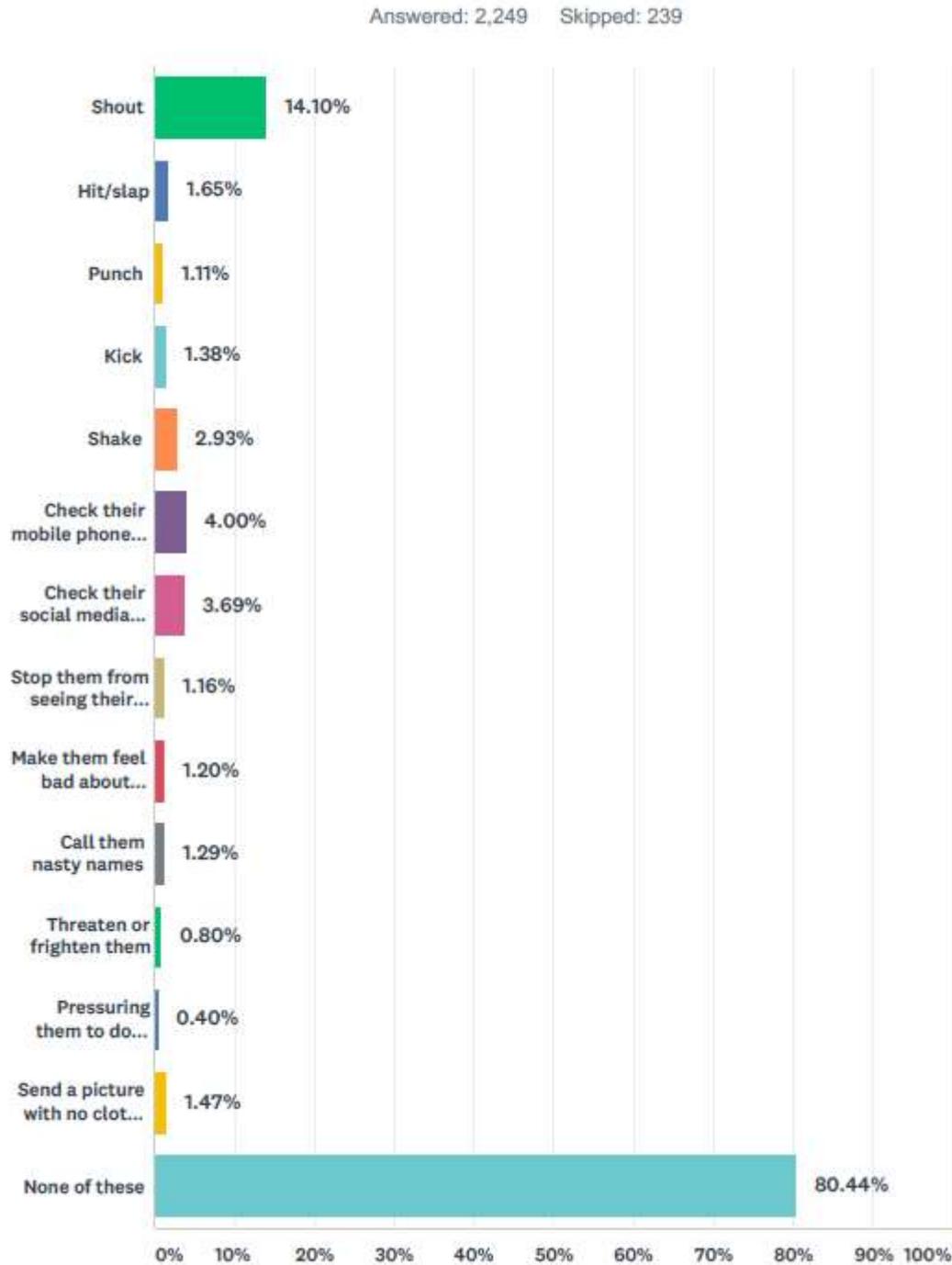
Pupils’ perceptions of energy drink consumption remain similar with 46% saying it is ok for children their age to drink them, in comparison to 47% last year. Last year 81% said energy drinks were bad for health, this has remained similar at 80% (8 in 10 pupils).

Section Five: Relationships

Q25. *People in relationships should care about and respect each other, do you?*

98% (2,205 of 2,249 pupils) agree.

Q26. *In a grown up relationship with a boy/girl, it is OK to: (you can tick more than one option)*



Answer Choices	Numbers
Shout	317
Hit/slap	37
Punch	25
Kick	31
Shake	66
Check their mobile phone without permission	90
Check their social media profile without their permission	83
Stop them from seeing their friends	26
Make them feel bad about themselves	27
Call them nasty names	29
Threaten or frighten them	18
Pressuring them to do something they don't want to do	9
Send a picture with no clothes on	33
None of these	1,809

The majority of pupils were of the opinion that none of the above is acceptable behaviour in a relationships. Shouting is seen as the most acceptable behaviour, and a small minority of pupils (4%) also believe checking a partner's communication (mobile phone and social media) without permission is acceptable.

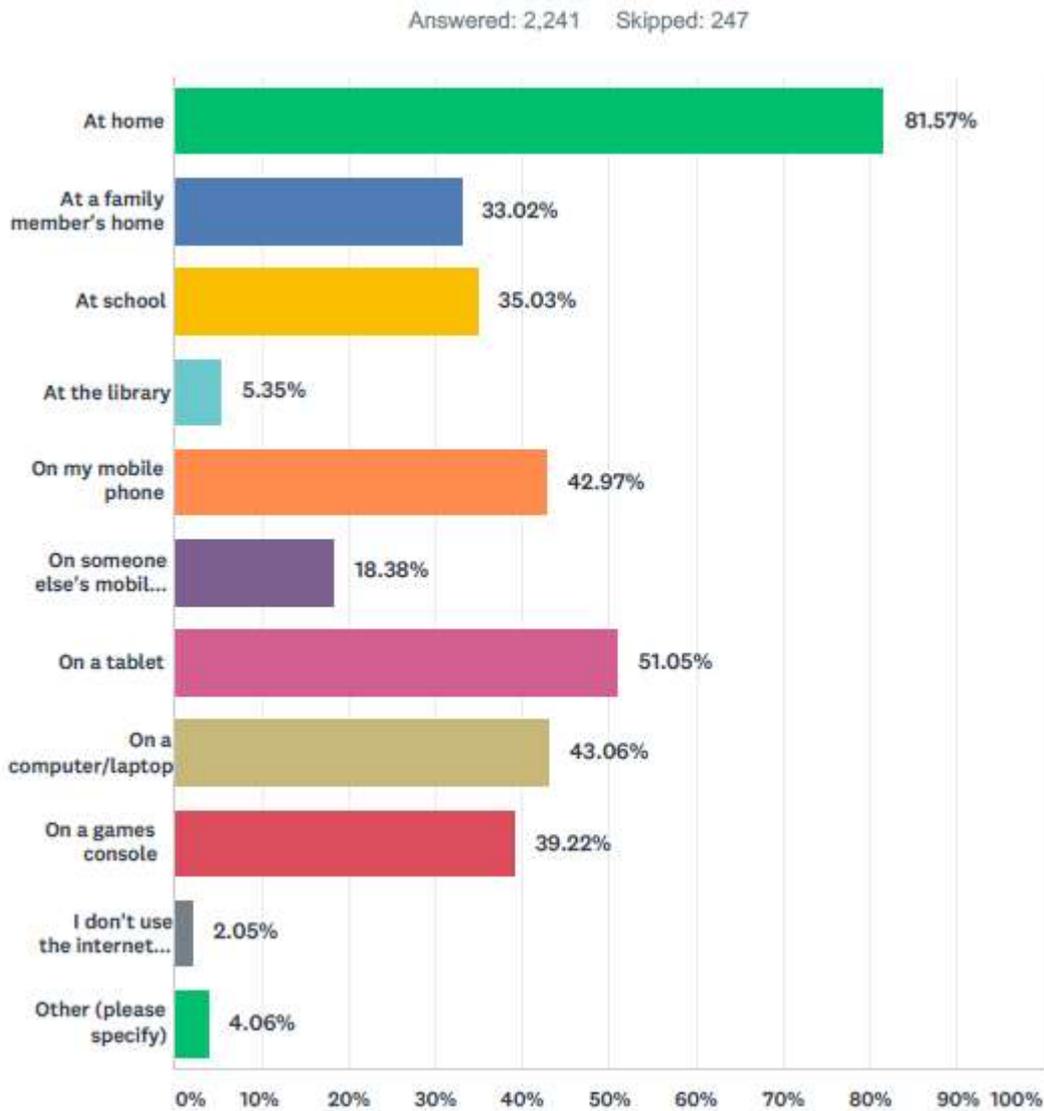
Comparison to 2017/18 results:

98% pupils said that people in relationships should respect each other, this is the same percentage as 2017/18.

As in previous years "shouting" was the most common acceptable behaviour in relationships. Positively, a smaller percentage of pupils this year chose the physical violence and the emotional manipulation options to last year.

Section Six: The Internet and Technology

Q27. How do you access the internet? (you can tick more than one option)



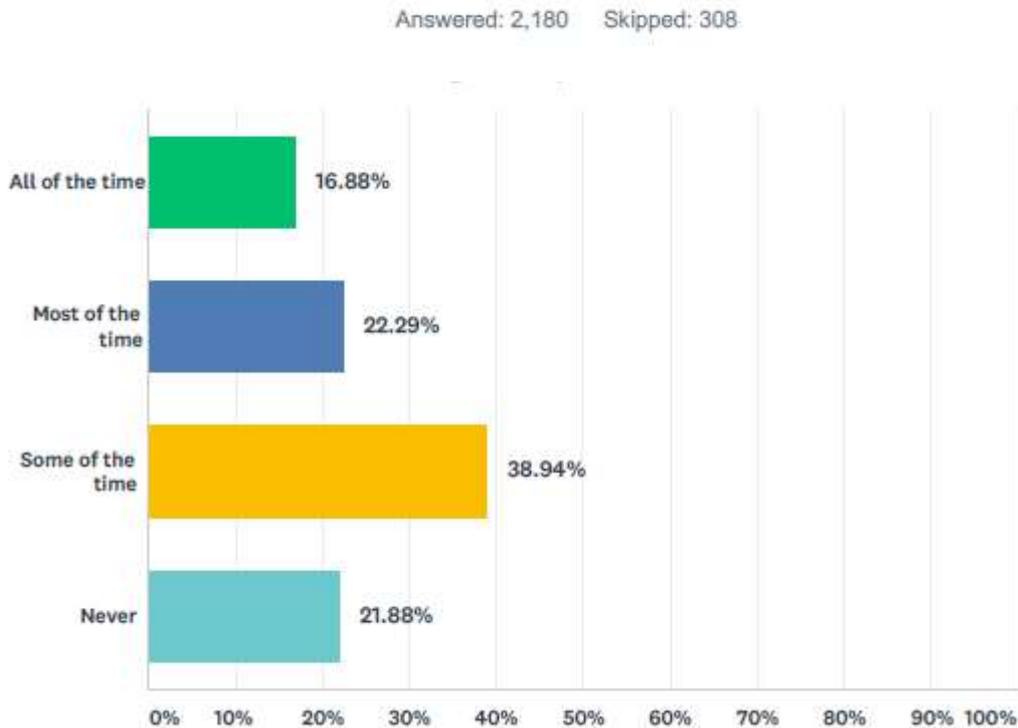
Answer Choice	Number
At home	1,828
At a family member's home	740
At school	785
At the library	120
On my mobile phone	963
On someone else's mobile phone	412



On a tablet	1,144
On a computer/laptop	965
On a games console	879
I don't use the internet at all	46
Other	91

There were 7,973 “ticks” from 2,241 pupils for this question, suggesting that pupils are accessing the internet on multiple devices and platforms.

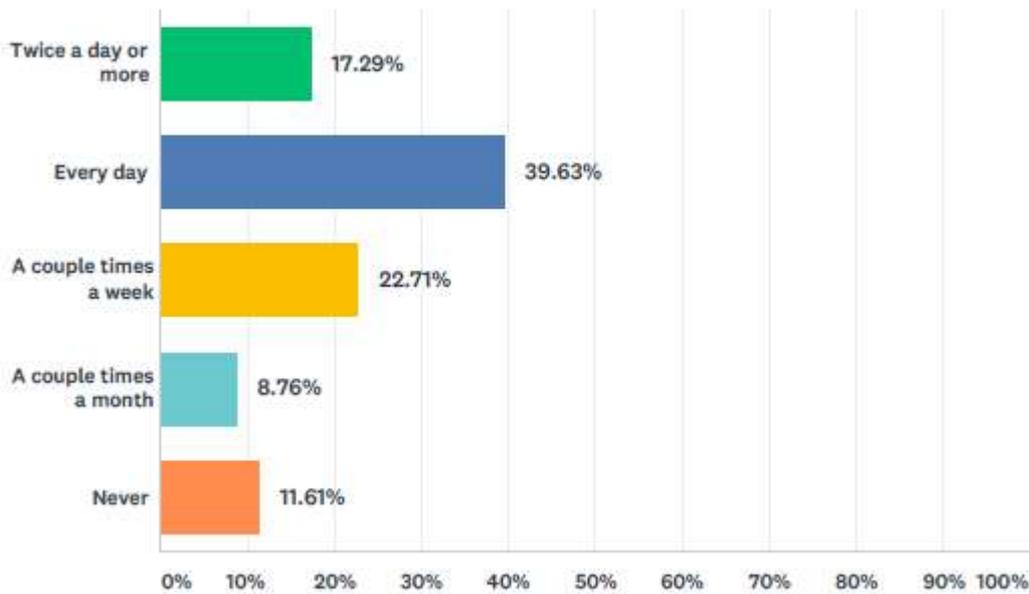
Q28. *When you are on the internet, how often is there an adult supervising what you do?*



Answer Choices	Number
All of the time	368
Most of the time	486
Some of the time	849
Never	477

Q29. How often do you access the internet alone?

Answered: 2,180 Skipped: 308



Answer Choices	Number
Twice a day or more	377
Every day	864
A couple of times a week	495
A couple of times a month	191
Never	253

4 in 10 pupils access the internet alone, every day.

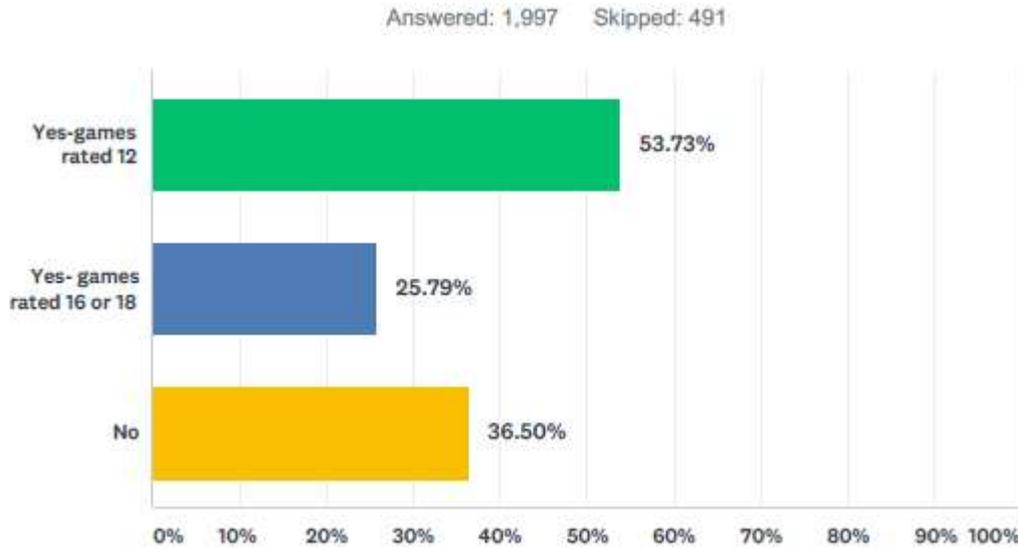
Q30. Do you play games? (you can tick more than one option)

1,545 of 2,180 pupils (71%) play online games, 1,343 (62%) play on a games console/computer games and 158 pupils (7.25%) do not play games.

Q31. What games do you play?

This was a free-text response. Popular responses included Fortnite, Minecraft, Roblox and FIFA.

Q32. *Do you play games that are rated? (you can tick more than one option)*

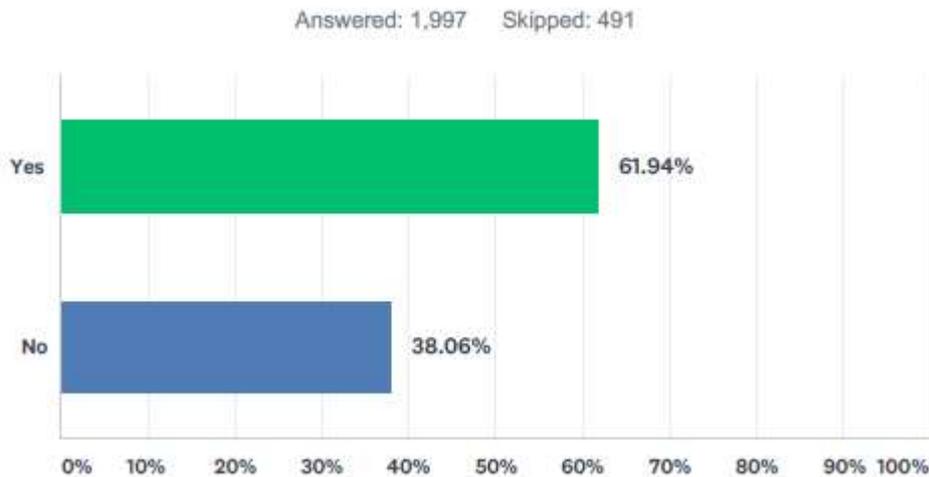


1,073 pupils (54%) who answered this question play games rated 12, just over a quarter (515 pupils) play games rated 16 or 18 and 729 pupils (37%) do not play games that are rated.

Q33. *Do you talk to people online while gaming?*

Just over half of pupils (1,037 52%) talk to people online while they are gaming.

Q34. *Do you know all the people you talk to online while gaming, in real life?*



Over a third of pupils (760, 38%) do not know all the people they talk to online while gaming, in person. 1,237 (67%) do know all online gaming friends.

Q35. *Think about how much time you spend playing games in a typical week. How many hours do you think you spend playing games?*

On average, 1,997 pupils estimated that they spent 26 hours playing games in a typical week.

Q36. *Which of these sites do you use? (you can tick more than one option)*

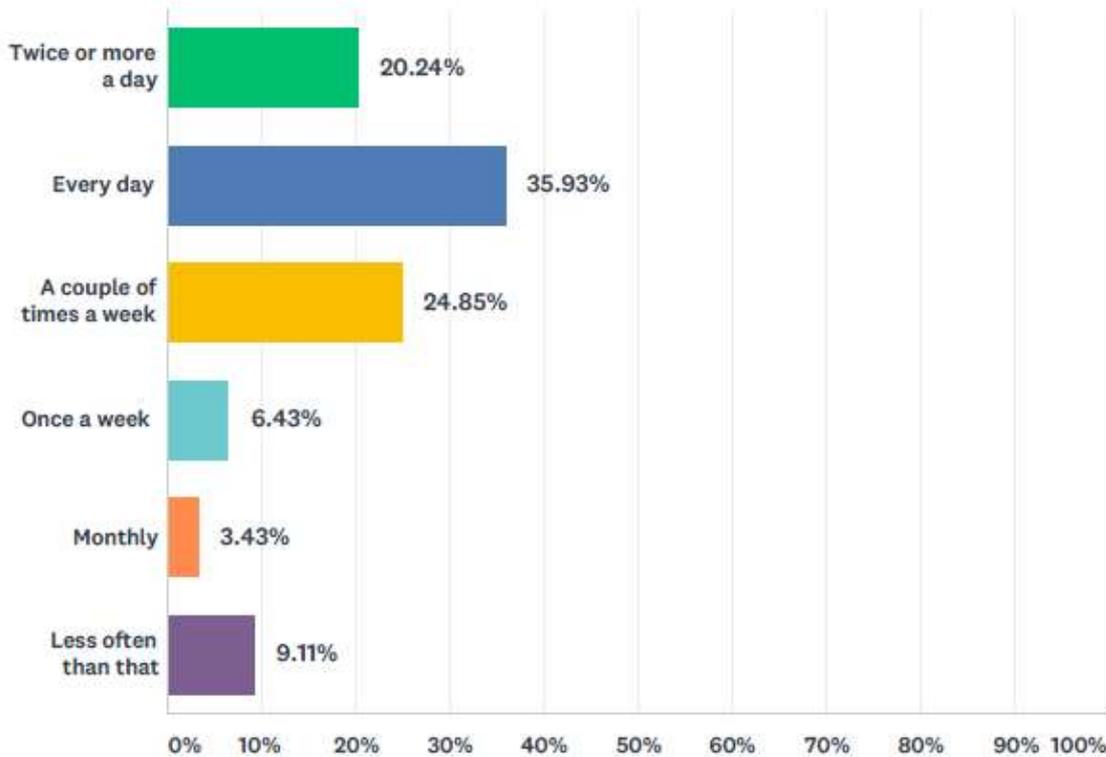
The table below ranks the sites from most to least popular, The percentage column shows what percent of the 2,129 pupils who answered this question picked the site, and the number column shows this in figures. From the table it can be seen that there were 9,951 “ticks” from 2,129 pupils showing that they are accessing multiple sites, and this is reflected in the percentage column too; for example 26% of pupils access Instagram.

Rank	Answer choice	Percentage	Number
1	YouTube	91%	1941
2	Roblox game	50%	1071
3	Facetime	44%	931
4	Snapchat	37%	790
5	X box live	37%	789
6	WhatsApp	32%	672
7	Musical.ly	31%	652
8	Instagram	26%	556
9	Playstation Network	23%	498
10	Twitch	16%	341
11	Skype	13%	271
12	Mixer	12%	258
13	Messenger Kids	8%	164
14	Facebook	7%	154
15	Facebook Messenger	7%	145
16	Twitter	7%	143
17	Bin Weevils	6%	120
18	Google Hangouts	5%	110
19	SnapMaps	5%	105
20	None of these	3%	65
21	Omegle	3%	61
22	Oovoo	2%	41
23	Kik	2%	38
24	YUBO	2%	35

There were 248 “other” responses, and from these the most frequently mentioned sites were Minecraft, Netflix and Fortnite.

Q37. How often do you access any of the above sites?

Answered: 2,129 Skipped: 359



Answer Choices	Number
Twice or more a day	431
Every day	765
A couple of times a week	529
Once a week	137
Monthly	73
Less often than that	194

Over half of pupils who answered this question are accessing the above sites either daily or more frequently.

Q38. Do you watch vloggers and YouTubers?

1,882 of 2,129 (88%) pupils watch vloggers and YouTubers.



Q39. Do you have a YouTube channel?

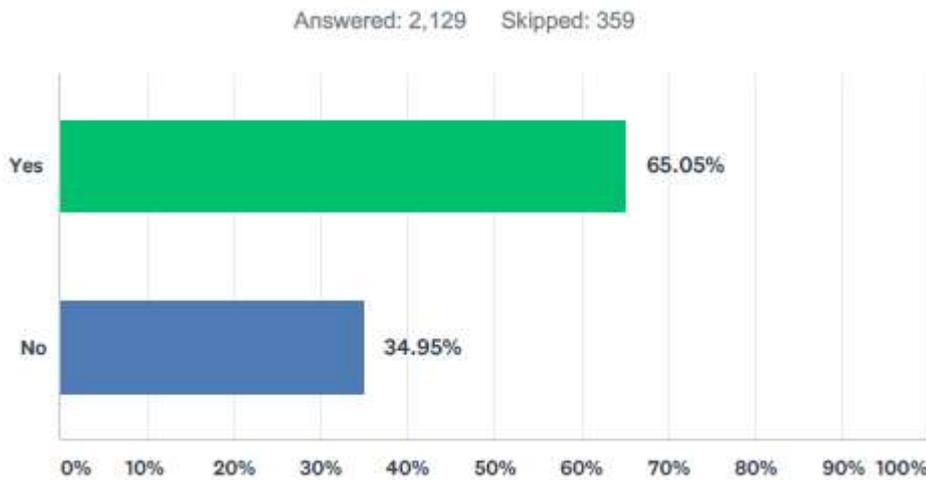
Of 2,129 pupils 28% (590) have a YouTube channel and 72% (1,539) do not.

Q40. Do you make videos and put them on YouTube?

253 of 2,129 pupils (21%) make videos and put them on YouTube, 79% (1,676 pupils) do not.

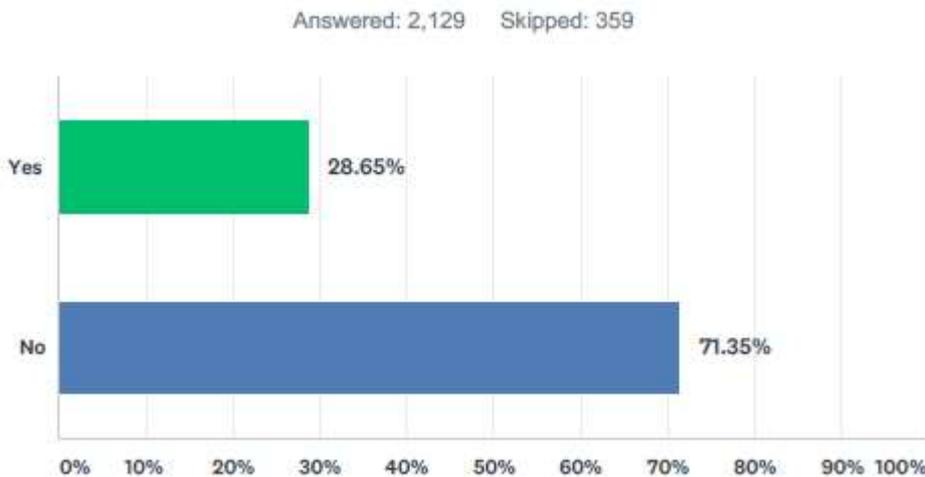
Q41. Do you know all the people you are friends with online, in person?

1,385 of 2,129 pupils who answered this question know all their online friends in person, 744 pupils do not.



Q42. Have you ever made a friend or friends on the internet, with people you didn't know before?

610 pupils have made a friend over the internet.

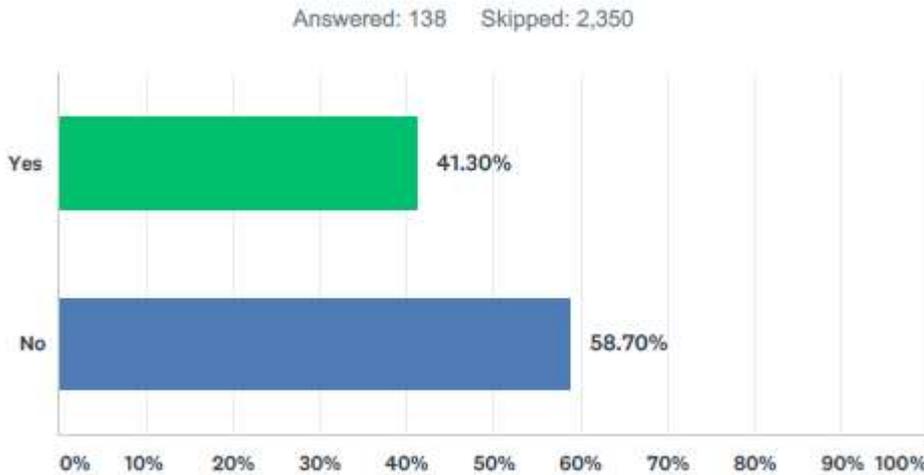


Q43. *Have you ever been asked to meet up with an internet friend you've never met in real life before?*

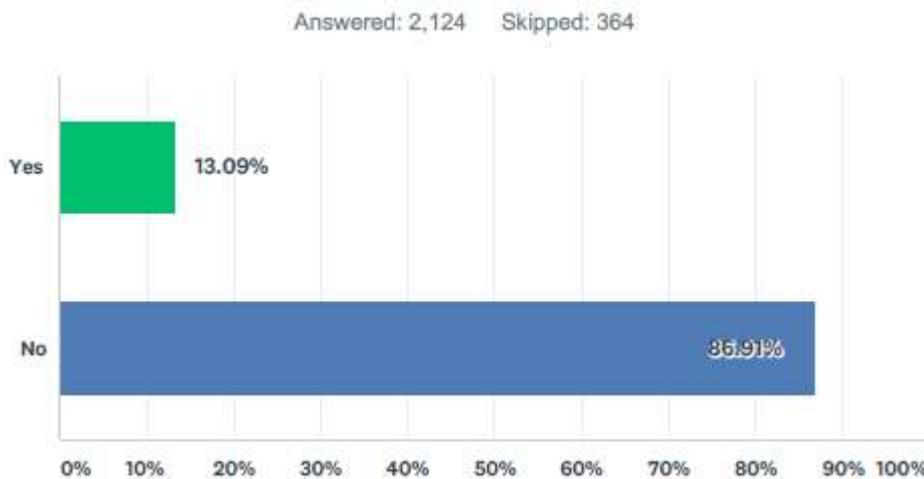
94% of pupils (1,991 of 2,129) have never been asked to meet up with an internet friend, 6% (138) of pupils have been asked.

Q44. *Did you meet up with them?*

Of the 138 pupils who had been asked to meet up with an internet friend, 57 pupils indicated they did so (41%) and 81 pupils (59%) did not meet with them.



Q45. *Is there anything you access online that your parents/carers wouldn't be happy with?*



278 of 2,124 pupils accessed something online that they felt their guardian would not be happy with.

Q46. *If yes, what did you access?*

This was a free-text response, the majority of comments related to sites they are not allowed to access or the content of the site (swearing, adult content).

Q47. *Why would your parent/carer not be happy about this?*

This was another free-text response and most pupils were able to give a reason as to why they felt their guardians would not be happy about what they had accessed. Reasons included the content being age inappropriate, risk online (strangers) and parental rules.

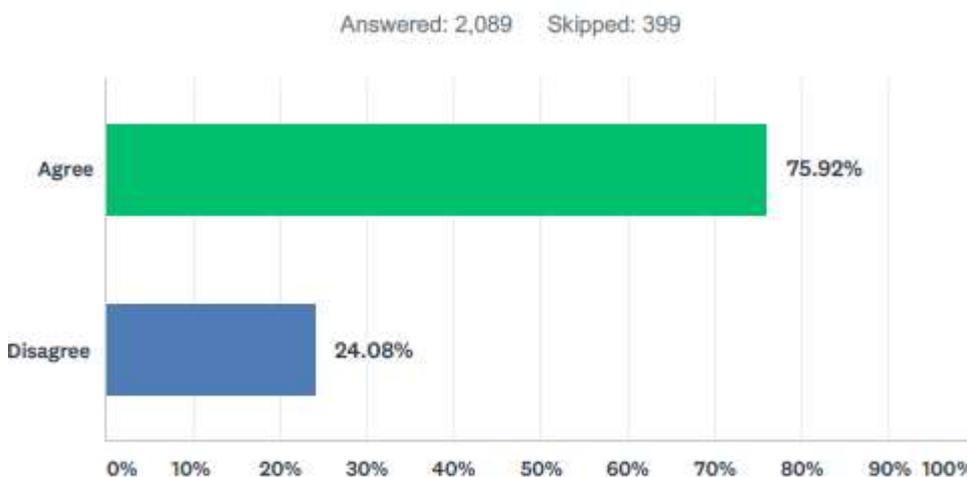
Q48. *Have you ever shared a photo of yourself that your parents/carers wouldn't be happy with you sharing?*

120 of 2,089 pupils (6%) indicated that they have shared an inappropriate photo.

Q49. *Have you ever been asked to share an inappropriate photo of yourself that your parents/carers would not be happy with?*

71 pupils (3%) have been asked to share an inappropriate photo. It is not possible to correlate whether the pupils who have been asked to send an inappropriate photo are the ones who also sent one (in Q48.) However, it is interesting to note that more pupils report sharing an inappropriate photo than number of pupils who say they have been asked to share one.

Q50. *It is never ok to send an inappropriate photo of yourself on social media or via mobile phone?*



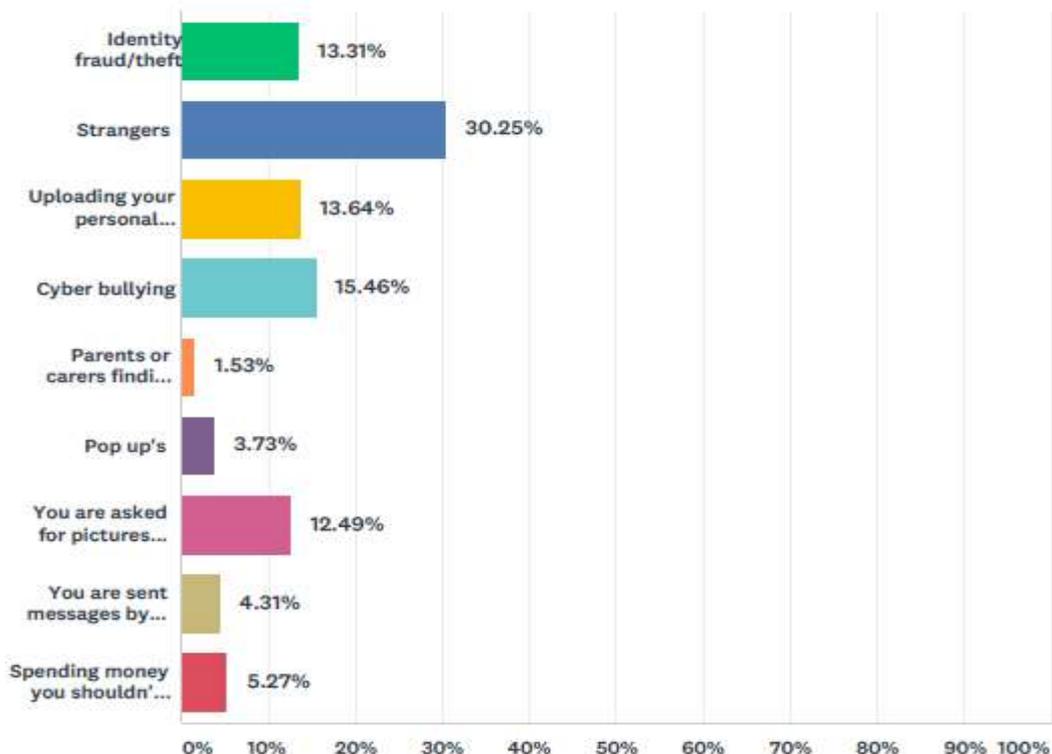
Just over three quarters of pupils agree that it is never ok to share inappropriate pictures.

Q51. *Once you upload an image or text to the internet, you have no control over it...*

1,461 pupils agree, 628 pupils disagree.

Q52. What do you think is the biggest risk when using the internet?

Answered: 2,089 Skipped: 399

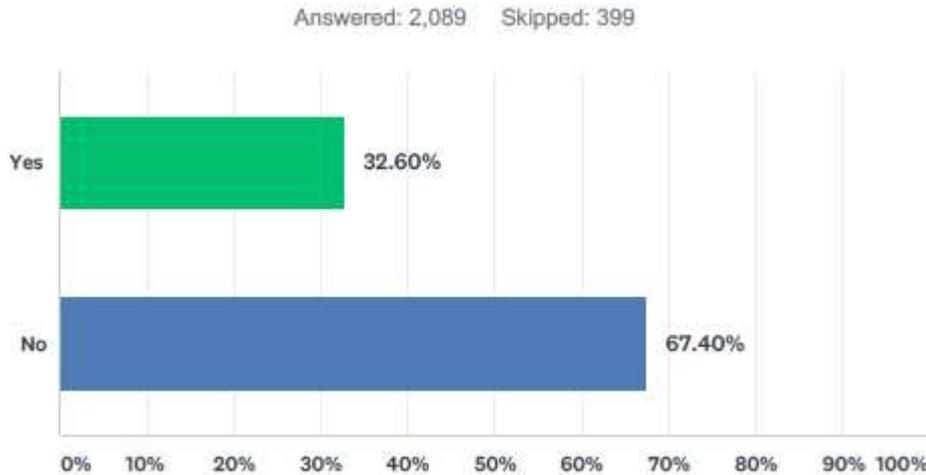


The table shows the options ranked by most popular to least.

Answer Choices	Numbers
Strangers	632
Cyber bullying	323
Uploading your personal information	285
Identity fraud/theft	278
You are asked for pictures from strangers	261
Spending money you shouldn't spend	110
You are sent messages by people you don't know	90
Pop ups	78
Parents or carers finding out what you are up to	32



Q53. *Have you seen anything online in the past year that you found offensive, upsetting, nasty, worrying or inappropriate?*



681 of 2,089 pupils have seen something online which upset them and 1,408 pupils have not.

Q54. *What was it you saw that upset you?*

This was a free-text response. The majority of pupils indicated swearing, various forms of cyber bullying, name calling or inappropriate adverts or videos were what they had seen.

Q55. *Did you tell anyone about it?*

479 of 673 pupils (71%) told someone about what had upset them online, 194 pupils (29%) did not tell anyone.

Comparison to 2017/18 results:

As in previous years, the majority pupils are accessing the internet frequently via multiple platforms whilst unsupervised.

36% of pupils played games rated 16 or 18 in 2017/18, this year 26% of pupils stated they did.

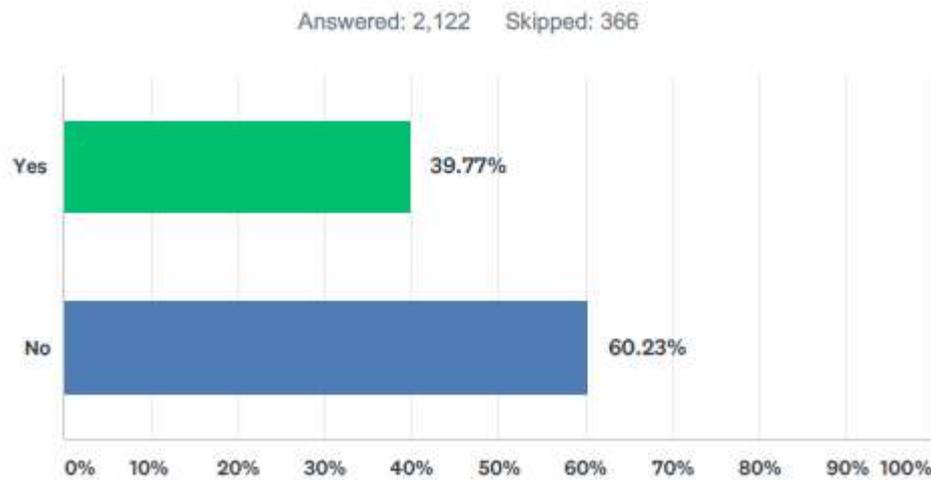
YouTube remains the most common accessed site, with the top six sites accessed this year mirroring the top six sites from last year. Musical.ly is now the 7th most popular site (it was ranked 9th in 2017/18), Instagram remains the 8th most popular.

Just over a third of pupils do not know all their online friends in person, similar to last year. 6% both years have shared an inappropriate photo or message.

A third of pupils (33%) have seen something upsetting online this year, in comparison to 26% last year.

Section Seven: Bullying

Q56. *Have you been bullied in the last year?*



844 of 2,122 pupils (40%) felt they have experienced a form of bullying in the past year.

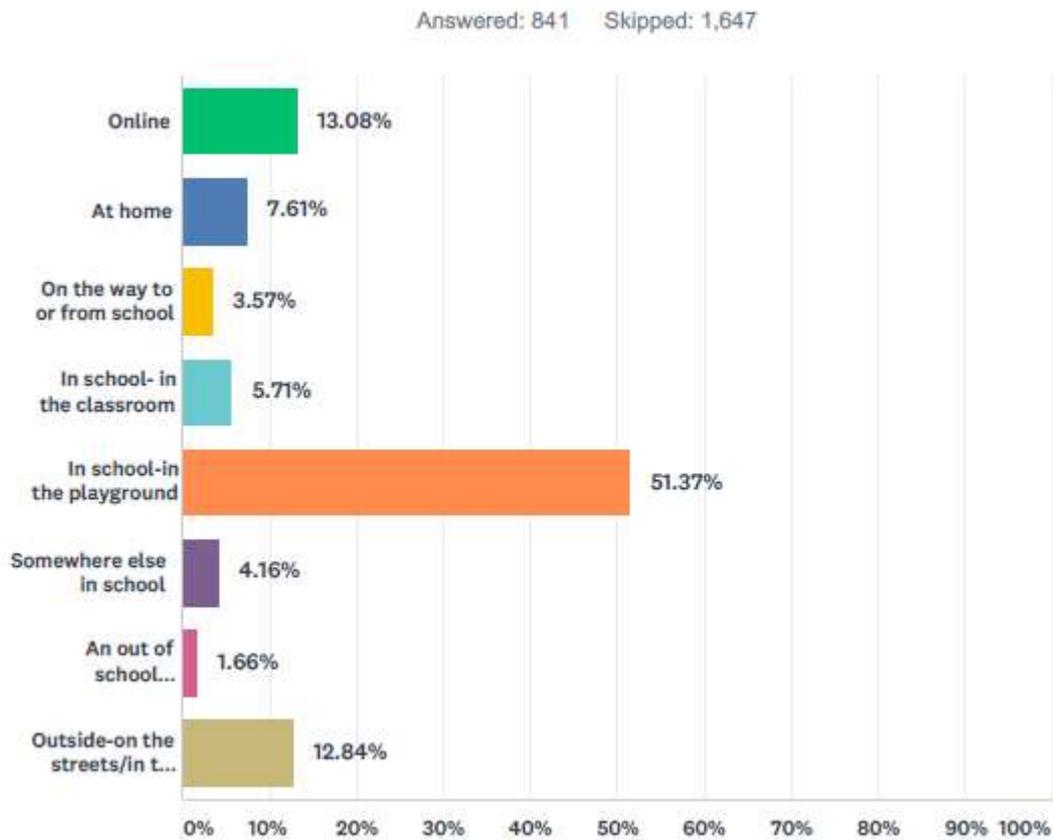
Q57. *If you have been bullied, what kind of bullying was it? (you can tick more than one option)*

The table below ranks the options from most to least popular. Pupils could pick more than one option, the percentage shows what proportion of the 841 pupils picked each option, and the number column gives this in figures.

Answer Choice	Percentage	Number
Verbal (calling you names, making threats)	68.25%	574
Physical (hitting, kicking, pushing, spitting)	42.57%	358
Indirect (spreading rumours, leaving you out, writing things about you)	26.63%	224
Cyber (by mobile phone or internet)	18.91%	159
Homophobic (using the word "gay" to offend or upset)	15.22%	128
Gender (because you're a girl/boy)	9.16%	77
Racist (because of your skin colour or race)	7.25%	61
Religious (because of your religion)	4.76%	40

There were 80 "other" ticks for this question, and most of these fit into the above categories, with name calling the main response. Seven pupils indicated in this free-text response they were bullied for their size/weight.

Q58. Where did the bullying mostly take place?

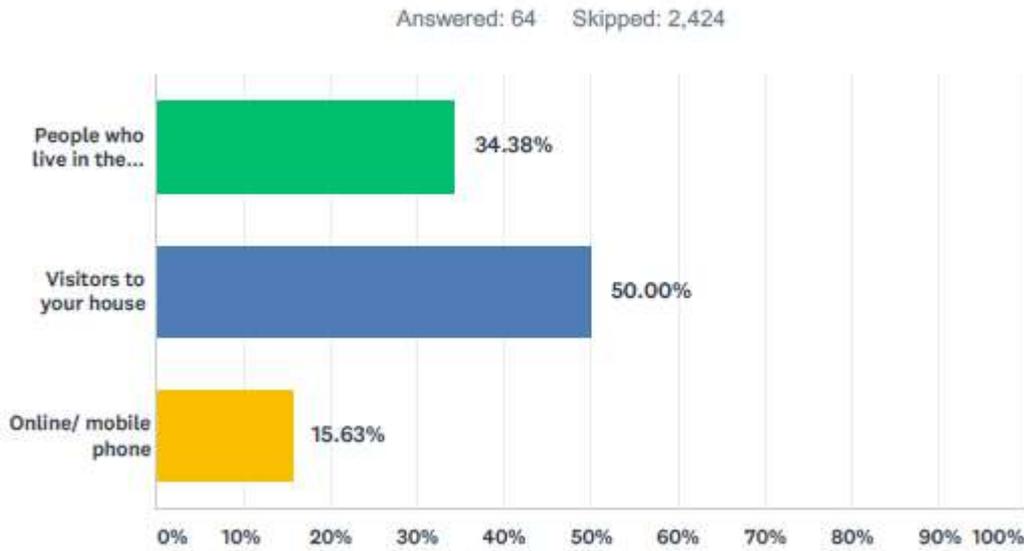


The table below shows the answers ranked from most to least.

Answer Choice	Number
In school- in the playground	432
Online	110
Outside on the streets/in the park	108
At home	64
In school-in the classroom	48
Somewhere else in school	35
On the way to or from school	30
An out of school club	14

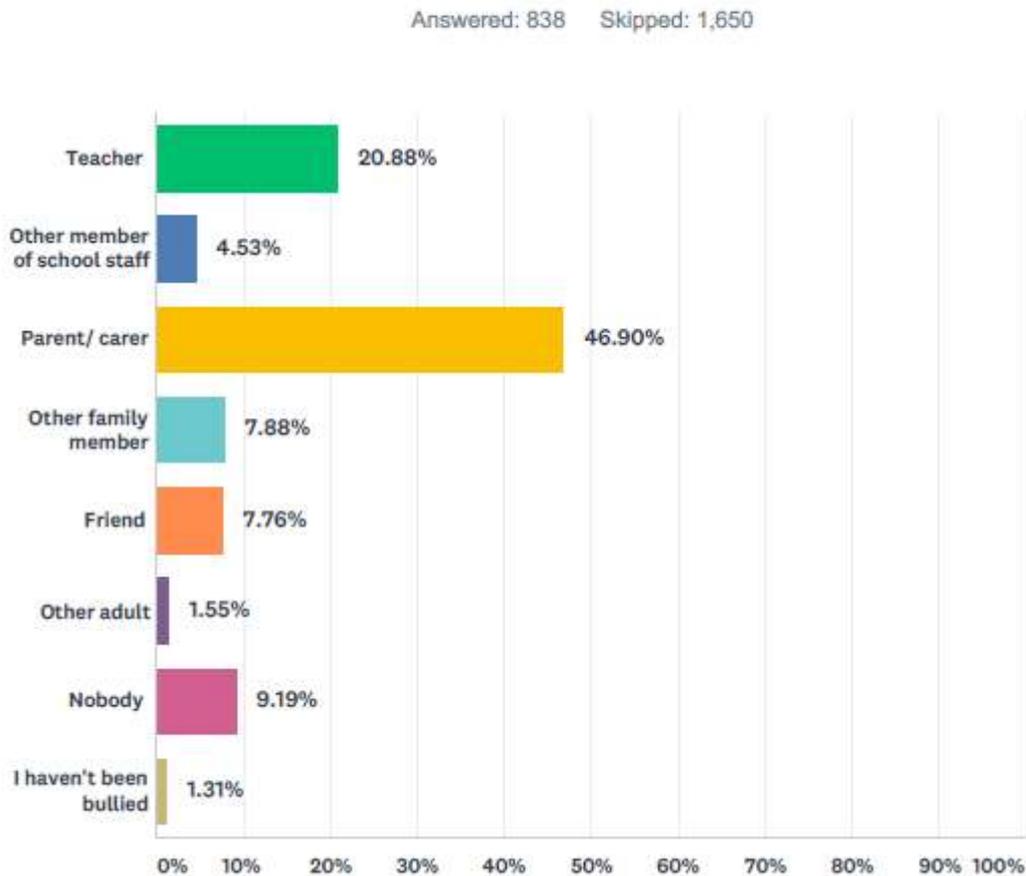
The significant majority (51%) experienced bullying most in school, with online and outside in the streets/park the second and third most common.

Q59. *If you are/were bullied at home is this by:*



21 pupils chose “other” and the majority of these detailed people who lived in their streets, friends they played out with etc.

Q60. *If you have been bullied, who did you tell?*



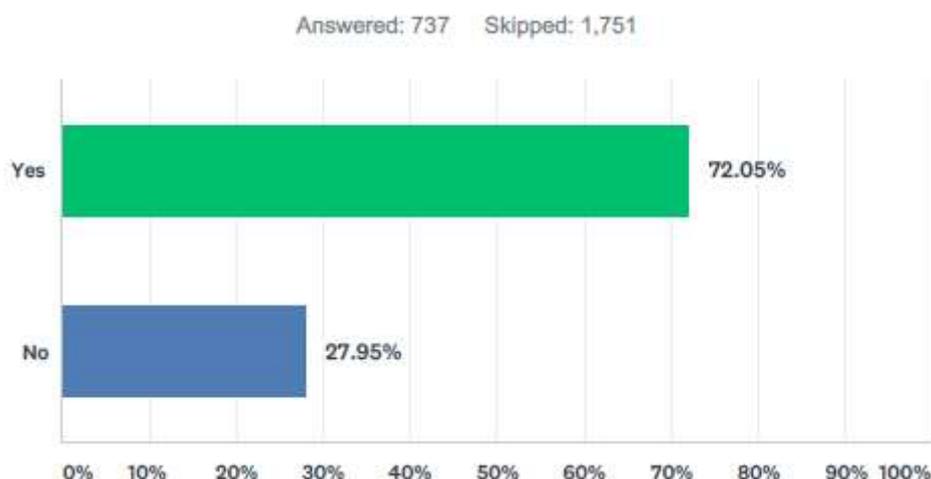
Pupils were most likely to tell a parent/carers, with a teacher the next most likely.

The table below shows the figures for each option.

Answer Choices	Number
Teacher	175
Other member of school staff	38
Parent/carerer	393
Other family member	66
Friend	65
Other adult	13
Nobody	77
I haven't been bullied	11

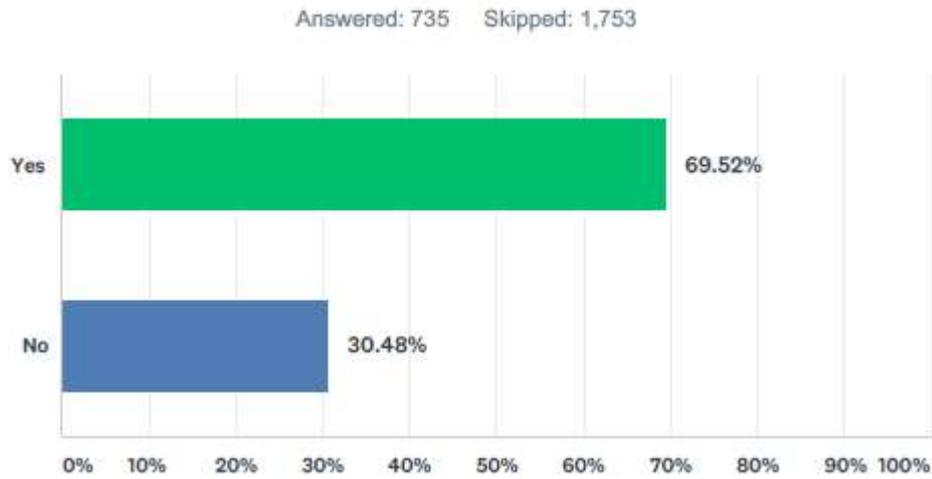
Q61. *After telling someone outside of school about being bullied, was it sorted out?*

531 of 737 pupils felt that the bullying was sorted out after telling someone outside of school, 206 pupils did not.



Q62. *After telling someone inside of school about being bullied, was it sorted out?*

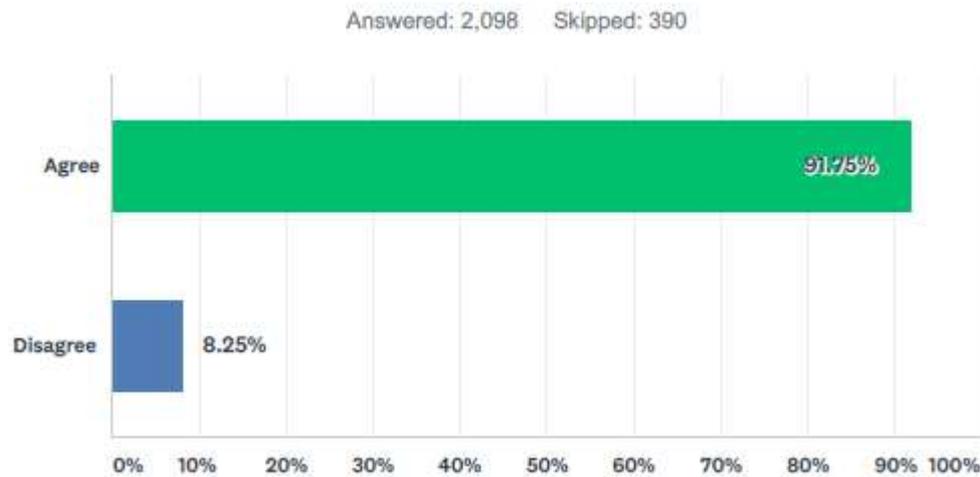
511 of 735 pupils felt that bullying was sorted out after telling someone inside school, 224 pupils did not.



Q63. *If it wasn't sorted, why was this?*

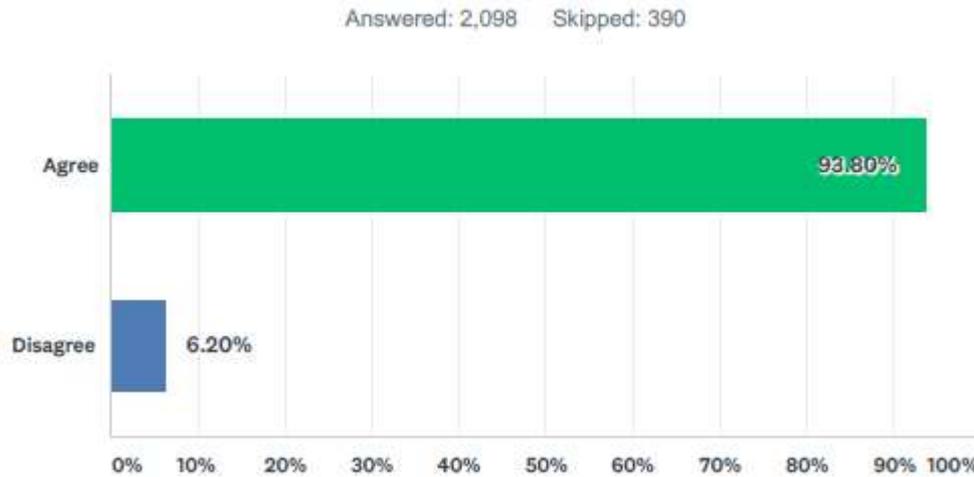
This was a free-text response. The majority of pupils felt that it wasn't sorted because the bullying/behaviour continued.

Q64. *Children should never bully others. Do you...?*



1,925 of 2,098 pupils agree that children should never bully others, 173 pupils disagree.

Q65. Children should never be bullied. Do you...?



1,968 of 2,098 pupils agreed that children should never be bullied, 130 pupils did not.

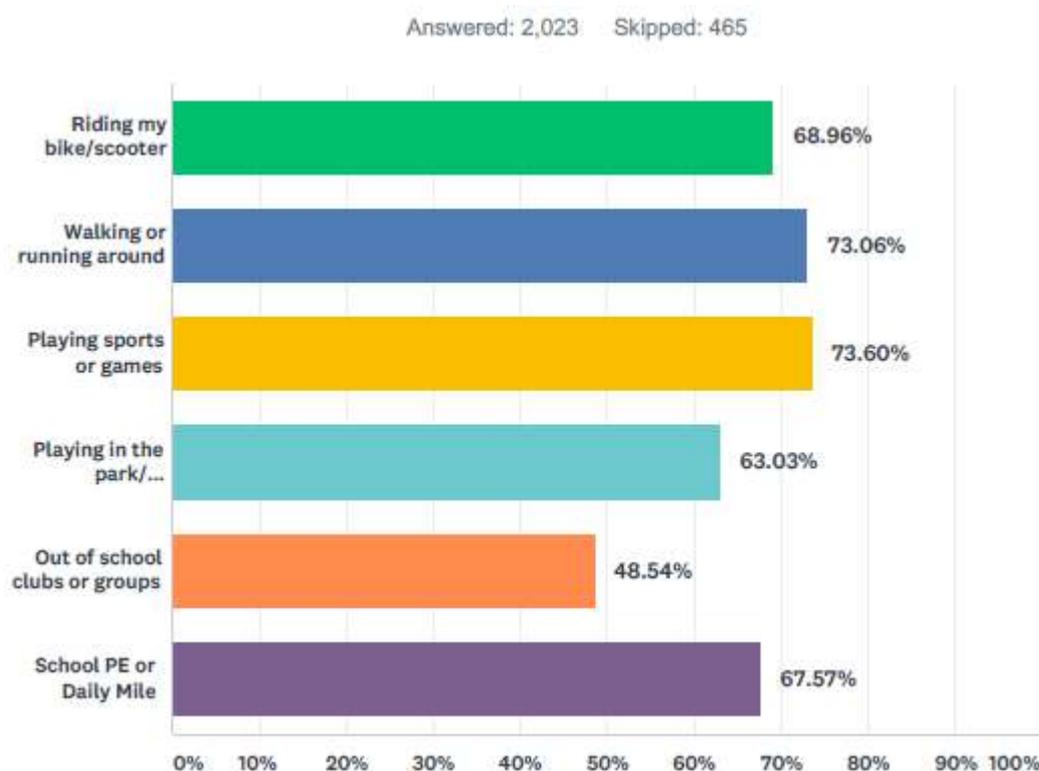
Comparison to 2017/18 results:

40% of pupils this year indicated they had experienced a form of bullying in comparison to 38% last year. As in previous year, verbal bullying remains most common and bullying in school the most frequent location.

In 2017/18 96% agreed children should never bully others, this year it has fallen to 92%. Similarly, 98% of pupils in 2017/18 said children should never be bullied, this has fallen to 94% in 2018/19.

Section Eight: Physical Activity, Eating and Sleeping Habits

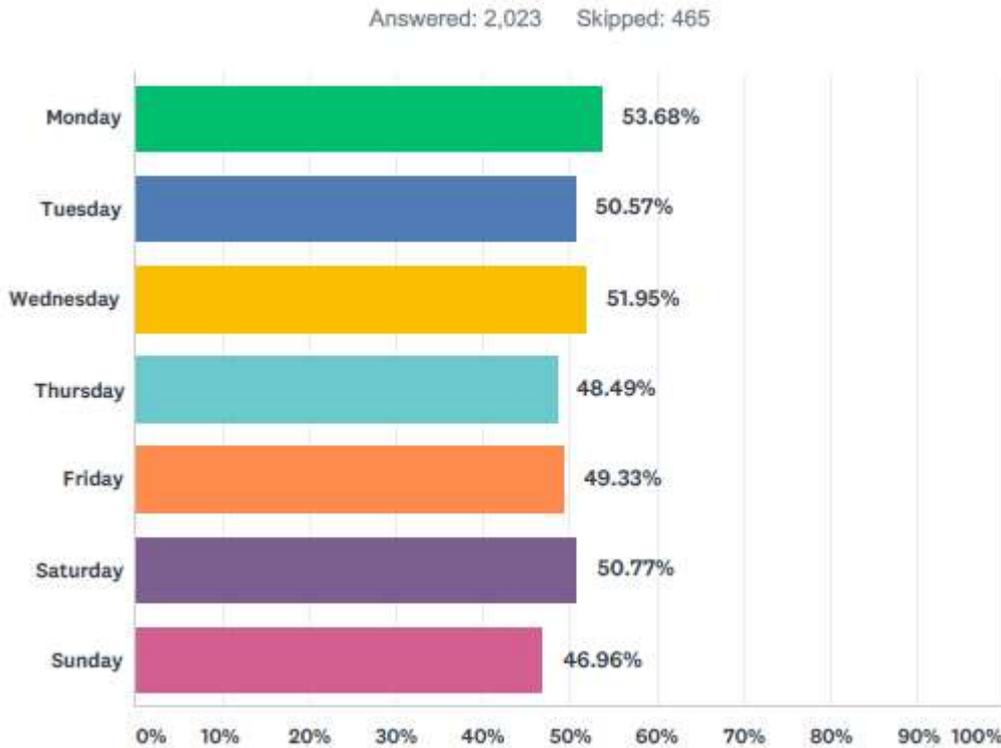
Q66. What exercise do you do? (you can tick more than one option)



Answer Choice	Number
Riding my bike/scooter	1,395
Walking or running around	1,478
Playing sports or games	1,489
Playing in the park/playground	1,275
Out of school clubs or groups	982
School PE or Daily Mile	1,367

277 pupils also chose “other” and the majority of these free-text answers detailed which sport/activity the pupil specifically does e.g. football, netball, swimming etc.

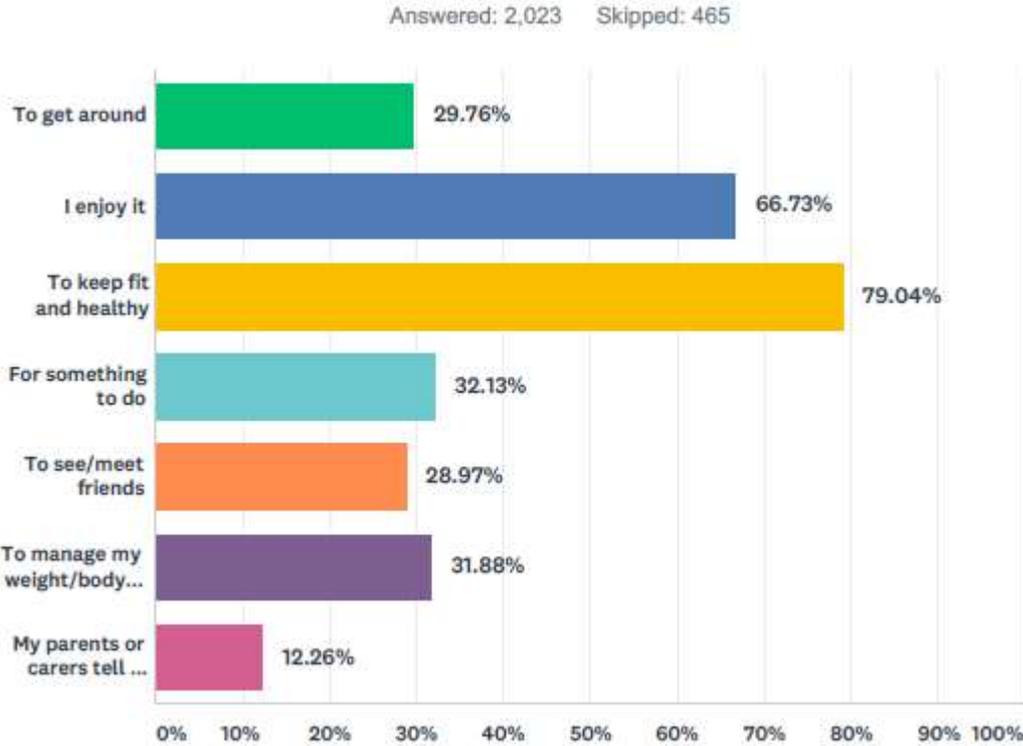
Q67. Think back over the last seven days. Tick which days you think you did at least 60 minutes activity (remember this doesn't have to be all in one go!)



Answer Choice	Number
Monday	1,086
Tuesday	1,023
Wednesday	1,051
Thursday	981
Friday	998
Saturday	1,027
Sunday	950

Q68. Why do you exercise? (you can tick more than one option)

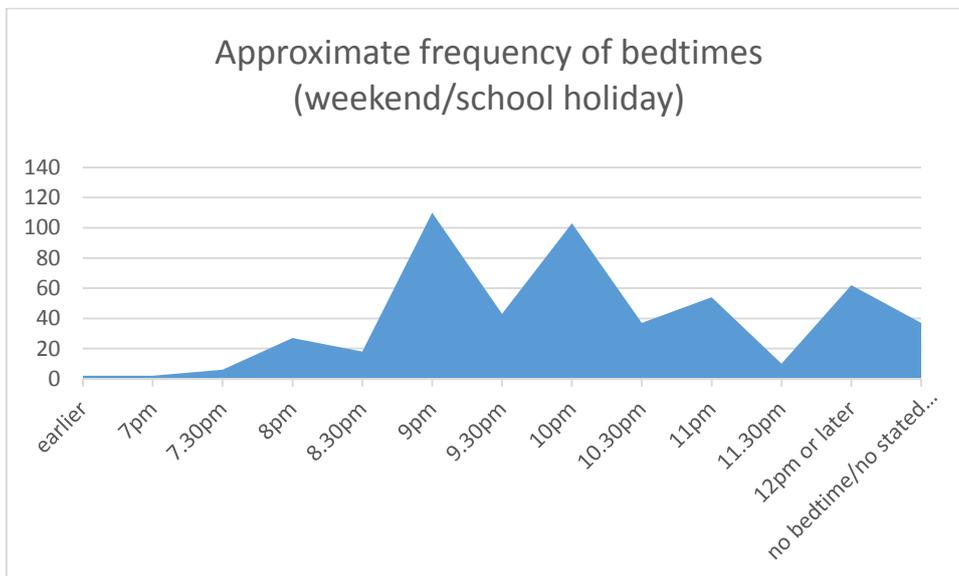
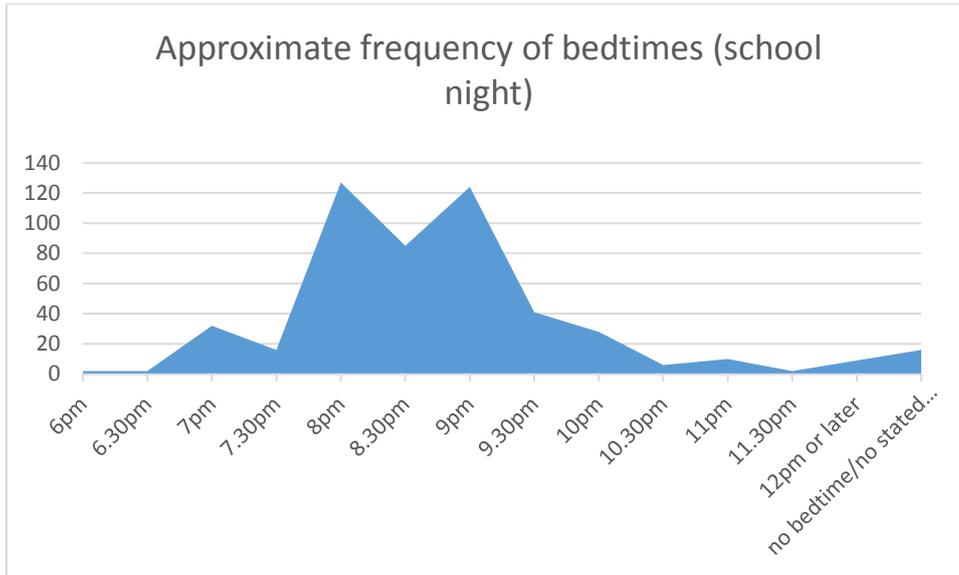
Encouragingly, the most popular answers for this question were “To keep fit and healthy” and “I enjoy it”. The graph shows the percentage of pupils who picked each option (they could pick more than one) and the table shows the number of pupils who picked each option, ranked in order from most to least popular.



Answer Choice	Number
To keep fit and healthy	1,599
I enjoy it	1,350
For something to do	650
To manage my weight/body shape	645
To get around	602
To see/meet friends	586
My parents or carers tell me to do it/ take me with them to exercise	248

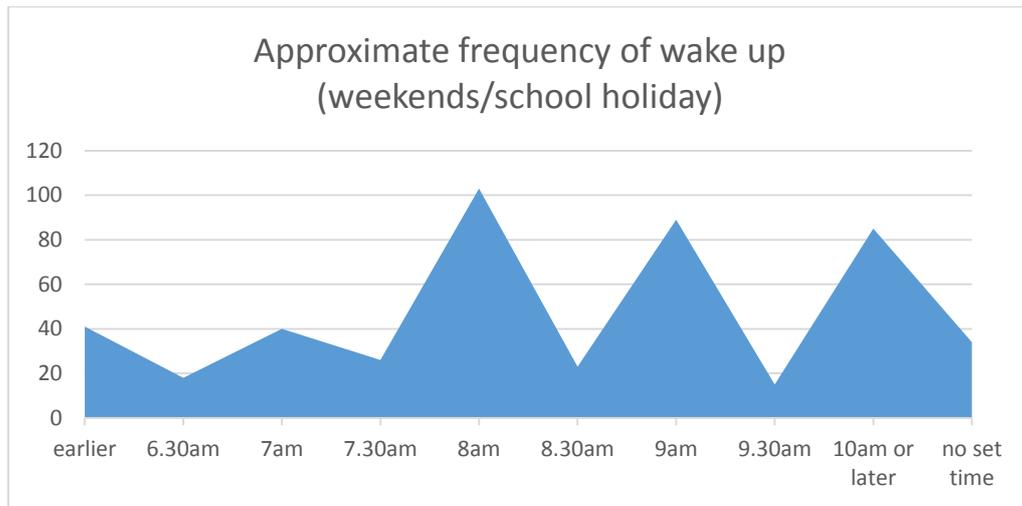
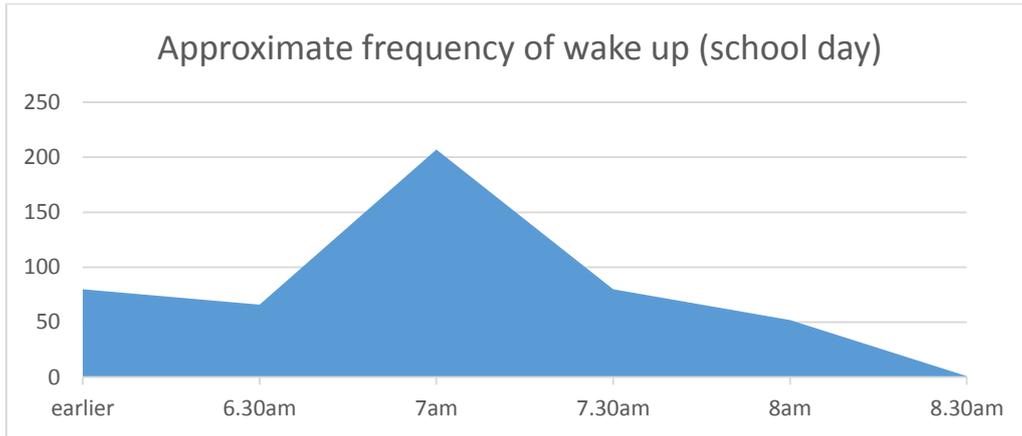
Q69. *What time do you usually go to bed? (on a school night, on a weekend/school holiday)*

This was a free-text response and so is difficult to get an exact answer. Approximately 500 responses were analysed with times tallied to approximate when pupils on average are self-reporting going to bed on a school night and on a weekend. The graphs below show that the majority of pupils tend to go to bed between 7.30pm to 9.30pm on a school night. This shifts to 8.30pm to 10.30pm for weekends and school holidays.



Q70. And what time do you usually wake up? (on a school day, on a weekend/school holiday)

As with Q69, a sample of pupil answers were taken and frequency of times tallied to create the graphs below. The majority of pupils wake at 7am on a school day. Weekends and school holidays show more variation.

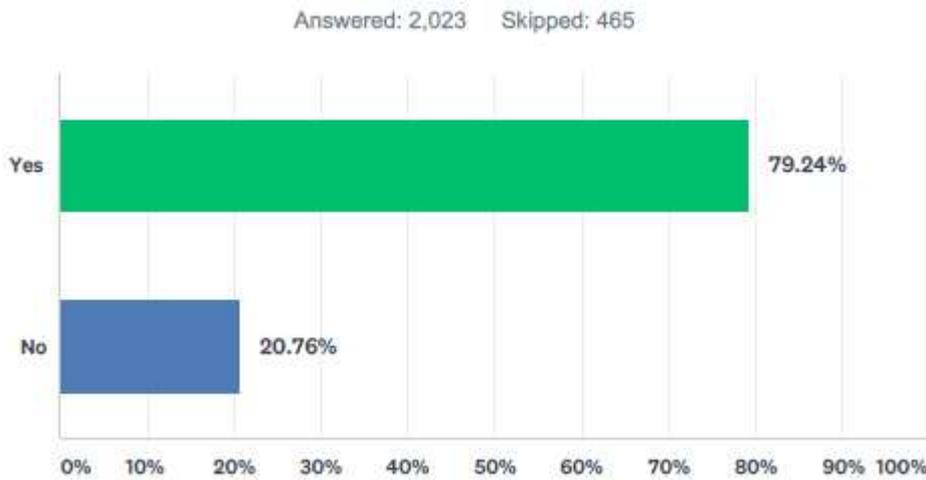


The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

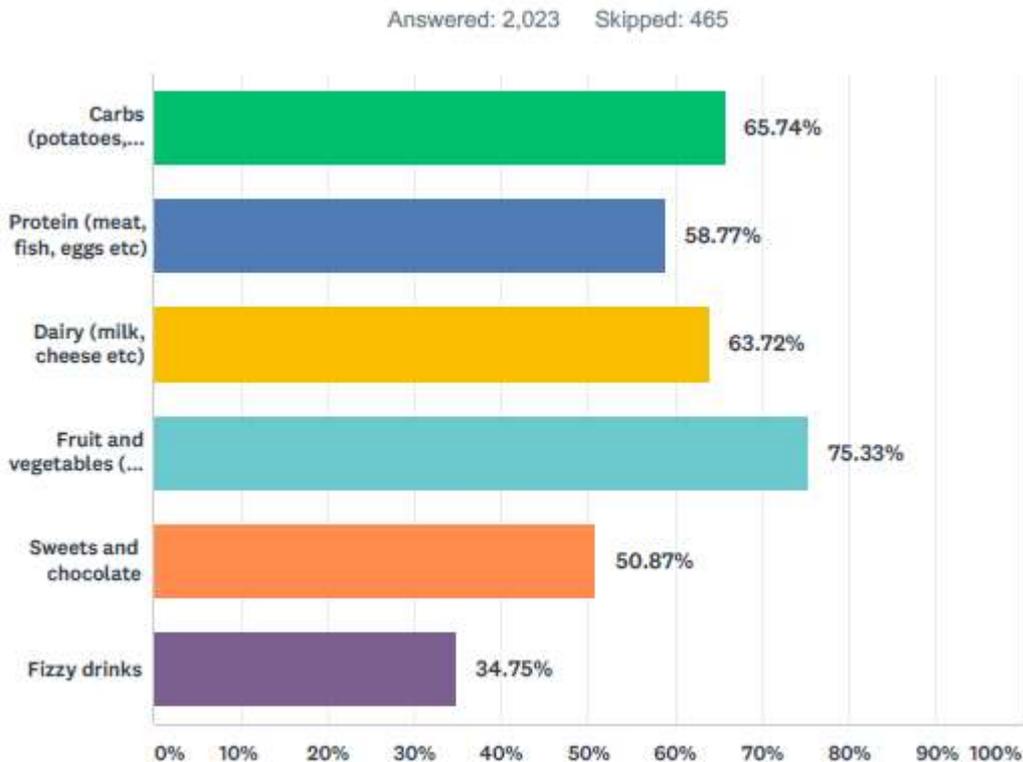


Q71. Look at the Eatwell plate above. A balanced diet would mean eating a variety of food from every section of the plate each day. Do you think you have a balanced diet?



Nearly 8 in 10 primary pupils surveyed (1,603 of 2,023) believed that they followed the Eatwell plate representation of a balanced diet.

Q72. What do you eat/drink every day? (you can tick more than one option)



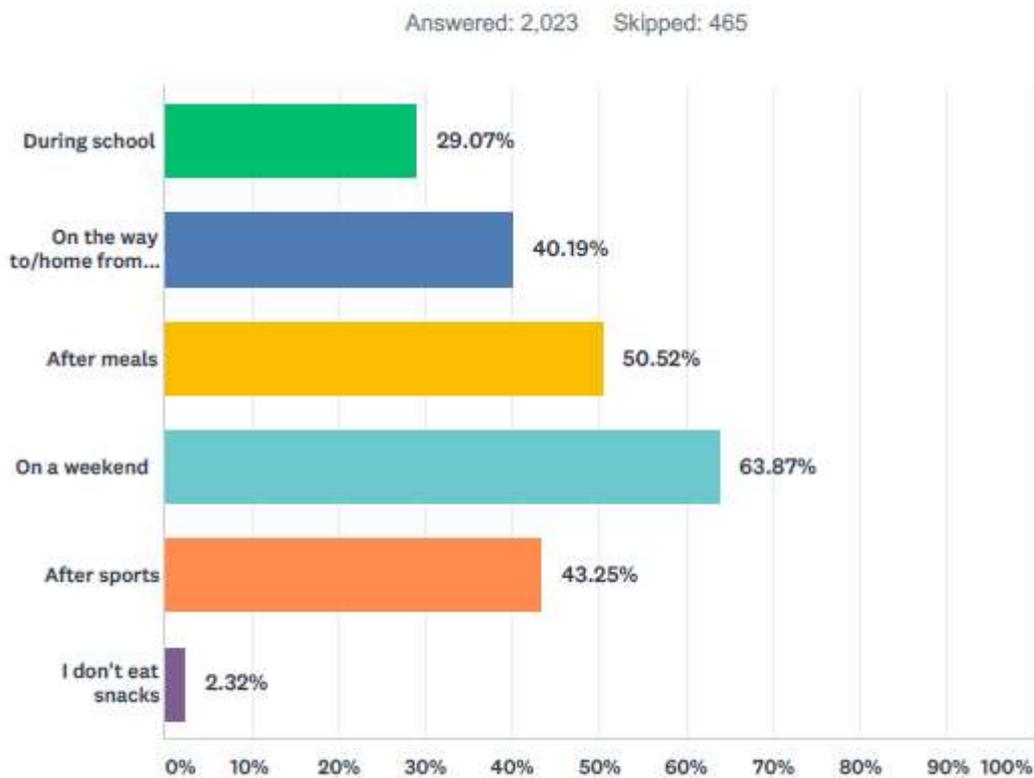
More pupils indicated they ate fruit and vegetables, carbs, dairy and protein than ate sweets and chocolate and drank fizzy drinks.

Answer Choice	Number
Carbohydrates (potatoes, rice, bread, pasta etc)	1,330
Protein (meat, fish, eggs etc)	1,189
Dairy (milk, cheese etc)	1,289
Fruit and vegetables (3 or more portions)	1,524
Sweets and chocolate	1,029
Fizzy drinks	703

Q73. *On a normal day, how many meals and how many snacks do you usually have?*

This was a free text response, with on average three meals and four snacks.

Q74. *When do you eat snacks? (you can tick more than one option)*

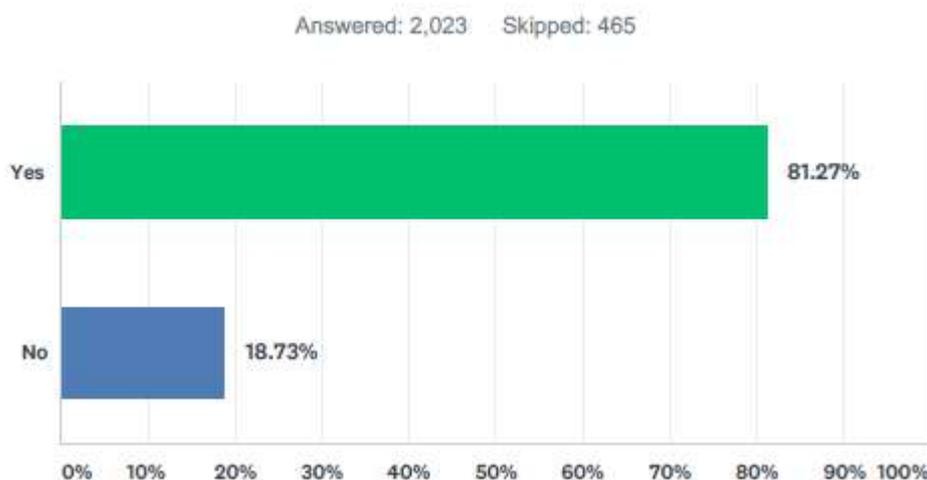


Answer Choice	Number
During school	588
On the way to/ home from school	813
After meals	1,022
On a weekend	1,292
After sports	875
I don't eat snacks	47

Q75. What kind of snacks do you eat?

This was a free text response. The majority of pupils wrote various forms of fruit, crisps, chocolate, sandwiches, and sweets.

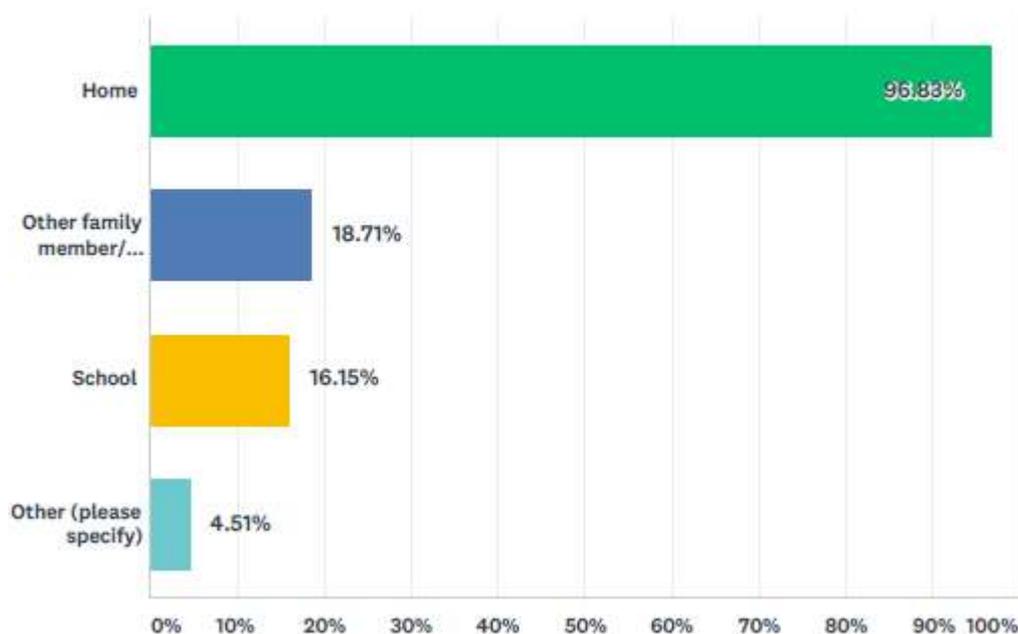
Q76. Do you eat breakfast every day?



Of 2,023 pupils, 1,644 ate breakfast every day, 379 pupils did not.

Q77. If yes, where do you normally eat breakfast? (you can tick more than one option)

Answered: 1,641 Skipped: 847



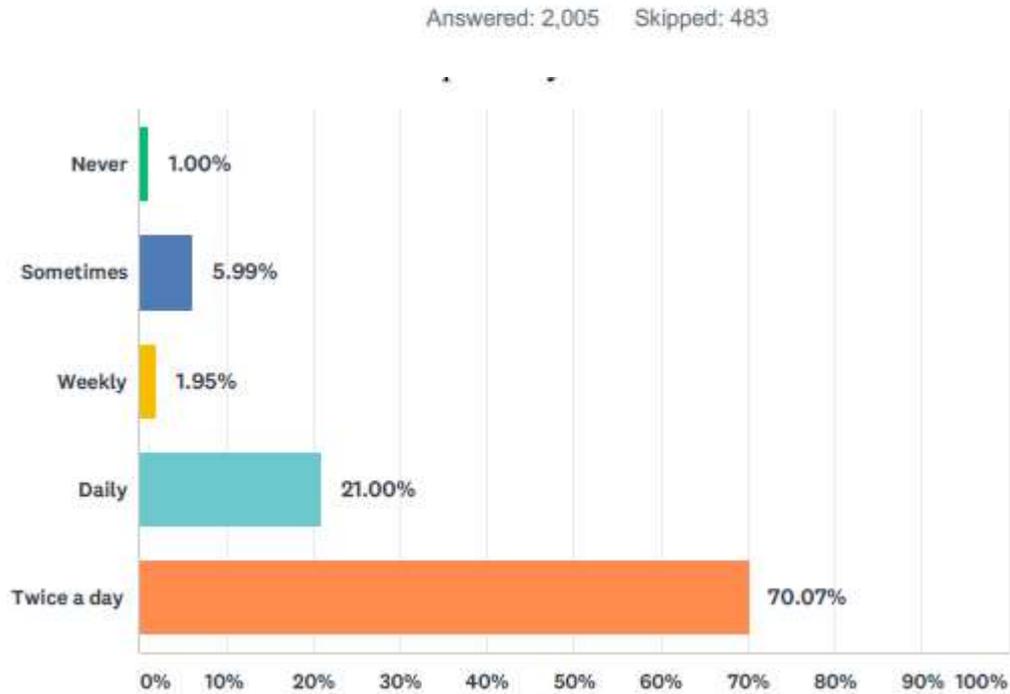
Answer Choice	Number
Home	1,589
Other family member/friend's house	307
School	265
Other (please specify)	74

Of the pupils who chose the “Other” option, the majority wrote eatery names (Costa, McDonald’s, Greggs), childminders or grandparents.

Q78. Do you have a toothbrush and toothpaste at home?

Of the 2,005 pupils who answered this question, 1,993 pupils (99%) had a toothbrush and toothpaste at home, 12 pupils (1%) did not.

Q79. How often do you clean your teeth?



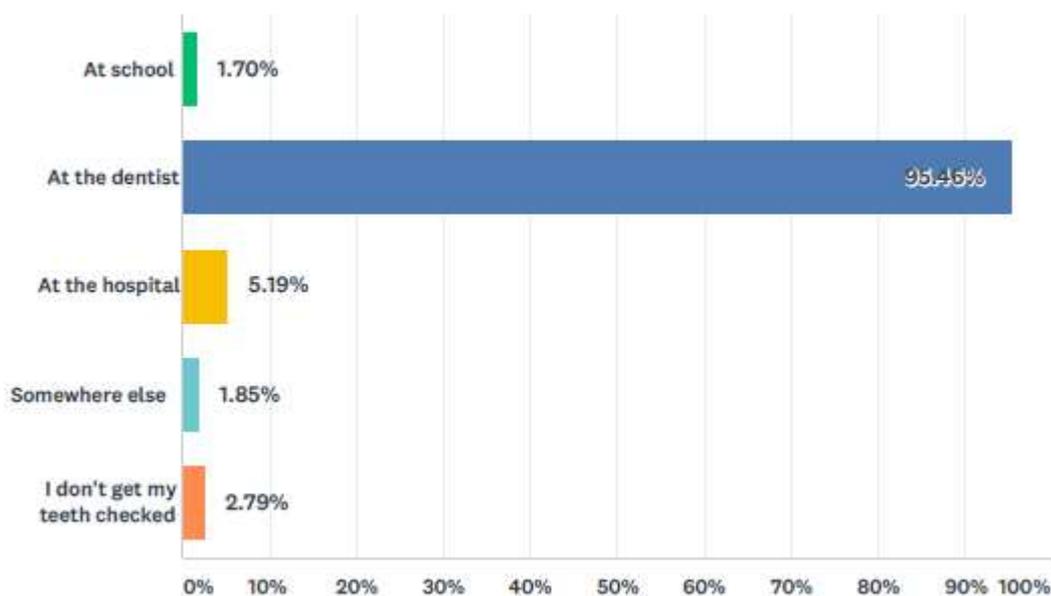
Answer Choice	Number
Never	20
Sometimes	120
Weekly	39
Daily	421
Twice a day	1,405

92% of pupils brush their teeth “daily” or “twice a day”.

Q80. Where do you get your teeth checked? (you can tick more than one option)

The majority of pupils get their teeth checked at the dentist (95%). 5% of pupils who answered this question have had their teeth checked “at the hospital” and 3% stated that they don’t get their teeth checked.

Answered: 2,005 Skipped: 483

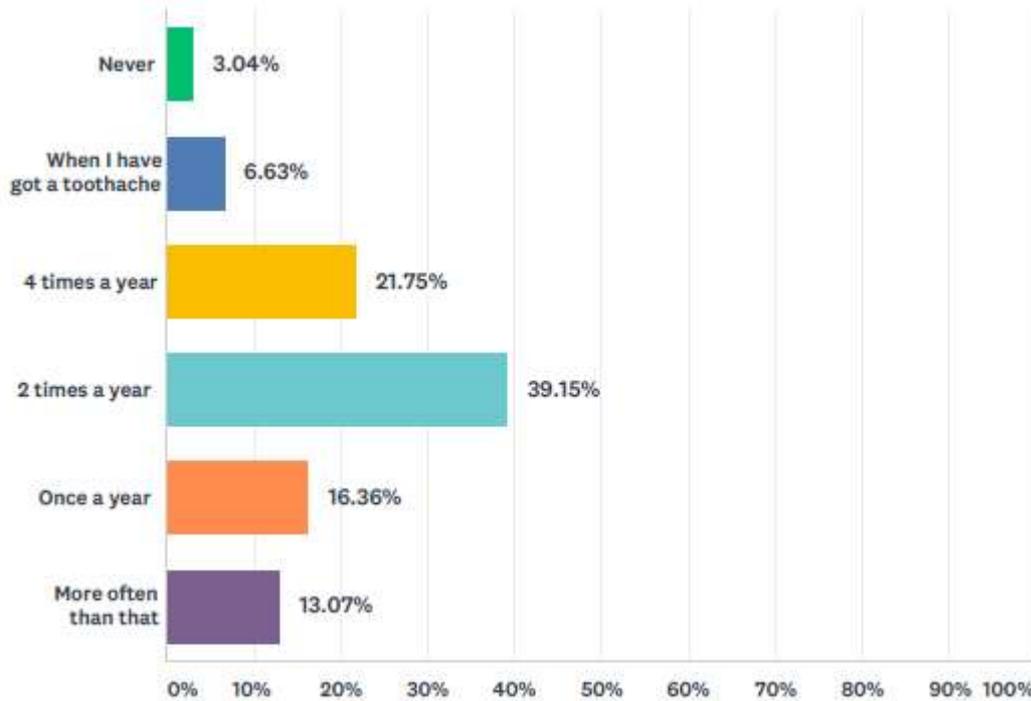


Answer Choice	Number
At school	34
At the dentist	1,914
At the hospital	104
Somewhere else	37
I don't get my teeth checked	56

Q81. How often do you get your teeth checked?

Answer Choice	Number
Never	61
When I have got a toothache	133
4 times a year	436
2 times a year	785
Once a year	328
More often than that	262

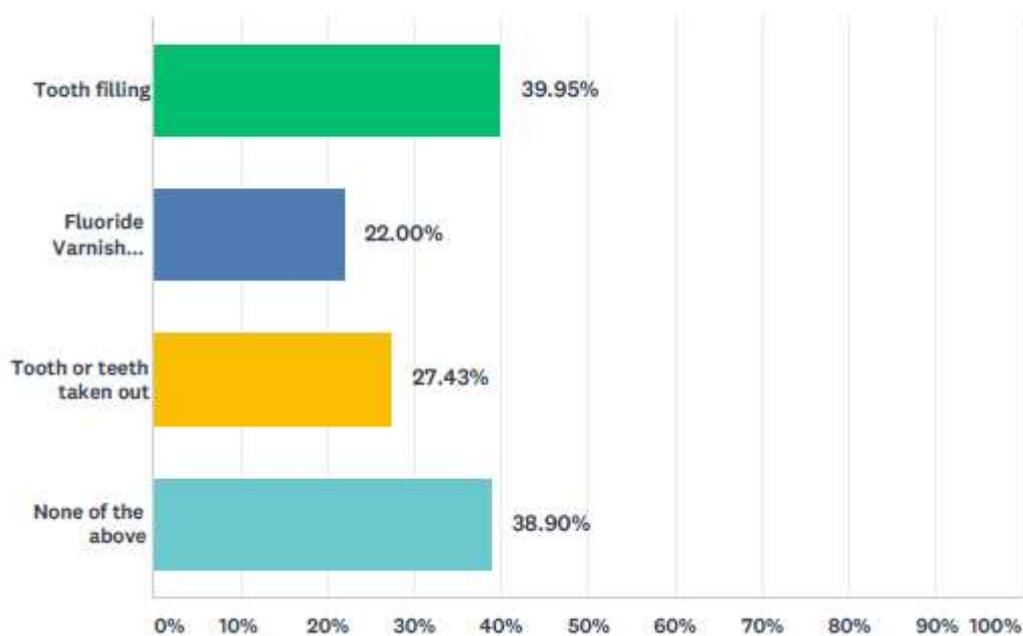
Answered: 2,005 Skipped: 483



39% of 2,005 pupils have their teeth checked twice a year. Just over 2 in 10 pupils have them checked four times a year.

Q82. Have you ever had a...(you can tick more than one option)

Answered: 2,005 Skipped: 483



Answer Choice	Number
Tooth filling	801
Fluoride varnish (flavoured spray from the dentist)	441
Tooth or teeth taken out	550
None of the above	780

Just under 4 in 10 pupils have not had any dental surgery.

Comparison to 2017/18 results:

Across all the different “types” of exercise listed in Q66 there has been a decrease in percentages in comparison to 2017/18 percentages.

Similar percentage of pupils this year and last believe they eat a balanced diet, and the breakdown of this diet (carbohydrates, protein, sweets etc) is also similar.

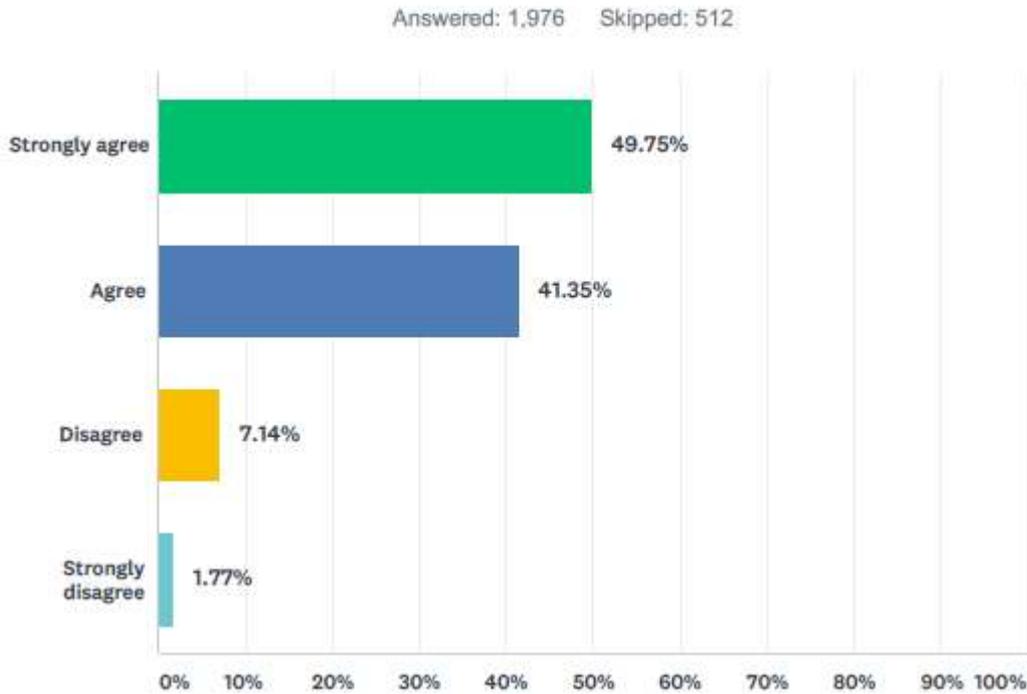
93% of pupils brush their teeth “daily” or “twice a day”, similar to last year (92%), and “twice a year” remains the most common frequency for dental check-ups.

Percentage of pupils having tooth fillings and fluoride varnish have marginally decreased, and percentage of pupils having a tooth/teeth taken out has marginally increased in comparison to last year’s percentages.

Section Nine: Emotional Health and Wellbeing

Pupils were given the following statements and asked to say whether they “strongly agree”, “agree”, “disagree” or “strongly disagree”.

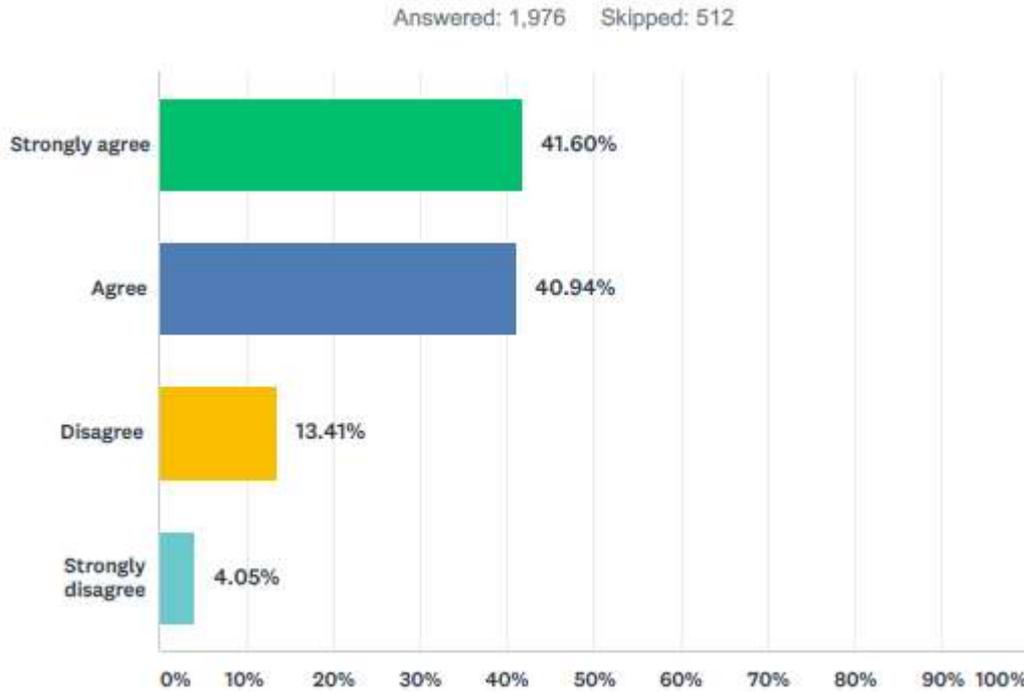
Q83. *“Generally, I feel happy about my life at the moment”*



Answer Choice	Number
Strongly agree	983
Agree	817
Disagree	141
Strongly disagree	35

1,800 of 1,976 pupils (91%) either “strongly agree” or “agree” that they are generally happy with their lives.

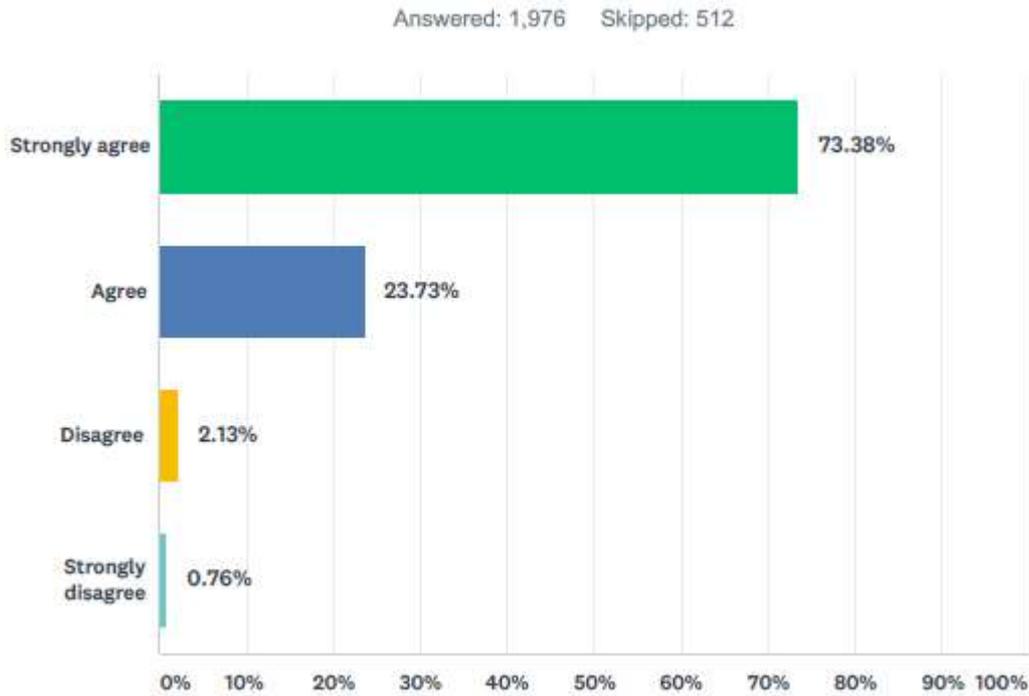
Q84. *“If I’m worried about something, it’s easy for me to find someone to talk to”*



Answer Choice	Number
Strongly agree	822
Agree	809
Disagree	265
Strongly disagree	80

1,631 of 1,976 pupils (83%) “strongly agree” or “agree” that if they are worried about something they have someone to talk to.

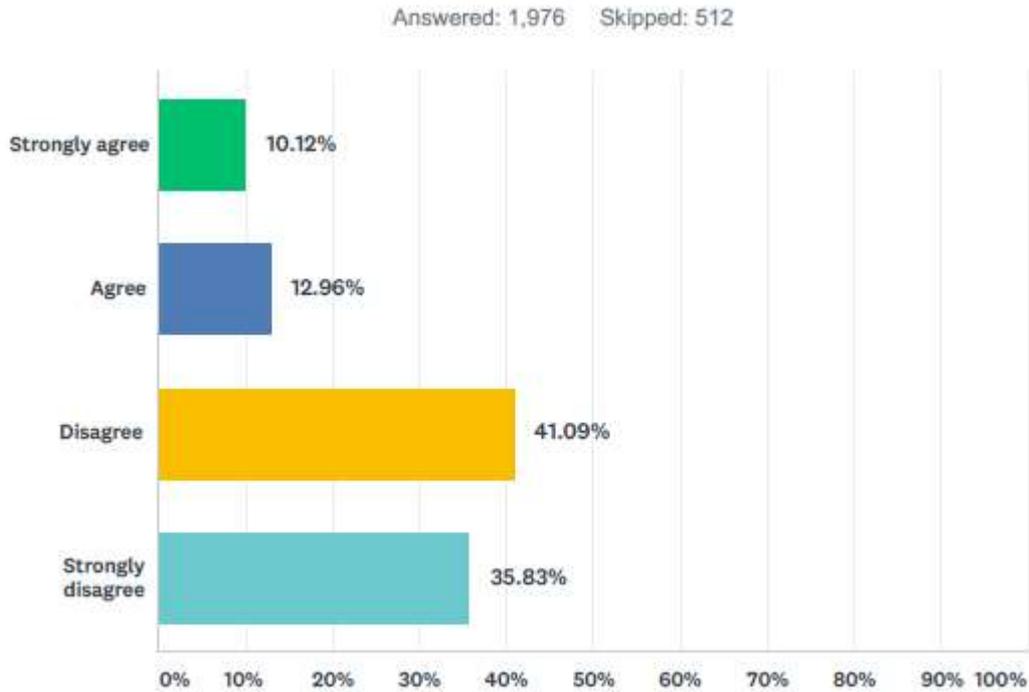
Q85. “My family are mostly supportive and look out for me”



Answer Choice	Number
Strongly agree	1,450
Agree	469
Disagree	42
Strongly disagree	15

1,919 of 1,976 pupils (97%) “strongly agree” or “agree” that they have a supportive family.

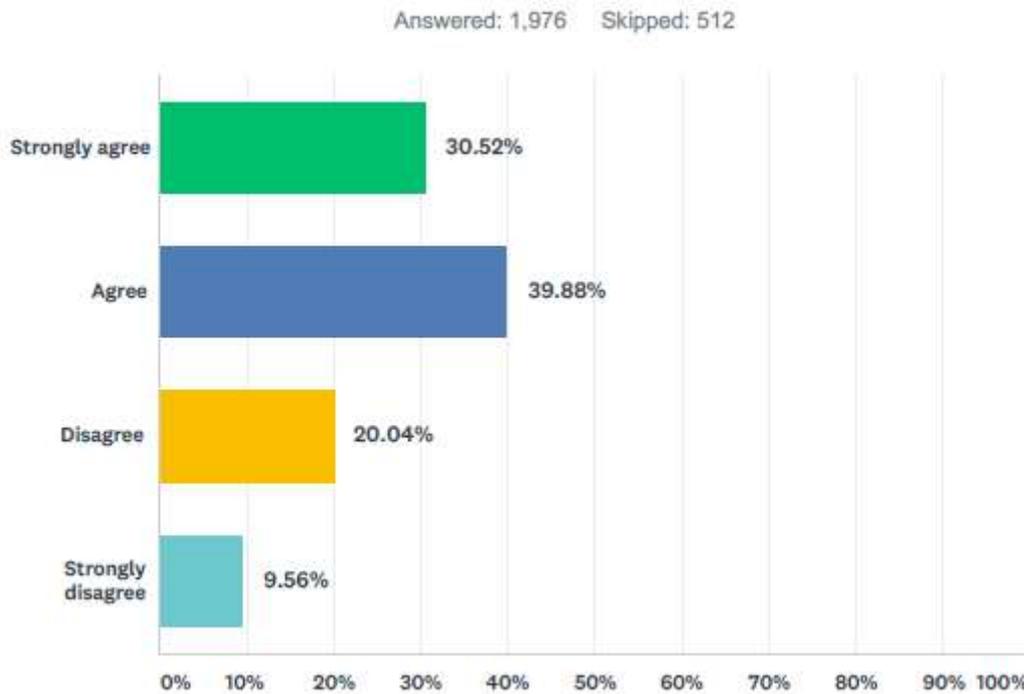
Q86. “I prefer to be on my own rather than be with friends”



Answer Choice	Number
Strongly agree	200
Agree	256
Disagree	812
Strongly disagree	708

1,520 of 1,976 pupils (77%) “disagree” or “strongly disagree” that they prefer to be on their own than with friends.

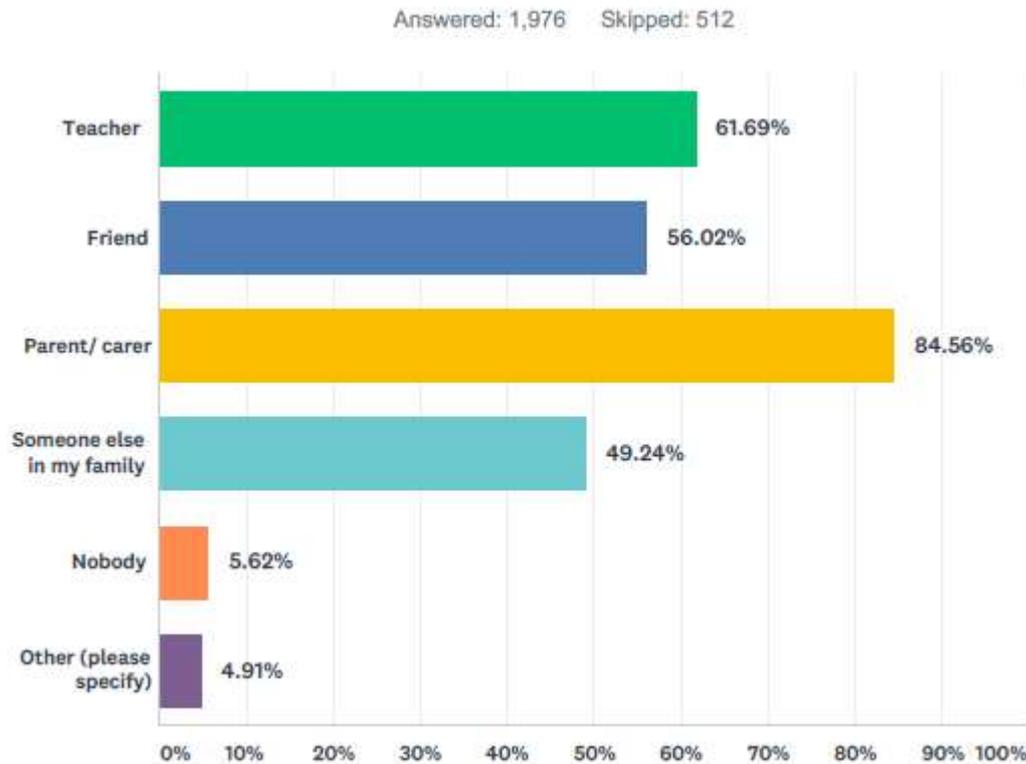
Q87. *“If my friends are doing something I don’t like or want to join in with, it’s easy for me to say ‘no’”*



Answer Choice	Number
Strongly agree	603
Agree	788
Disagree	396
Strongly disagree	189

7 in 10 pupils (1,391 pupils 70%) “strongly agree” or “agree” that they are able to stand up to their friends and resist peer pressure.

Q88. *If you worried about something who would you talk to? (you can tick more than one option)*



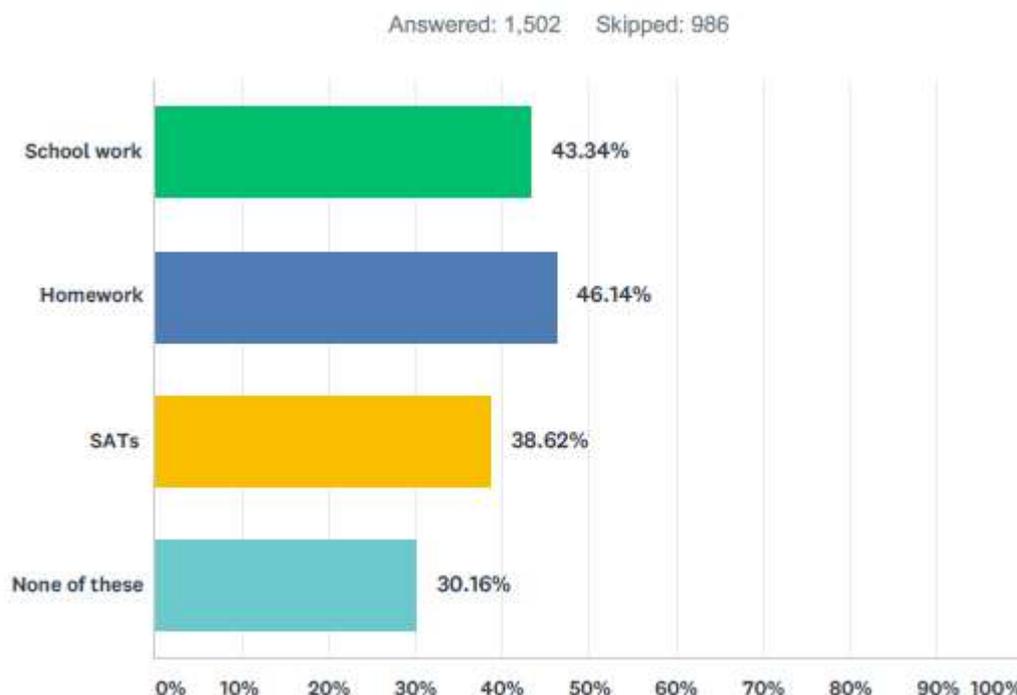
Answer Choice	Number
Teacher	1,219
Friend	1,107
Parent/carer	1,671
Someone else in my family	973
Nobody	111
Other (please specify)	97

The majority of pupils who answered this question would confide in a parent/carer. Of the 97 pupils who chose “other” the majority named a specific family member, a pet, a friend or an organisation (e.g. the police, Childline etc).

Q89. *Do you ever feel stressed?*

1,507 of 1,976 pupils (76%) feel stressed, 469 (24%) of pupils did not feel stressed.

Q90. Do you feel stressed about any of the following? (you can tick more than one option)



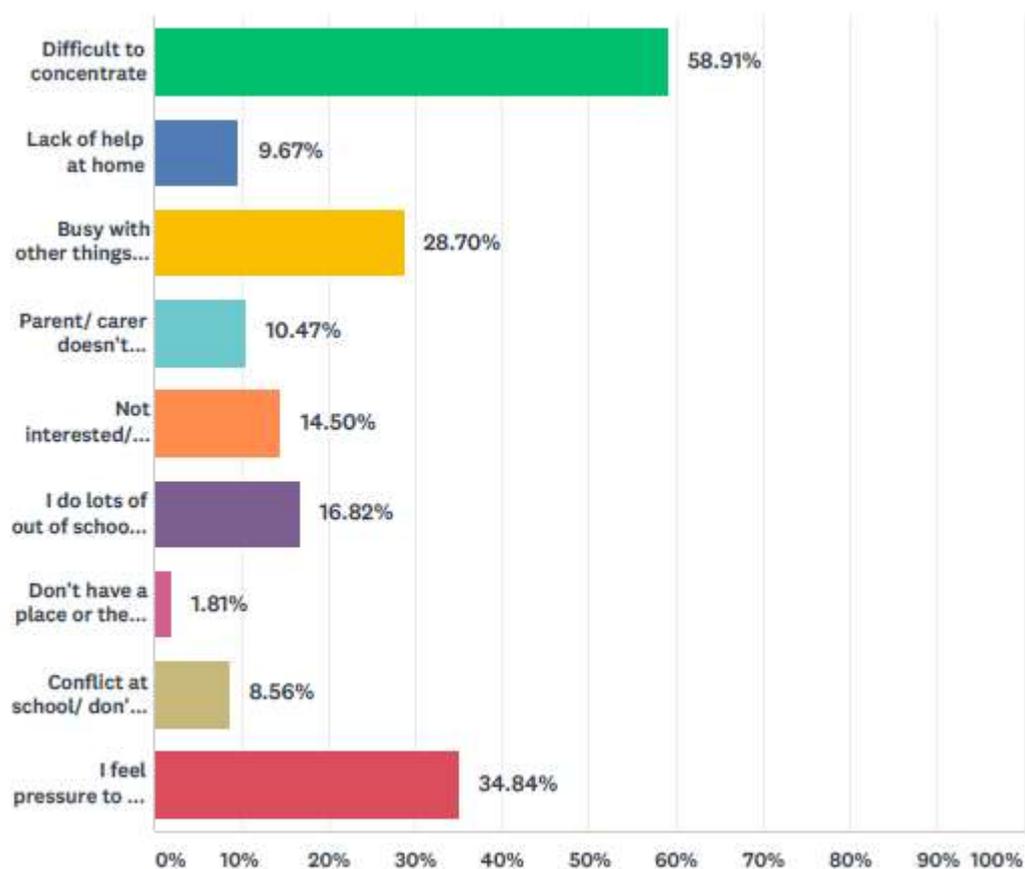
Answer Choice	Number
School work	651
Homework	693
SATs	580
None of these	453

3 in 10 pupils who indicated they were stressed did not feel school related stress. Homework was the most common form of school related stress, followed closely by school work.

Q91. Why do you feel stressed about homework, school work, SATs etc? (you can tick up to three options)

The three most common chosen options were: “difficult to concentrate”, “I feel pressure to well in school” and “busy with other things/don’t have time”.

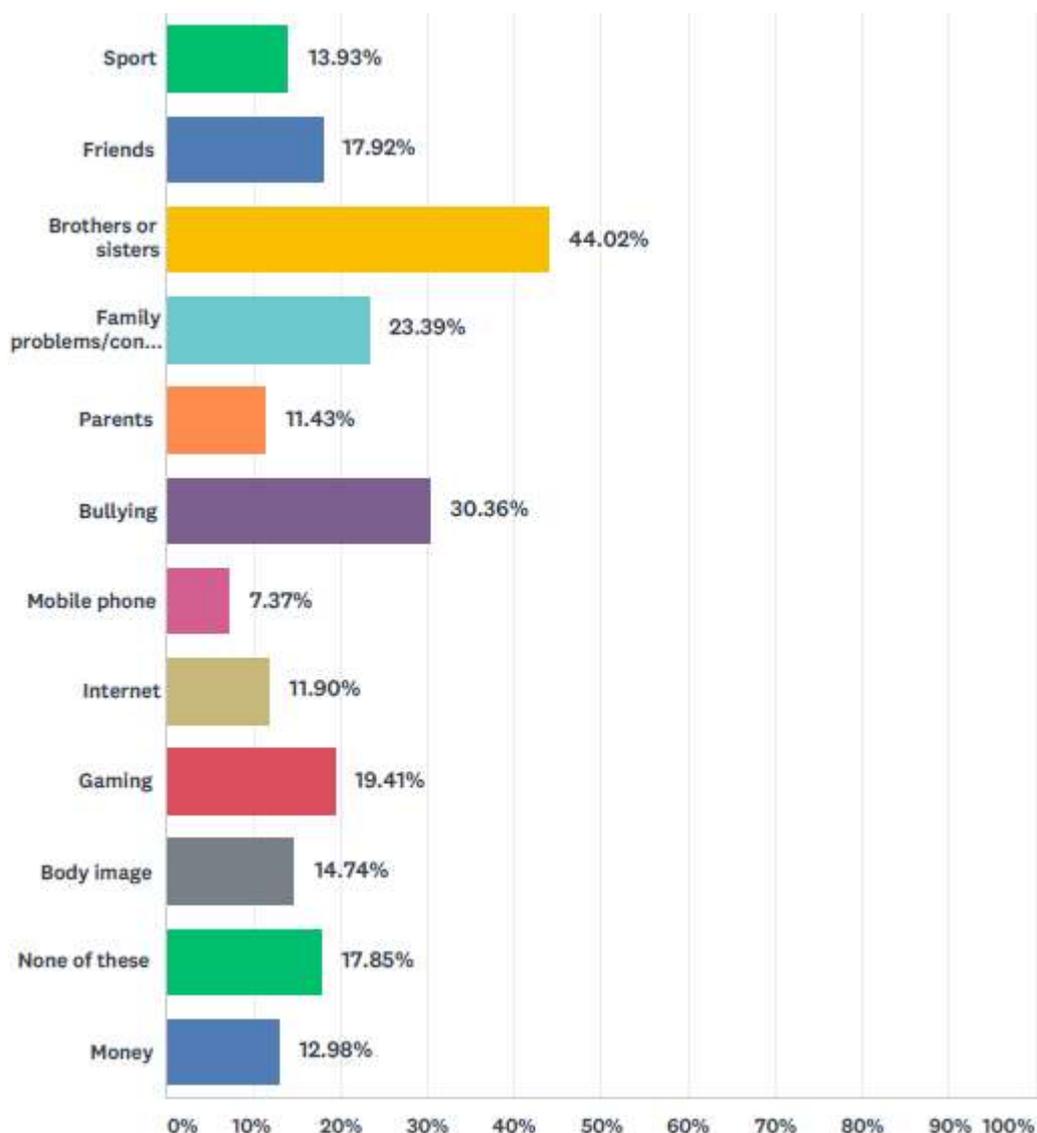
Answered: 993 Skipped: 1,495



Answer Choice	Number
Difficult to concentrate	585
Lack of help at home	96
Busy with other things/ don't have time	285
Parent/carer doesn't understand	104
Not interested/ don't want to do it	144
I do lots of out of school clubs	167
Don't have a place or the resources	18
Conflict at school/ don't like being in school	85
I feel pressure to do well in school	346
Other (please specify)	101

Q92. Do you feel stressed about any of these things? (you can tick more than one option)

Answered: 1,479 Skipped: 1,009



Answer Choice	Number
Sport	206
Friends	265
Brothers or sisters	651
Family problems/conflict	346
Parents	169

Bullying	449
Mobile phone	109
Internet	176
Gaming	287
Body image	218
None of these	264
Money	192

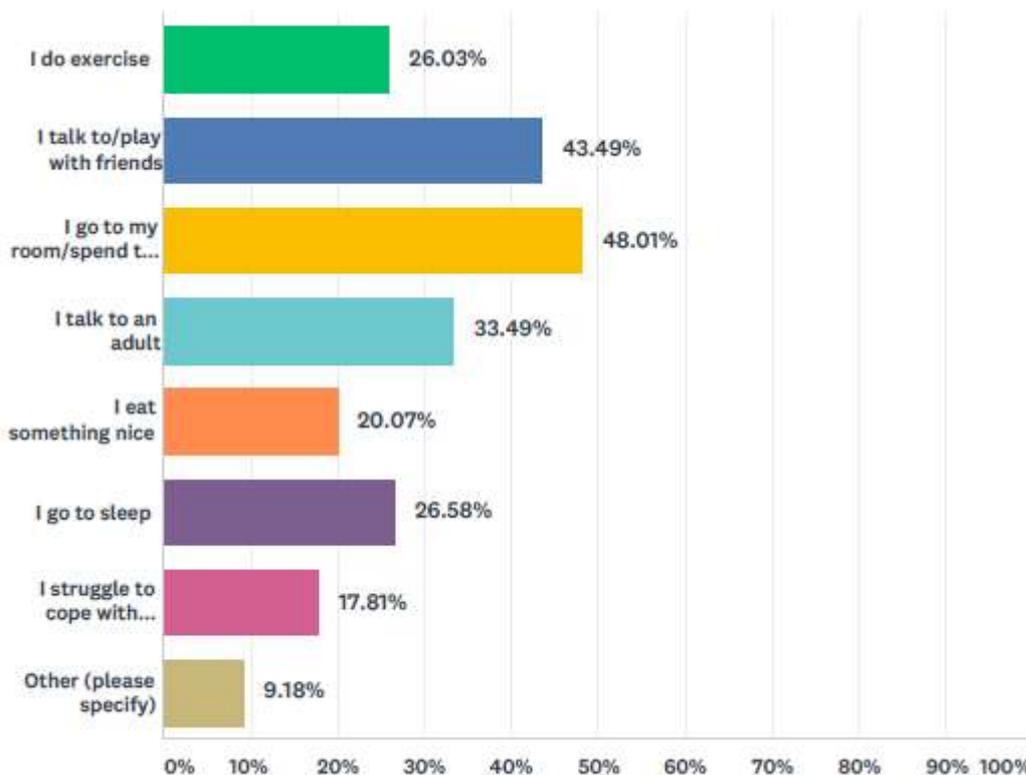
Q93. Do you feel stressed when dealing with your emotions?

974 pupils (66%) feel stressed emotionally, 505 pupils (34%) do not.

Q94. How/why does dealing with your emotions make you stressed?

These was a free text response. Pupils detailed that they felt they had a lack of coping techniques, frustration at feeling unable to articulate their feelings and explain why their emotions affected them, and some detailed specific events/incidents that had upset them.

Q95. How do you cope with stress? (you can tick more than one option)



Answer Choice	Number
I do exercise	380
I talk to/play with friends	635
I go to my room/spend time alone	701
I talk to an adult	489
I eat something nice	293
I go to sleep	388
I struggle to cope with stress	260
Other (please specify)	134

Most pupils who chose “Other” detailed activities such as playing games, listening to music, drawing or spending time with pets. Others detailed how they don’t have methods of coping, describing physical anger which they lash out on others, emotions like crying and avoidance such as “trying not to think about it”.

Comparison to 2017/18 results:

Most of the answers to the emotional wellbeing questions are positive, and this is similar to last year’s results:

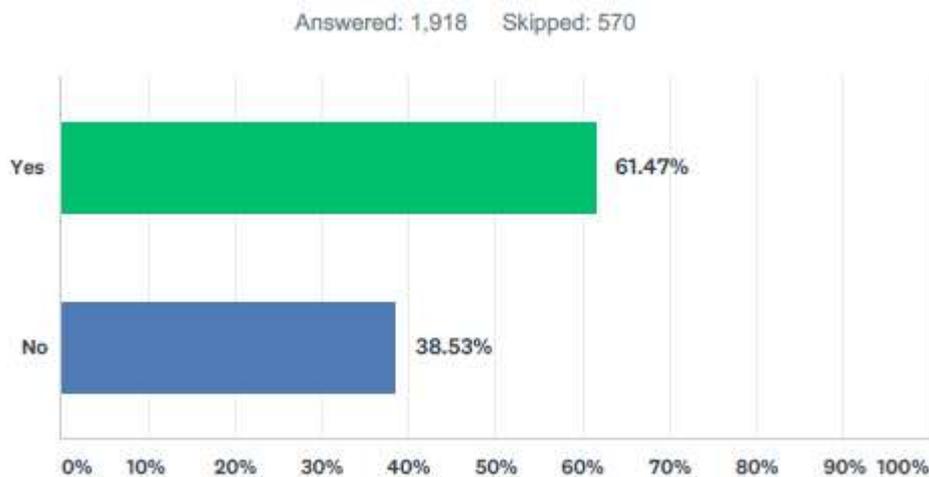
Percentage of pupils feeling happy with life (91%) and having a supportive family (97%) has remained the same. A third of pupils still believe they find it easy to say “no” to friends.

Just over three quarters of pupils report feeling stressed, similar to last year.

Homework remains the most common form of school-related stress, with siblings and bullying the most common forms of outside-school stress both this year and last year.

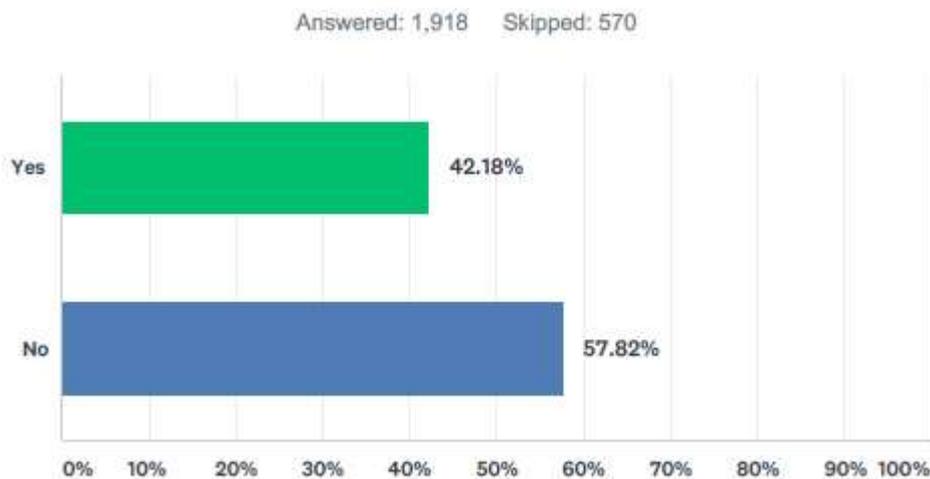
Section 10: Puberty

Q96. *Do you know what changes you will experience during puberty?*



1,179 of 1,918 pupils (61%) know what to expect during puberty, 739 (39%) do not know.

Q97. *Would you like more information about the changes that you may experience during puberty?*

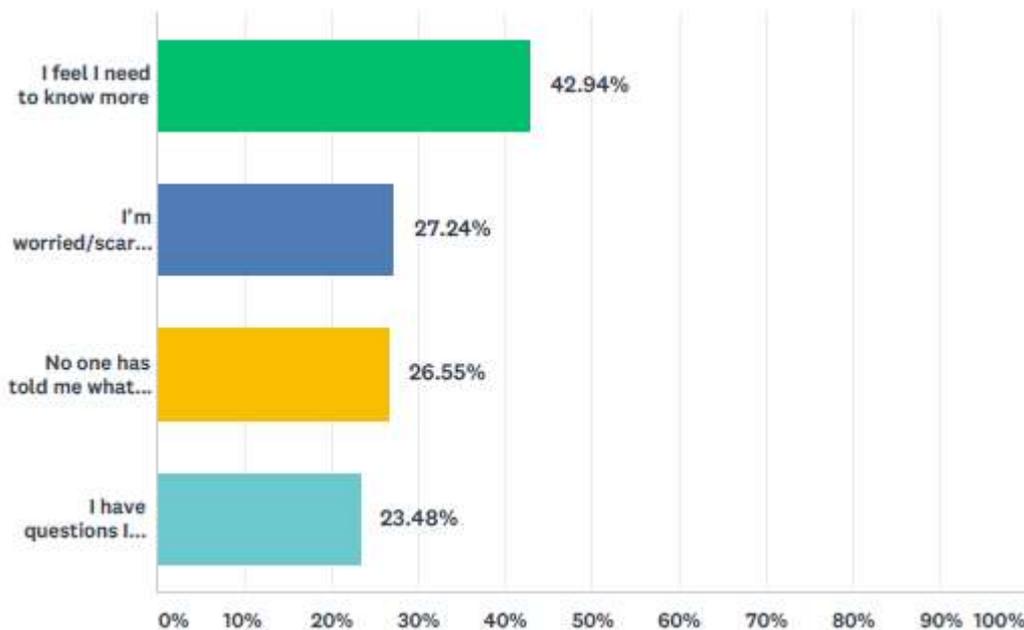


The slight minority of 809 of 1,918 pupils (42%) did want more information on changes to expect during puberty, the majority 1,109 of 1,918 (58%) did not want more information.

For the next two questions all pupils could pick “yes” or “no” options regardless of their answer to Q97. This may explain the higher numbers of pupils for each question than what is shown in Q97 for “yes” and “no”.

Q98. *If yes, please select why from the following...*

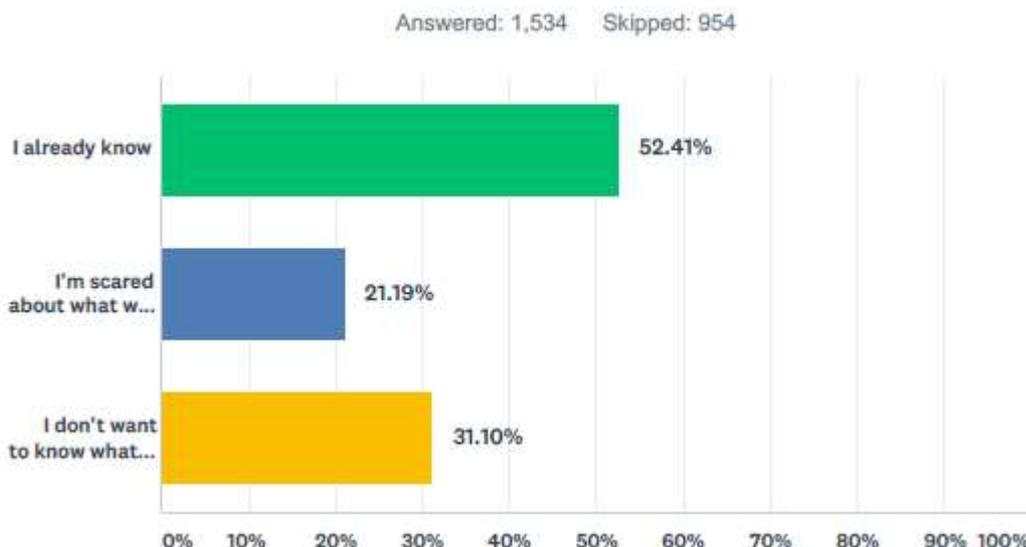
Answered: 1,465 Skipped: 1,023



Answer Choice	Number
I feel I need to know more	629
I'm worried/ scared about it	399
No one has told me what will happen	389
I have questions I want/need to ask	344

The majority of pupils who wanted more information felt they needed to know more about puberty.

Q99. *If no, select from the following...*



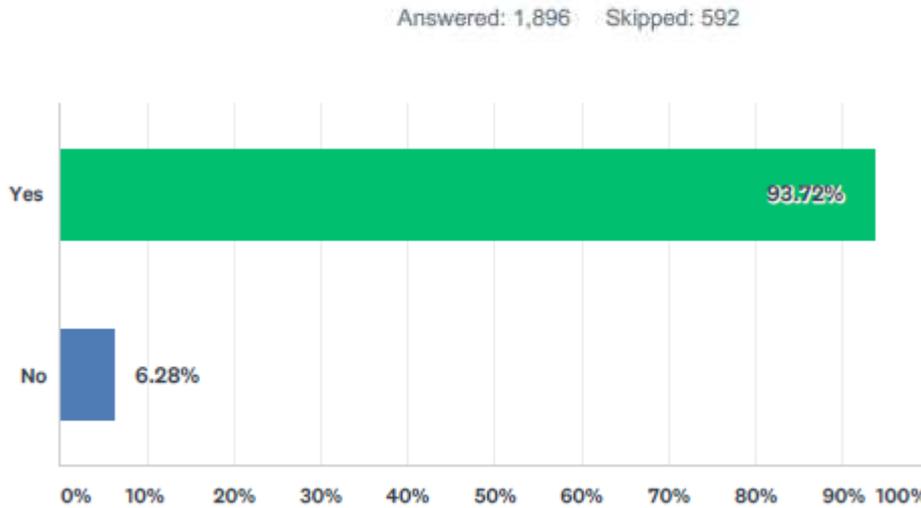
Answer Choice	Number
I already know	804
I'm scared about what will happen	325
I don't want to know what will happen	477

Comparison to 2017/18 results:

61% of pupils feel informed of what changes to expect during puberty in comparison to 67% last year. A similar percentage of pupils wanted more information about puberty (42% 2018/19, 41% 2017/18).

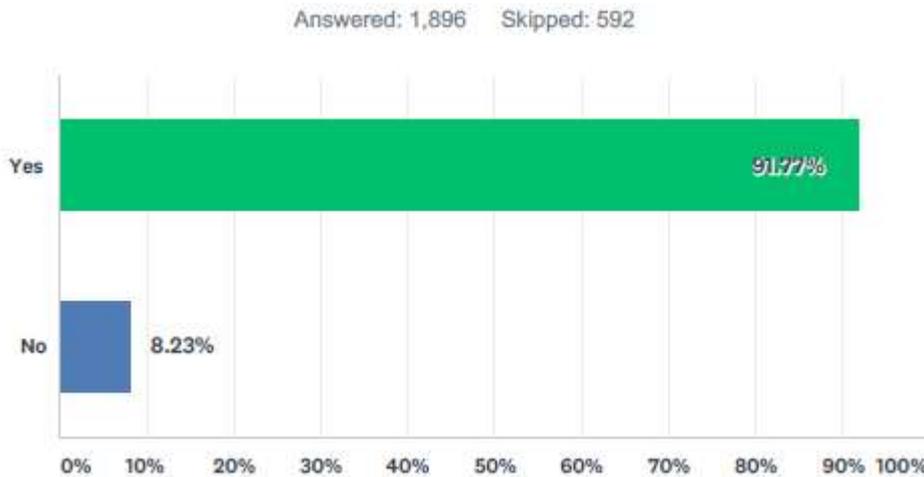
Section Eleven: Safety and Anti-social behaviour

Q100. *Do you feel safe in school?*



1,777 of 1,896 pupils (94%) reported that they feel safe in school, 119 pupils (6%) did not feel safe in their school.

Q101. *Do you know who you should talk to if you don't feel safe in school?*



1,740 pupils (92%) reported that they know who to talk to if they ever felt unsafe in school, 156 (8%) did not know who to talk to.

Pupils were given the following definition of anti-social behaviour (ASB):

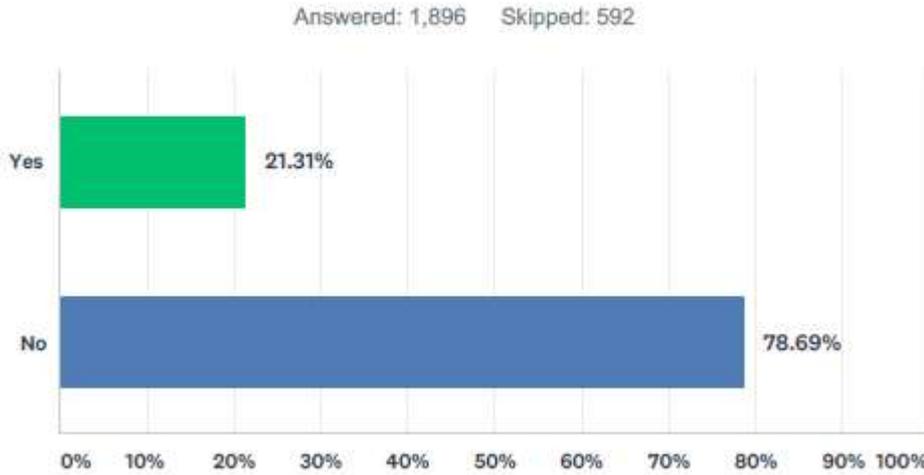
Anti-Social behaviour is acting in a way that causes or is likely to cause harassment, alarm or distress to one or more people in the community.

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

Q102. Read the definition of anti-social behaviour and the examples above. Have you ever taken part in anti-social behaviour?



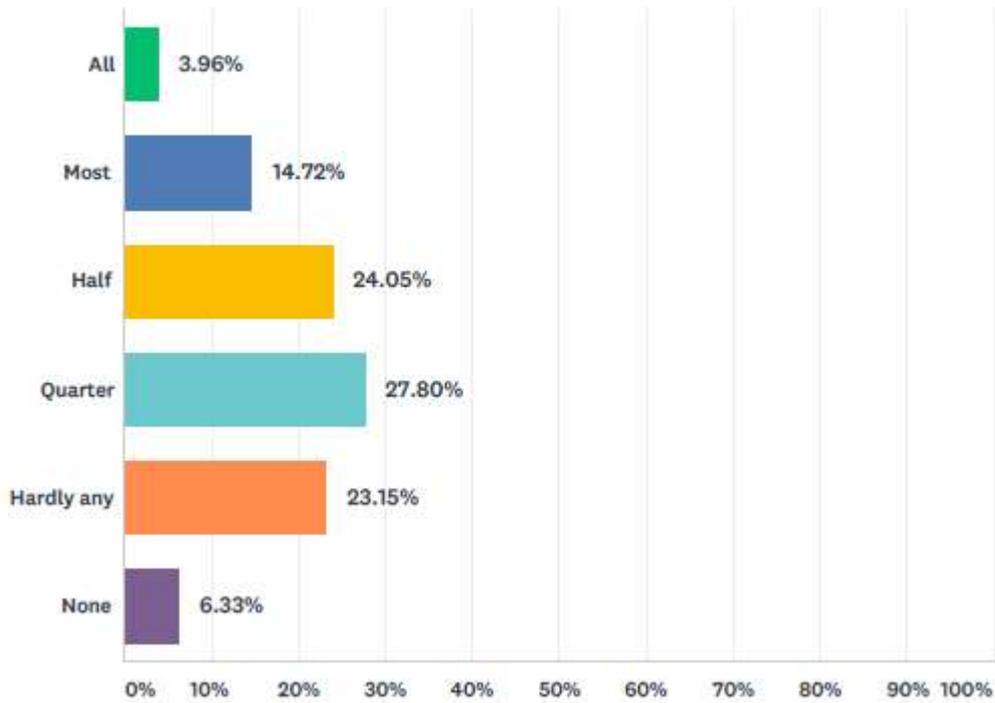
404 pupils (just over 2 in 10 pupils) have self-reported taking part in anti-social behaviour. 1,492 pupils have not taken part in anti-social behaviour.

Q103. There are 2575 young people in Year 5 and 6 in Darlington. How many do you think take part in anti-social behaviour?

Answer Choice	Number
All	75
Most	279
Half	456
Quarter	527
Hardly any	439
None	120

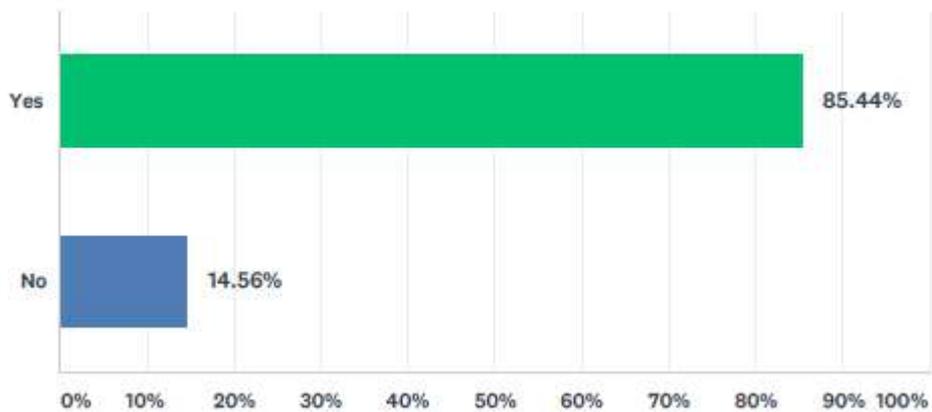
Responses to this question were mixed with no obvious outright perception from pupils.

Answered: 1,896 Skipped: 592



Q104. *If you saw anti-social behaviour happening, would you know who to tell about it/report it to?*

Answered: 1,896 Skipped: 592



1,620 pupils (85%) agreed that if they saw anti-social behaviour happening, they would know who/how report. 15% of pupils (276) would not know how to report.

Q105. *If you saw anti-social behaviour happening, would you report it?*

1,629 pupils (86%) would report anti-social behaviour if they saw it happening, 267 pupils (14%) would not report it.