

# Growing up in Nottinghamshire

## A summary of results from the Health Related Behaviour Survey 2023-25

This report presents a summary of the results of the health-related behaviour survey carried out during 2023-25.

Completed questionnaires were analysed by the Schools Health Education Unit (SHEU) based in Exeter. SHEU had been commissioned by the Council to co-ordinate this work as a way of collecting robust information about young people in Nottinghamshire and their lifestyles.

The results contained in this report therefore provide a snapshot of what life is like for young people in Nottinghamshire.

In addition to this County-wide summary report, more detailed, 90-page reports have been produced for the primary and secondary phases. These reports provide more analysis of the survey responses, including a breakdown by gender and year group, and can be used to investigate specific issues in more detail.

Finally, each of the providers of education has received a bespoke report that contains detailed results for their specific institution.

### Comparison with a reference sample

Nottinghamshire data have been compared with the Unit's wider database.

A selection of some of the differences, where the level seen in the Nottinghamshire data is significantly different to that seen in a reference sample, is shown on page 26.

- ❑ This survey by the SHEU was commissioned by Public Health in Nottinghamshire .
- ❑ Grateful thanks are expressed to the Schools Health Education Unit, Exeter, who facilitated the Nottinghamshire Health-Related Behaviour Survey 2024, to the Head teachers and staff who organised in the survey in their schools and to the pupils themselves who completed the survey.
- ❑ SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.
- ❑ For more details please contact the Schools Health Education Unit [research@sheu.org.uk](mailto:research@sheu.org.uk)

**SHEU**

### TOPICS INCLUDE:

Background

Emotional Health and Wellbeing

Relationships and sex

Safety in person and online

Drugs, Alcohol and Tobacco

Enjoying and achieving

Inequalities

Comparisons



**Nottinghamshire  
County Council**

# The sample

□ The full sample provided by the schools is shown below.

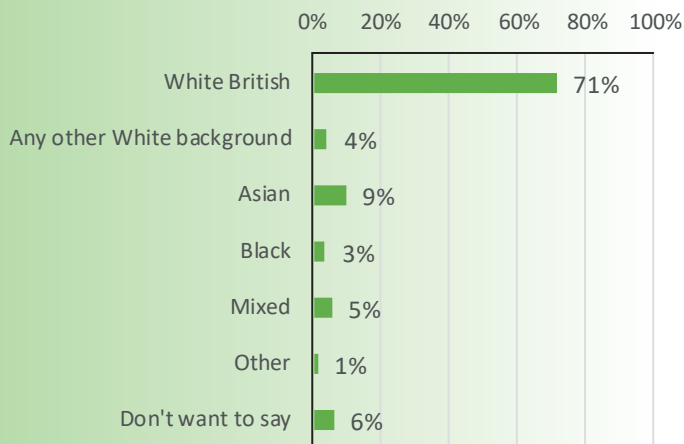
	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	All
Male	173	203	464	280	304	197	426	<b>2047</b>
Female	150	198	478	261	294	189	382	<b>1952</b>
Other or missing response	1	0	0	21	12	25	40	<b>99</b>
<b>Total Sample (Count)</b>	<b>324</b>	<b>401</b>	<b>942</b>	<b>562</b>	<b>610</b>	<b>411</b>	<b>848</b>	<b>4098</b>

## Growing up in Nottinghamshire Primary Schools

### Background

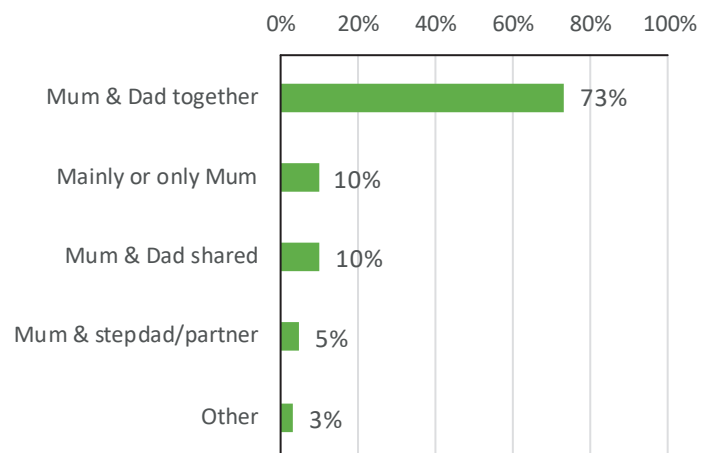
#### ETHNICITY

□ 71% of pupils described themselves as White British.



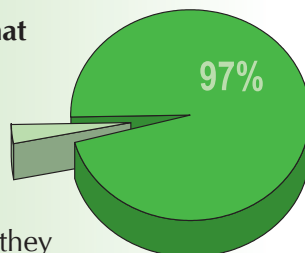
#### HOME LIFE

□ 73% of pupils responded that they live with their Mum and Dad together.



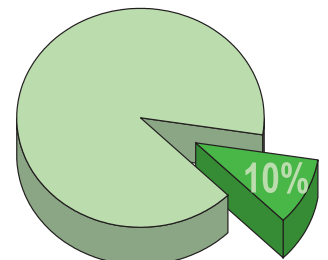
#### LANGUAGE

□ 97% of pupils responded that they find speaking English 'easy' or 'very easy', while 0% said they find it 'hard'. The equivalent figures for reading English are 90% and 2%; for writing English they are 88% and 2%.



#### FREE SCHOOL MEALS

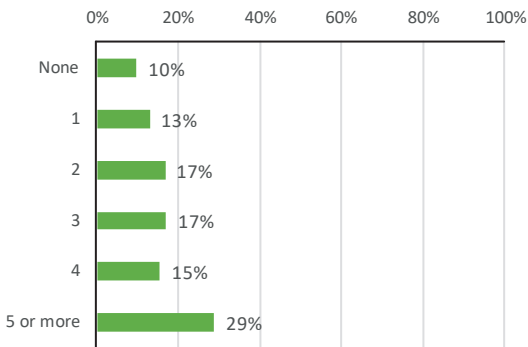
□ 10% of pupils responded that they currently have free school meals, while 21% said they have had them and 1% could have had them.



Healthy Eating

5-A-DAY

- 10% of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey; **29% of pupils responded that they had at least 5 portions.**



LUNCH

- 43% of pupils responded that they had school food for lunch on the day before the survey; 1% of pupils responded that they did not have any lunch.

FAST FOOD

- 13% of pupils said they have hot fast food (takeaway) at least 'once a week or more' after school, on the way home; 60% said they 'rarely or never' do.
- 38% of pupils said they have hot fast food (takeaway) at least 'once a week or more' at home for their main evening meal; 12% said they 'rarely or never' do.

WEIGHT

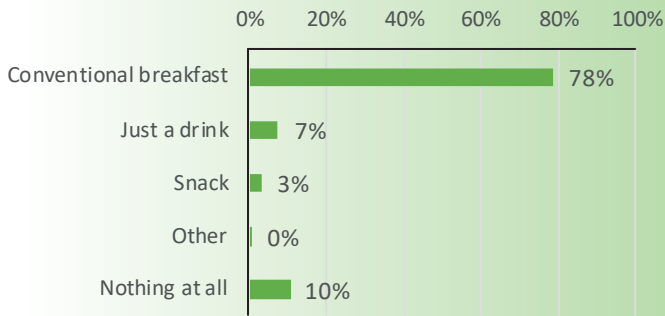
- 7% of Year 6 pupils responded that they would like to put on weight; 35% of Year 6 pupils responded that they would like to lose weight.

HUNGER

- 59% of pupils said they have found it hard to concentrate in school because they've been hungry, while 14% said they 'don't know' if they have and 4% didn't want to say.

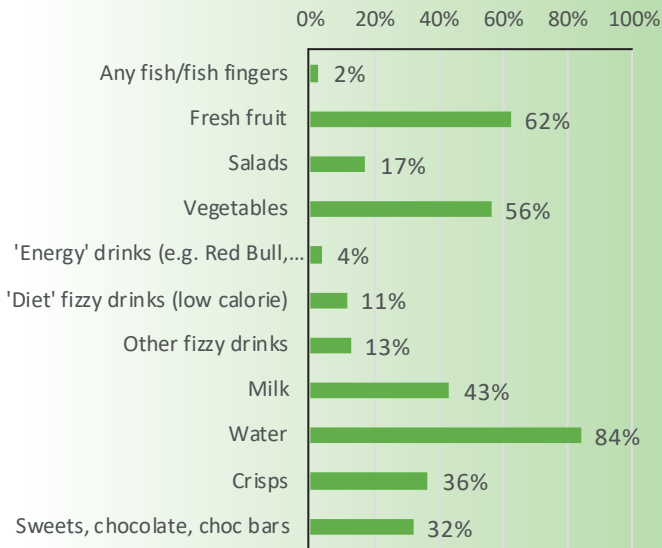
BREAKFAST

- 10% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 7% only had a drink and 11% had a cooked breakfast.



FOOD & DRINK

- 62% of pupils responded that they eat fresh fruit 'on most days', while 32% said the same of sweets, chocolate, choc bars.

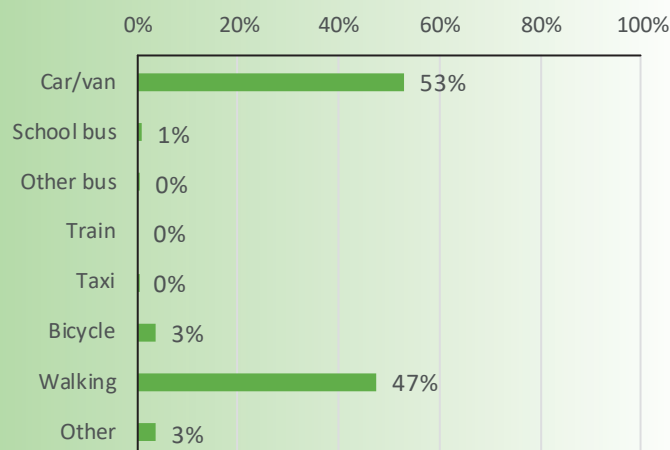


WATER

- 5% of pupils responded that they didn't drink any water on the day before the survey.
- 40% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

## Physical Activity

### TRAVEL TO SCHOOL TDDAY

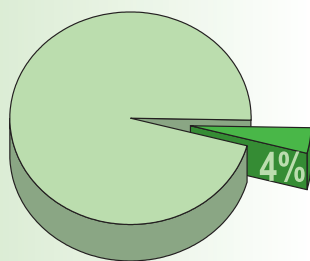


### CYCLING

- 93% of pupils responded that they have a bicycle or scooter. 19% of pupils responded that they 'never or almost never' wear a safety helmet when cycling or scootering, while 30% said they do so only 'sometimes'.
- 43% of pupils responded that they wear a safety helmet 'whenever possible' when cycling or scootering.

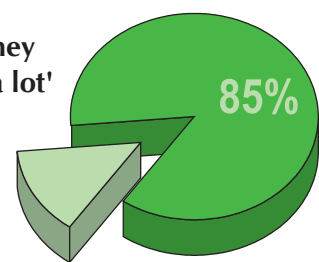
### BEING PHYSICALLY ACTIVE

- 62% of pupils said they are 'active' (they do more than 150 minutes (2 ½ hours) of activity per week).
- 5% of pupils said they are 'inactive' (they do less than 30 minutes of activity per week).
- 4% of pupils said they 'never' engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day.
- 71% of pupils said they 'usually or always' engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day.



### ENJOY EXERCISE

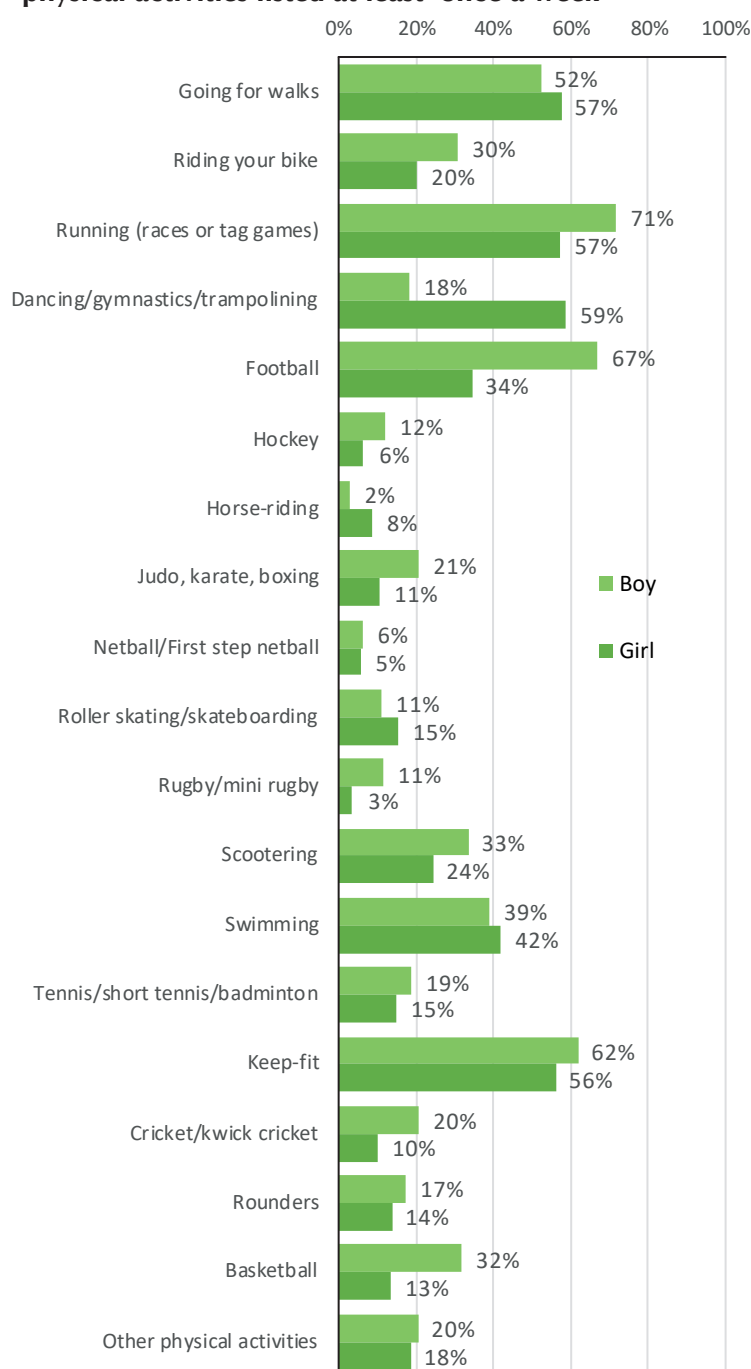
- 2% of pupils responded that they don't enjoy physical activities 'at all'.
- 85% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.



### SPORTS

- 94% of pupils responded that they do one or more of the physical activities listed at least 'once a week'.

### Percentage of pupils responding that they do the physical activities listed at least 'once a week'

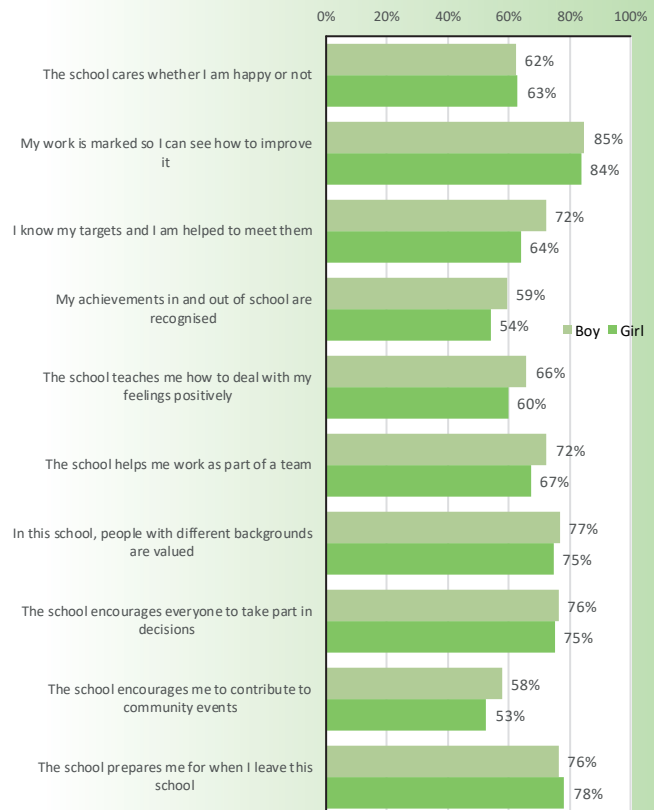


## School & Leisure

### Pupil perceptions

- ❑ 76% of Year 5+ pupils responded that in their school, people with different backgrounds are valued.
- ❑ 70% of Year 5+ pupils responded that their school helps them work as part of a team.

### Pupil perceptions of school (% agree)



## AFTER-SCHOOL ACTIVITIES

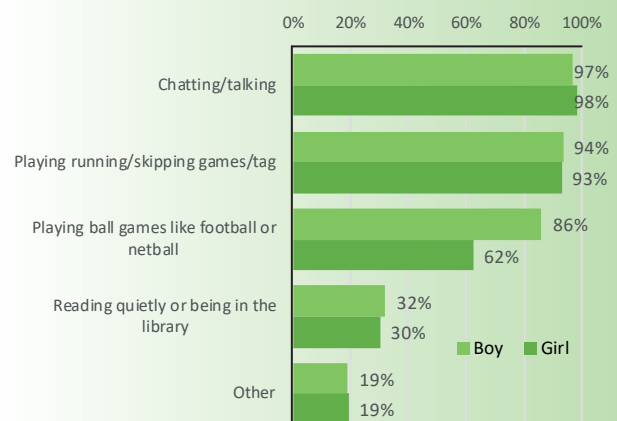
### Percentage of pupils responding that they did the following after school yesterday:

Boys			Girls		
1	Playing computer/video games	72	Watching TV (live, online, catch-up)		68
2	Watching TV (live, online, catch-up)	71	Listening to music		56
3	Playing with their friends	54	Playing with their friends		45
4	Listening to music	51	Playing sport or doing physical activity		41
5	Playing sport or doing physical activity	48	Playing computer/video games		40
6	Reading a book for pleasure	29	Reading a book for pleasure		35
7	Watching shows on DVDs, videos or online	26	Watching shows on DVDs, videos or online		28
8	Doing homework	22	Doing homework		24
9	Cooking or helping with cooking	19	Cooking or helping with cooking		24
10	Going to an after school/youth club	19	Practising music or at a music lesson or singing		20

### BREAKTIMES

- ❑ 50% of pupils responded that their playtimes and lunchtimes are friendly, while 45% said they are crowded and 12% said they are boring.

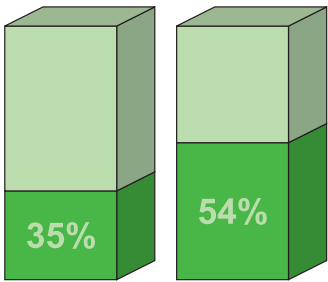
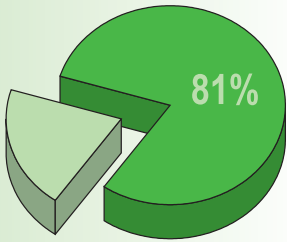
### Percentage of pupils responding that did the following during school breaktimes at least 'sometimes':



# Emotional Health and Wellbeing 1/2

## WORRYING

- 81% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 50% of boys and 57% of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'.
- 19% of pupils responded that worry and anxiety doesn't affect their life at all, while 36% said they can usually deal with any feelings of worry.



- 35% of boys and 54% of girls responded that worry or anxiety at least sometimes stops them from concentrating on or enjoying other things.
- 10% of boys and 19% of girls said they find it hard to concentrate on or enjoy anything because of worries.

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

Boys			Girls	
1	The environment	35	SATs/tests	44
2	Crime	34	The environment	37
3	SATs/tests	33	Problems with friends	37
4	Eating healthily	28	The way they look	37
5	Family problems	27	Crime	34
6	Health problems	24	Eating healthily	30
7	Problems with friends	23	Family problems	28
8	Money problems	22	Their weight	27
9	The way they look	22	Body changes as they grow up	26
10	Their weight	21	Health problems	24

## PROBLEM SOLVING

Percentage of pupils responding that they at least 'sometimes' do the following when a problem worries them (top 10):

Boys			Girls	
1	Talk to an adult about the problem	93	Talk to an adult about the problem	93
2	Play games/computer games etc.	90	Listen to music	90
3	Watch TV, DVDs or videos online	85	Watch TV, DVDs or videos online	87
4	Think carefully about the problem by themselves	82	Think carefully about the problem by themselves	84
5	Listen to music	81	Keep busy	77
6	Exercise	78	Exercise	76
7	Keep busy	78	Talk to a friend or a brother/sister about the problem	74
8	Go out with friends/socialise	74	Play games/computer games etc.	72
9	Talk to a friend or a brother/sister about the problem	73	Go out with friends/socialise	72
10	Rest or sleep more	64	Rest or sleep more	63

We picked out those responses to problems that focussed on the problem itself and not the emotions connected with having a problem.

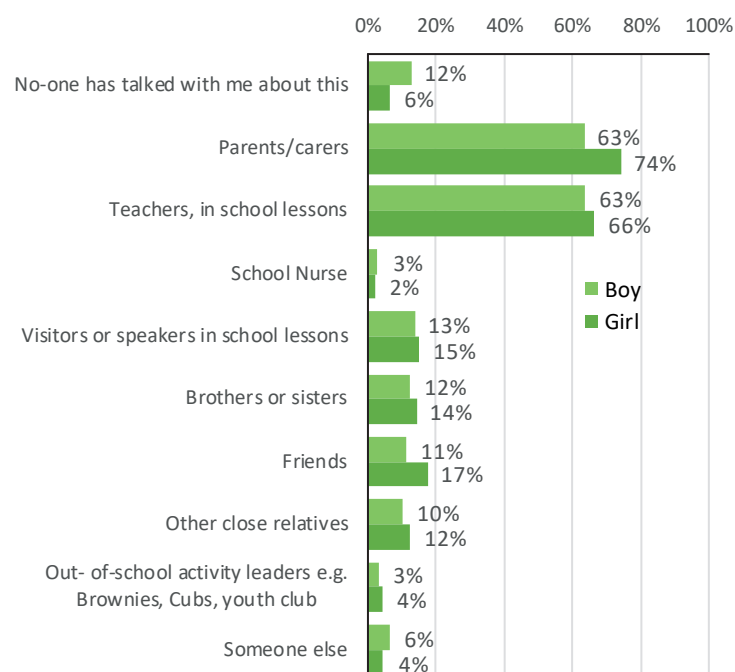
- 98% of pupils either talk to an adult, talk to a friend or a brother/sister, think about the problem by themselves or seek help from books/magazines/ internet when they have a problem that worries them at least 'sometimes'; 73% said they 'often' do one of these things.



# Emotional Health and Wellbeing 2/2

## GROWING UP

- 63% of pupils responded that they feel they know enough about how their body changes as they get older, while 5% feel they don't know enough.
- We asked who had talked with them about 'how your body changes as you grow up':



- The young people were asked to whom they would turn to share a range of problems including 'Keep it to myself'. Whom they talk to may depend on what the problem is. The top five sources of support for **Problem with school** are as follows:

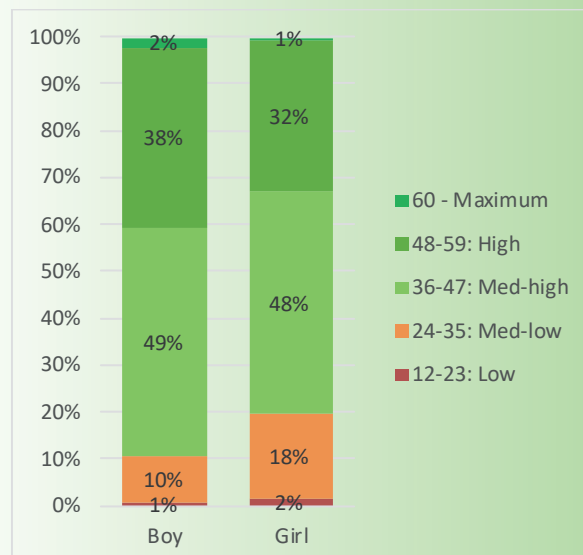
**Percentage of pupils responding that they would talk first to the following if they had a problem with school:**

Boys		Girls	
1	Mum and/or Dad	54	Mum and/or Dad
2	Teacher	19	Teacher
3	Keep it to myself	13	Friend
4	Friend	11	Keep it to myself
5	Brother or Sister	3	Brother or Sister
		4	

- This pattern is repeated more or less closely for the other issues offered, where votes for parents greatly outweigh those for other options.

## THE STIRLING CHILDREN'S WELLBEING SCALE

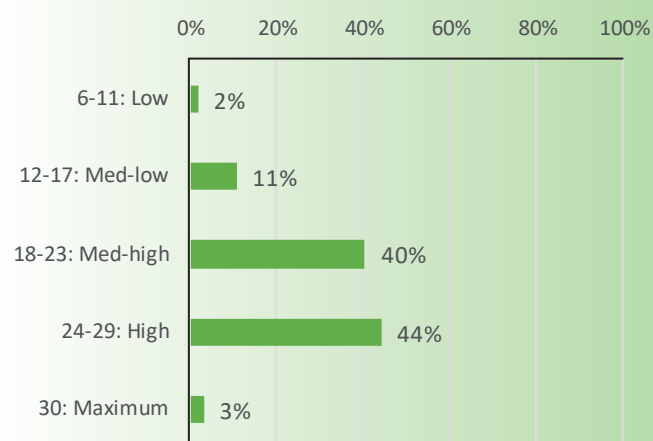
- The score is derived from a set of individual items, for example: 61% of pupils responded that they have been feeling or thinking that good things will happen in their life at least 'quite a lot of the time' over the past couple of weeks.



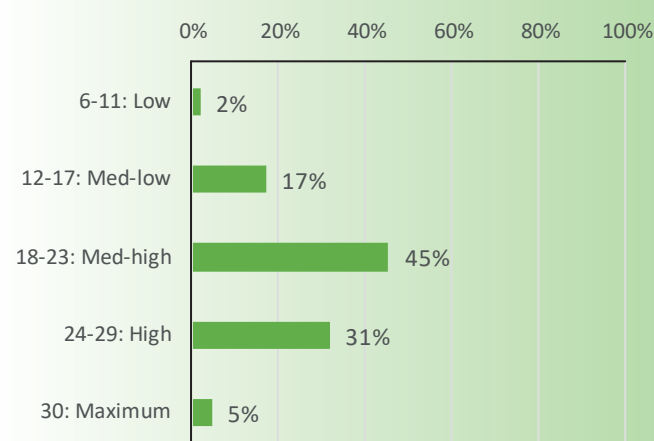
- 7% of pupils had a score of 12 – 30 on the Stirling Children's Wellbeing Scale; Liddle & Carter (2010) suggest that scores in this range may indicate poor mental health.

- The Stirling scale offers some sub-scales of interest:

### POSITIVE OUTLOOK



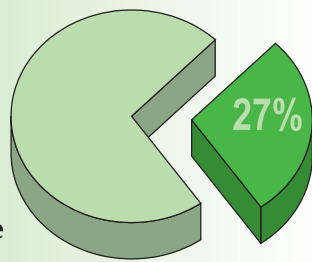
### POSITIVE EMOTIONAL STATE



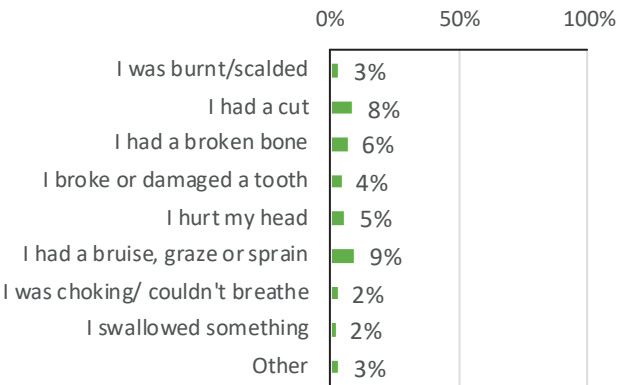
# Safety in person and online

## ACCIDENTS

27% of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.

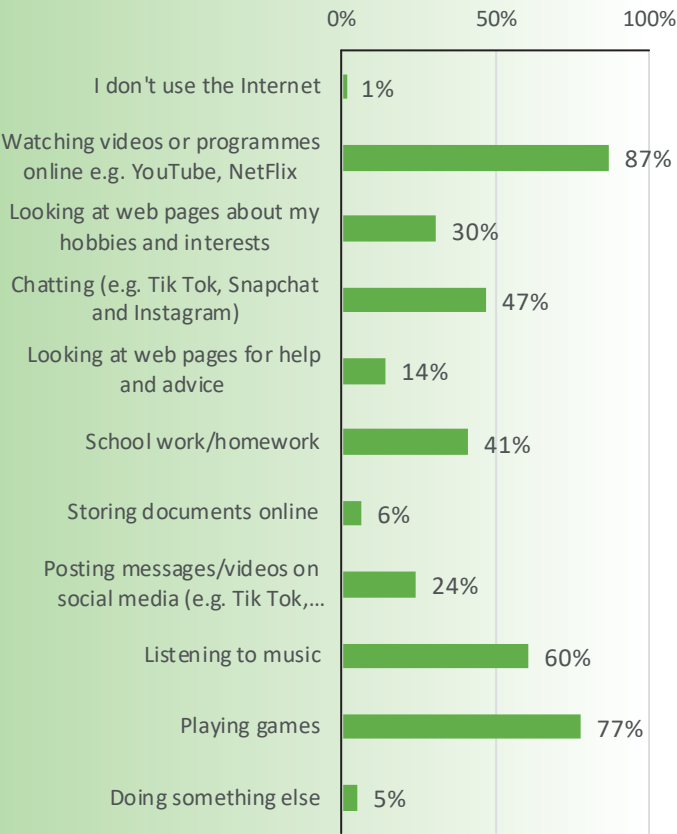


## Most recent accident or injury in last 12 months



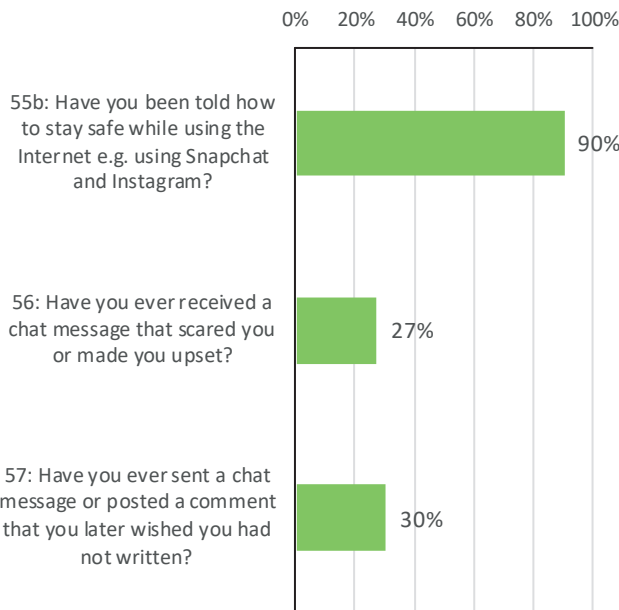
## INTERNET SAFETY

We asked how pupils used the internet:



54% of pupils responded that they use internet chat or social networking sites 'often' or 'very often'.

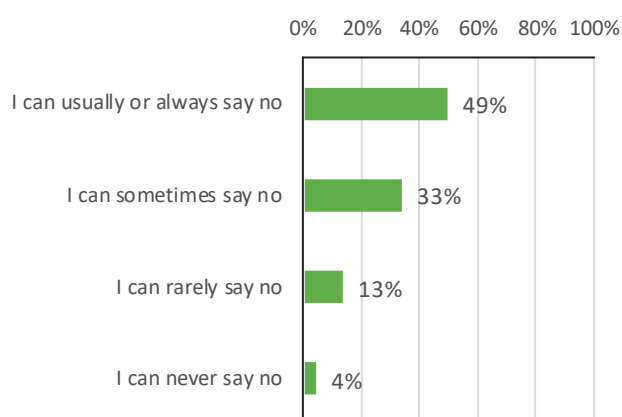
- 90% of pupils responded that they have been told how to stay safe while using the internet.
- 60% of pupils responded that they get e-safety information from their parents/carers/family, while 78% said they get information from school.





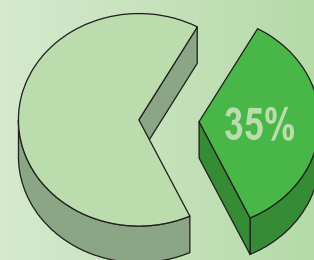
# Bullying and peer pressure

## Peer pressure

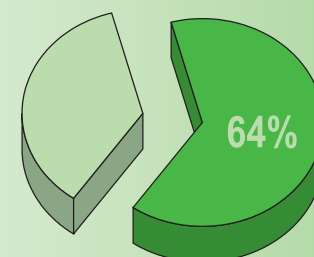


## Bullying and school

35% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying. 9% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

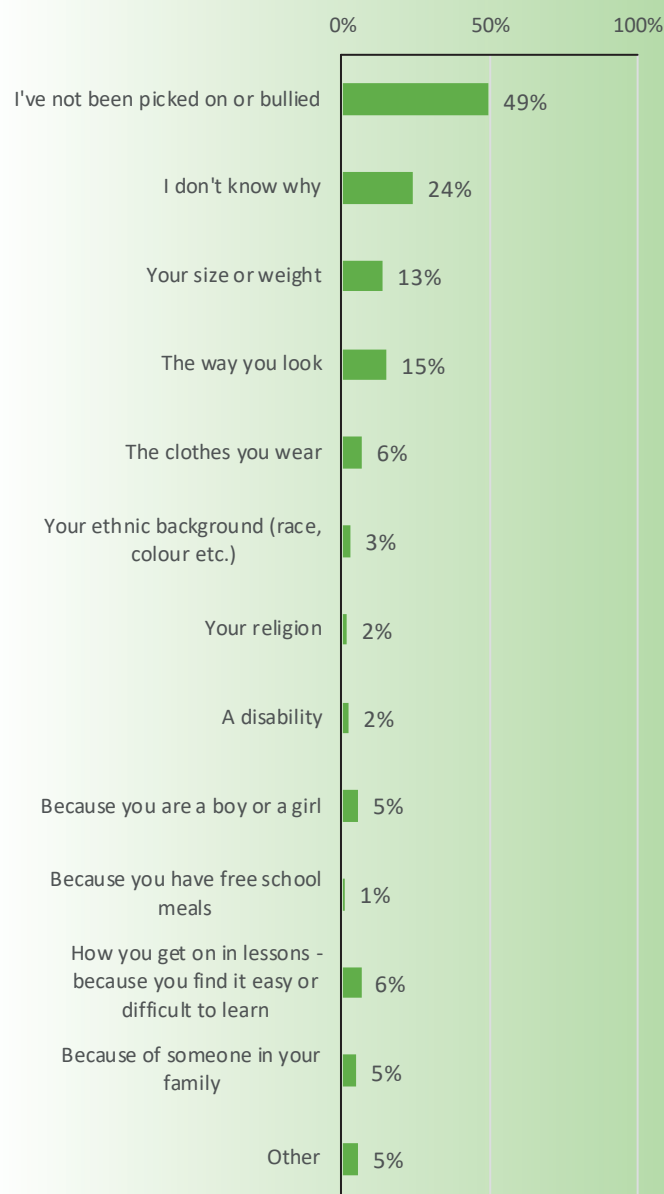
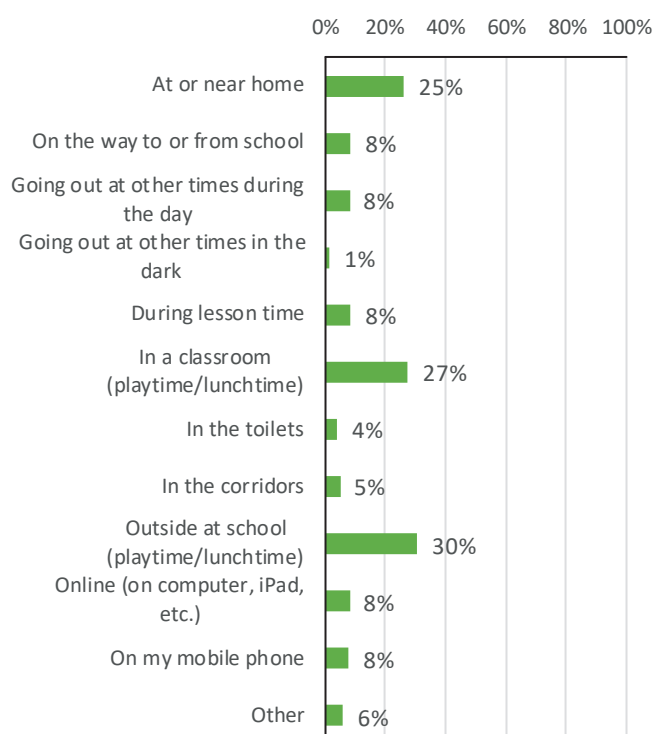
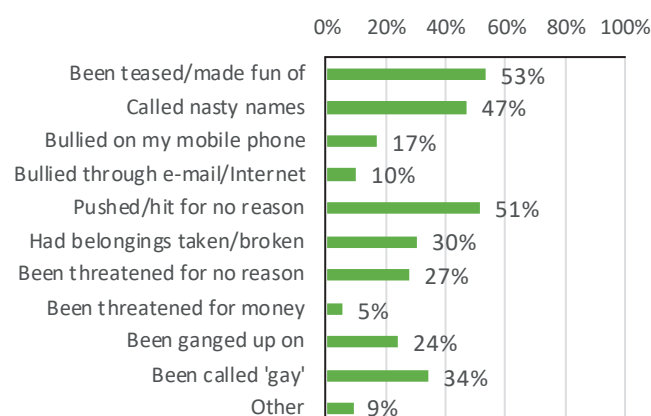


64% of pupils responded that they think their school takes bullying seriously, while 11% don't think their school takes bullying seriously.



3% of pupils responded that they think others may fear going to school because of them, while 22% said they are 'not sure' if others do.

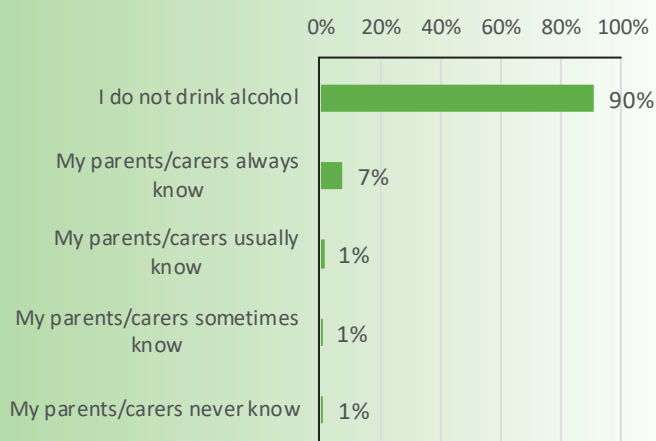
## Bullying behaviours: which, where and why?



# Alcohol, Smoking & Drugs (Years 5 & 6 only)

## Alcohol

- 2% of Year 5 + pupils responded that they had an alcoholic drink (more than just a sip) in the 7 days before the survey, while 6% said they are 'not sure'.
- 0% of Year 5 + pupils responded that they drank beer or lager in the 7 days before the survey and 1% said they drank spirits.
- 7% of Year 5 + pupils responded that they drink alcohol and their parents/carers 'always' know, while 1% said they 'usually' know.

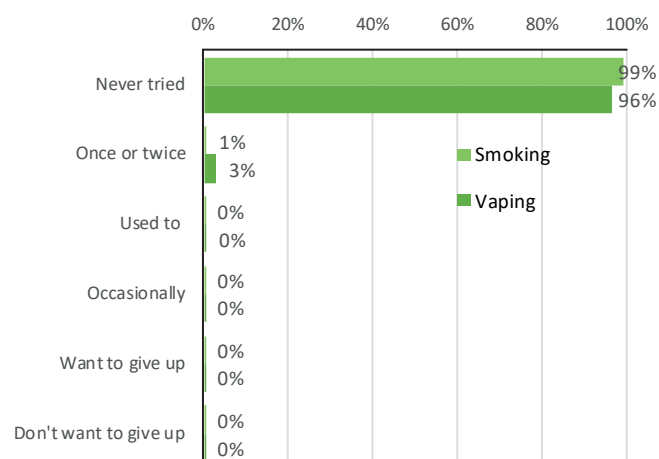


## Tobacco products

### SMOKING AT HOME

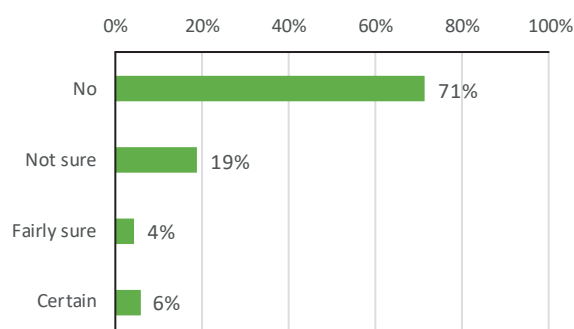
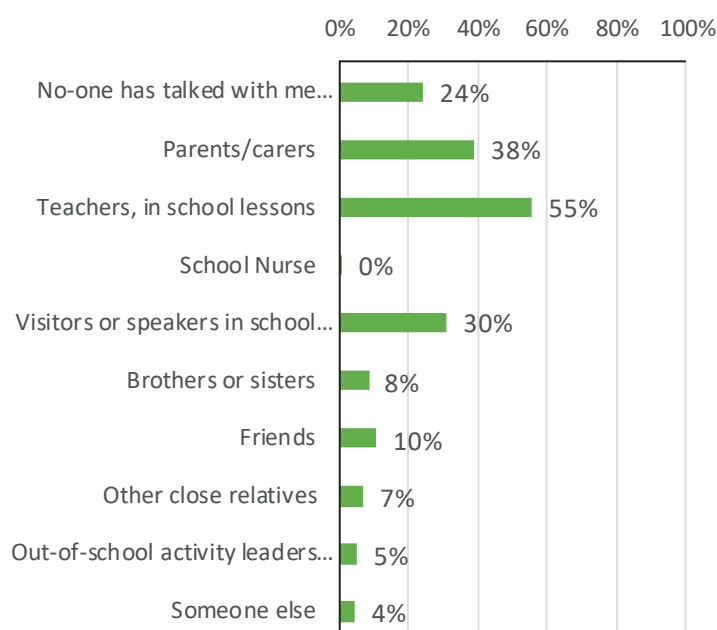
- 20% of pupils responded that their parents/carers smoke; 8% of pupils responded that someone smokes indoors at home in rooms that they use.
- 8% of pupils responded that someone smokes in a car when they are in it too.

### SMOKING AND VAPING (Years 5 & 6 only)



## Drugs

- We asked Years 5 & 6 who had talked with them about illegal drugs.
- 10% of Year 5 + pupils responded that they are 'fairly sure' or 'certain' they know someone who uses drugs that are not medicines.



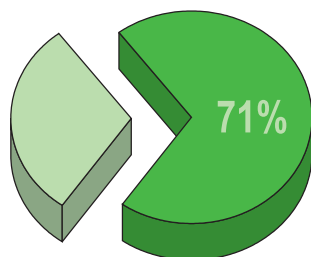
- 1% of Year 5 + pupils responded that they have been offered cannabis, while 2% said they are 'not sure'.
- 1% of Year 5 + pupils responded that they have been offered other drugs (not cannabis), while 2% said they are 'not sure'.

## Community

### LOCAL AREA

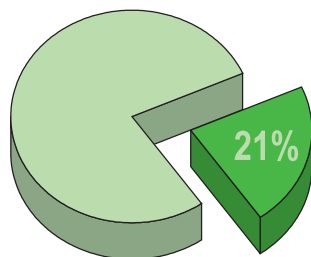
- 5% of pupils said they don't like living in their neighbourhood ('not at all' or 'not much').

- 71% of pupils said they like living in their neighbourhood ('quite a lot' or 'very much').**



### VIEWS & OPINIONS

- 35% of pupils responded that their views and opinions are asked for in their school, while 11% said that they are not asked for.
- 52% of pupils responded that they feel their views and opinions are listened to in their school, while 10% feel they aren't listened to.
- 39% of pupils responded that their views and opinions are listened to in school by talking to teachers.
- 21% of pupils responded that their views and opinions make a difference to how their school is run, while 24% said they don't make a difference.**



## Comments about the primary results

- This report on the school survey results for Nottinghamshire primary schools is based on a sample which represents about 5.5% of Notts 9-11 year olds. The participating schools chose to join the survey so are self-selecting, but are drawn from across the whole of Nottinghamshire, with participants in every district in Notts. The results include some quite surprising findings. One example is about children's exposure to second-hand smoke.
- 20% of children responding said that they had parents or carers who smoked, which is quite a lot higher than we would have expected based on recent estimates of smoking rates in the population. Smoking in vehicles where there is an under 18 present has been illegal since 2015. Nevertheless, 8% of all children responding to the survey said someone smoked in a car when they were in it.
- These findings highlight the need for further work to explain not only what the law says, but the reasons for the law: to protect children as they are more vulnerable to the effects of second-hand smoke. The actions being developed in response include raising awareness through direct contacts with parents - including expectant parents - by providing materials, training and advice for identified front line workers - such as those in maternity healthcare, early years provision and schools. Alongside this, we're planning some campaign work, to include advertising and social media messaging. If your organisation can help us with distributing information and sharing these messages with parents, please contact the local Public Health team.
- This is just one illustration of how the findings of the surveys can lead to action wider than just in an individual school. But the primary beneficiaries of the school surveys are the individual schools themselves - and once action is taken in response to findings - the participating children benefit too. We've heard from many settings about how they used the findings - from curriculum support - such as using some of the graphs from the results to engage children in their maths lessons - to specific, health-related activities. In one school, results led to changes in P.E. lesson planning and a plan to create new outdoor exercise space for the children to enjoy.
- These examples of actions and responses to findings illustrate the value of the school surveys in our local area.

# Growing up in Nottinghamshire Secondary Schools

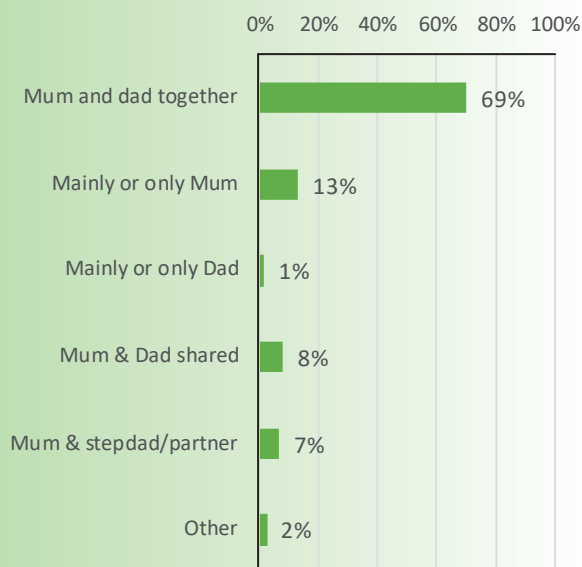
## Background

### GENDER IDENTITY

- 1% of students said they are trans/transgender, 1% said they are gender diverse and 0% said they are intersex.

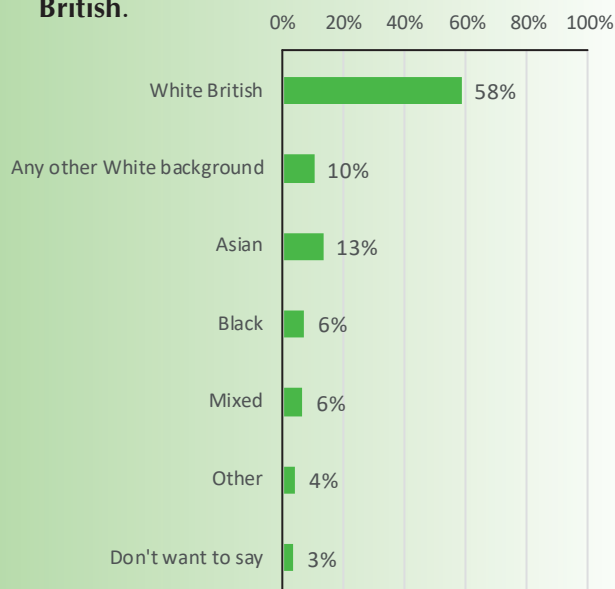
### FAMILY

- 69% of students responded that they live with their mum and dad together.
- 13% of students responded that they live 'mainly or only' with their mum, while 1% said they live 'mainly or only' with their dad.



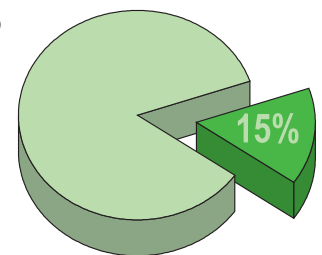
### ETHNICITY

- 58% of students described themselves as White British.



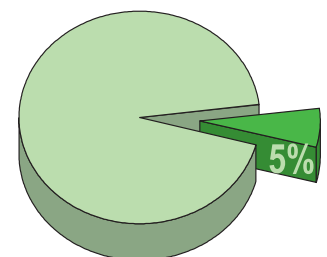
### LONG-STANDING ILLNESS AND SPECIAL NEEDS

- 11% of students responded that they have a long-standing illness or disability, while 20% said they 'don't know'.
- 5% of students responded that they have special needs, but they are not catered for at school.
- Of the 294 students who have special needs, 44% said they are not catered for at school.
- 2% of students responded that they have special needs and they are always catered for at school.
- Of the 294 students who have special needs, just 15% said they are always catered for at school.



### YOUNG CARERS

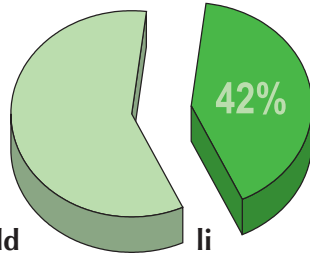
- 5% of students responded that they are a 'young carer', while 8% said they 'don't know'.
- 1% of students responded that their school knows they are a 'young carer', while 2% said it doesn't.
- Of the 125 students who said they are a 'young carer', 16% said their school knows they are, while 35% said it doesn't.



## Healthy Eating

### WEIGHT

- 12% of students responded that they would like to put on weight.
- 42% of students responded that they would like to lose weight.**
- 46% of students responded that they are happy with their weight as it is.

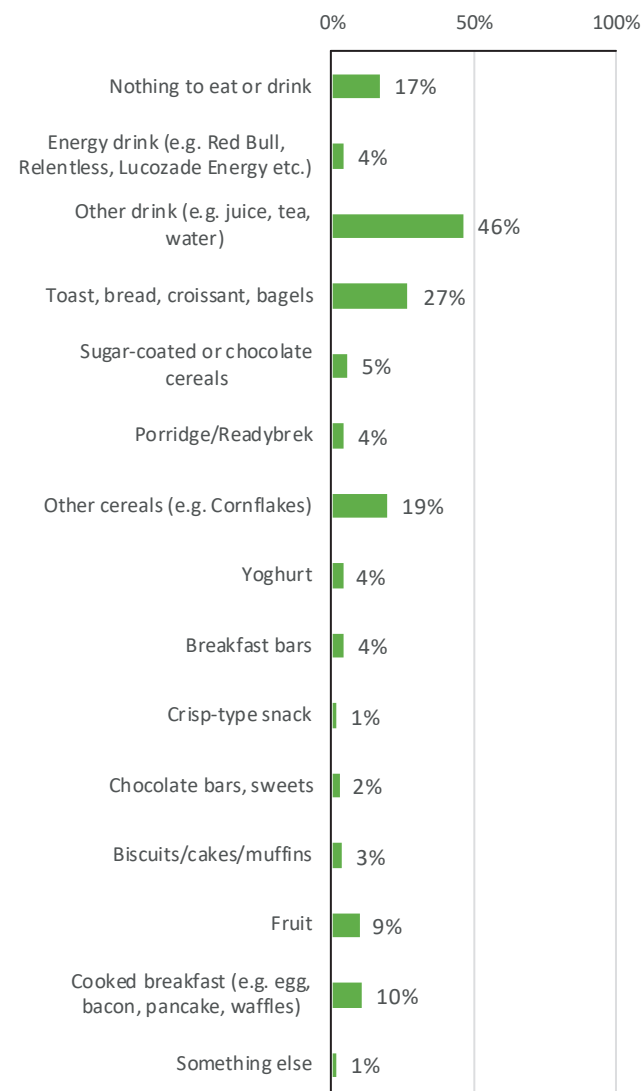
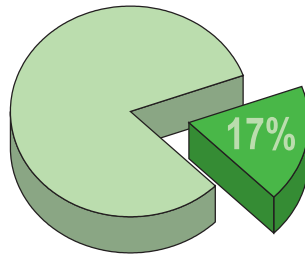


### LUNCH

- 36% of students responded that they had a school lunch on the day before the survey, while 3% bought lunch from a takeaway or shop.
- 12% of students responded that they didn't have any lunch on the day before the survey.

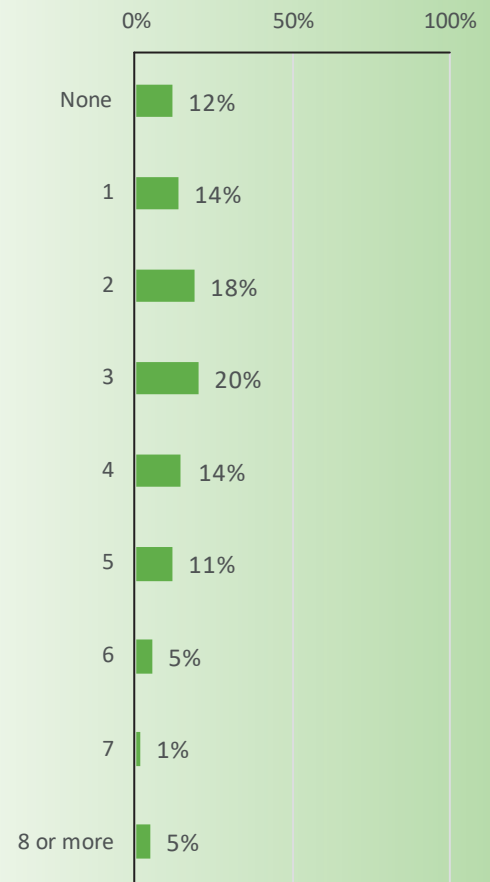
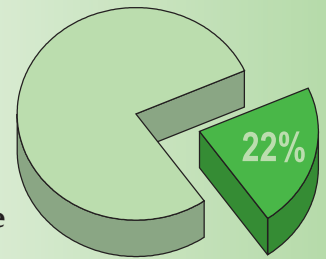
### BREAKFAST

- 17% of students responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 12% only had a drink and 10% had a cooked breakfast.**



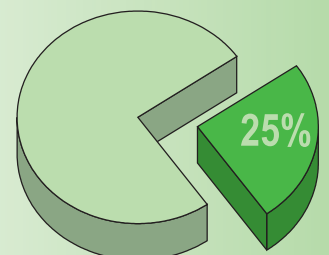
### 5-A-DAY

- 22% of students responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.**



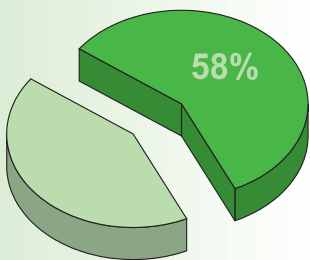
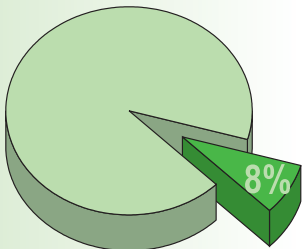
### FOOD

- 17% of students responded that they eat hot fast food (takeaway) during school lunchtime at least 'once a week or more'; 9% said the same of having it after school on the way home.
- 32% of students responded that they eat hot fast food (takeaway) at home for their main evening meal at least 'once a week or more'.
- 25% of students responded that they eat hot fast food (takeaway) at home as an extra snack or meal at least 'once a week or more'.**



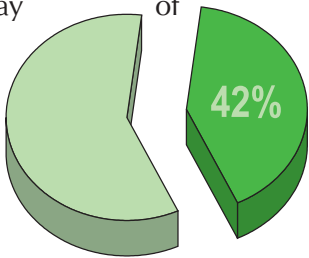
# Physical activity

- 52% of students said they are active (they do more than 150 minutes (2 ½ hours) of activity per week).
- 40% of students said they are fairly active (they do between 30 and 150 minutes of activity per week).
- 8% of students said they are inactive (they do less than 30 minutes of activity per week).
- 8% of students said they 'never' do an average of an hour of moderate-to-vigorous intensity physical activity per day during a week.
- 58% of students said they 'usually or always' do an average of an hour of moderate-to-vigorous intensity physical activity per day during a week.
- 91% of students responded that they play or do one or more of the physical activities listed at least 'once a week', while 1% said they 'hardly ever or never' do any of them.
- 29% of boys and 50% of girls said a lack of motivation to take part stops them from being active, while 18% of boys and 36% of girls said 'low mood' stops them.



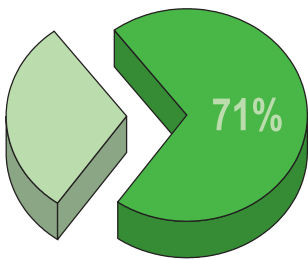
## TRAVEL TO SCHOOL

- 31% of students responded that they travelled to school by car/van on the day of the survey.
- 6% of students responded that they travelled to school by bicycle on the day of the survey.
- 42% of students responded that they walked to school on the day of the survey.



## ENJOYMENT

- 5% of students said they don't enjoy physical activities 'at all'.
- 71% of students said they enjoy physical activities 'quite a lot' or 'a lot'.



Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.		
	Y 7&8	Y 9&10
Boys	82	82
Girls	67	55

## Percentage of students responding that the following things stop them from being active (top 10):

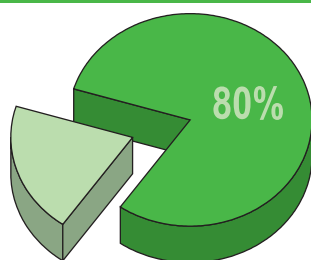
Boys			Girls		
1	Nothing stops me	37	Lack of motivation to take part	50	
2	Lack of motivation to take part	29	Low mood	36	
3	Illness or injury	21	Having no one to go with	31	
4	Too busy	20	Too busy	25	
5	Low mood	18	Nothing stops me	21	
6	Having no one to go with	18	Illness or injury	18	
7	No activities on offer that I like	11	No activities on offer that I like	16	
8	Activities are not close to where I live or too far to travel	9	Not interested in sport or physical activity	15	
9	Not interested in sport or physical activity	9	Not knowing where to go	15	
10	Money	8	Money	14	



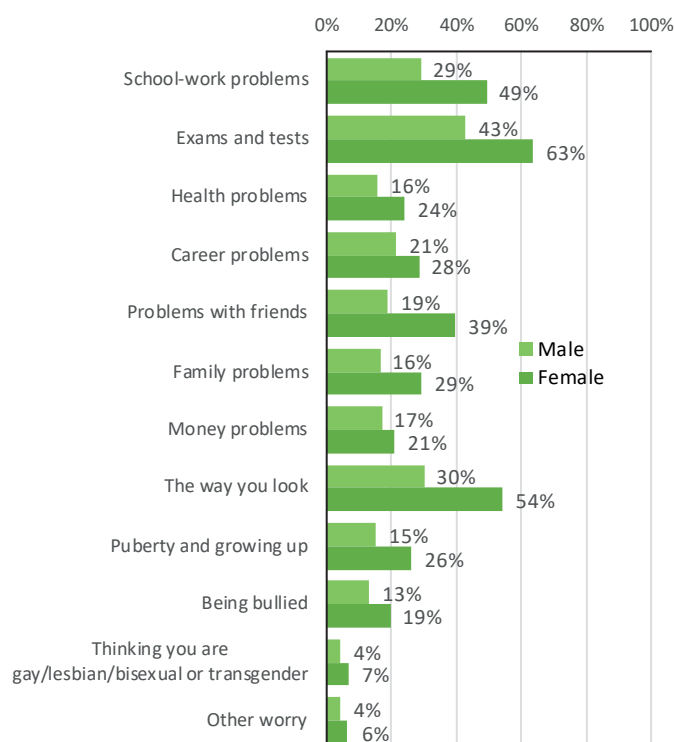
# Emotional Health and Wellbeing 1/2

## WORRYING

- 80% of students responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

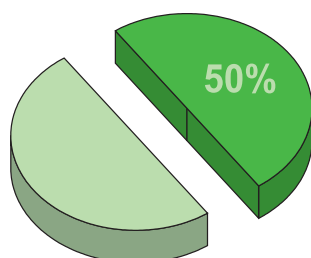


- 37% of boys and 62% of girls responded that they worry about at least 3 of the issues listed 'quite a lot' or 'a lot'.

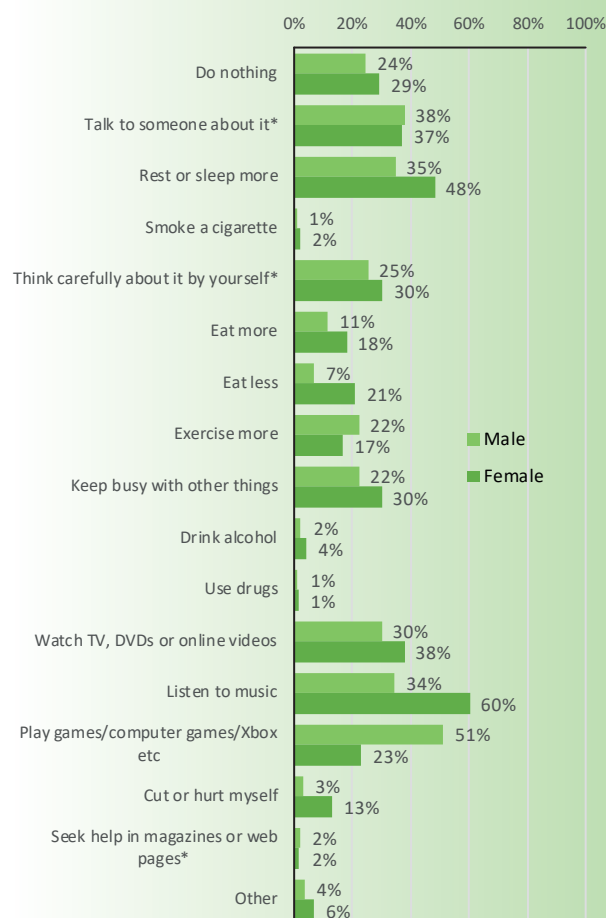


- 19% of students responded that worry or anxiety doesn't affect their life 'at all', while 32% said they can 'usually deal with any feelings of worry'.

- 49% of students responded that worry or anxiety at least 'sometimes' stops them concentrating on or enjoying other things; 15% said they find it hard to concentrate on or enjoy anything because of worries.



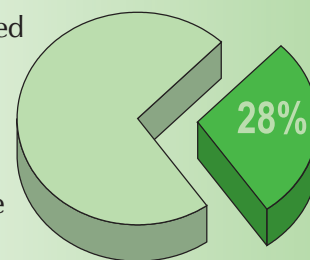
## PROBLEM RESPONSES



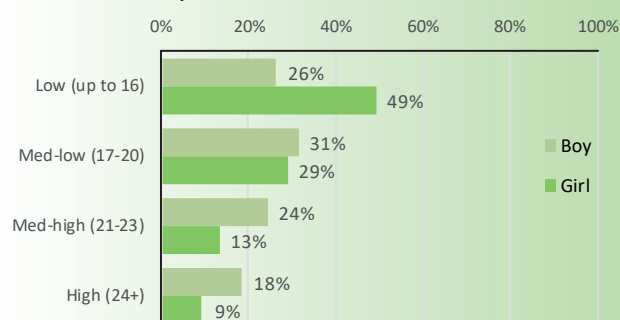
\* These are the only three responses that might help with the problem itself.

## RESILIENCE

- 32% of students responded that if something goes wrong, they are 'usually' or 'always' calm and can carry on, while 45% learn from it for next time and 28% get upset and feel bad for ages.



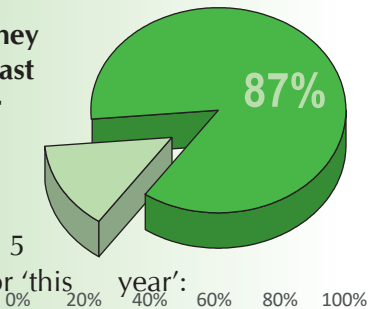
- 53% of students responded that if they don't succeed at something, they 'usually' or 'always' keep on trying until they do, while 39% ask for help and 20% give up.
- An overall resilience score was calculated using a set of such questions:



# Emotional Health and Wellbeing 2/2

## UPSETTING OR STRESSFUL EVENTS

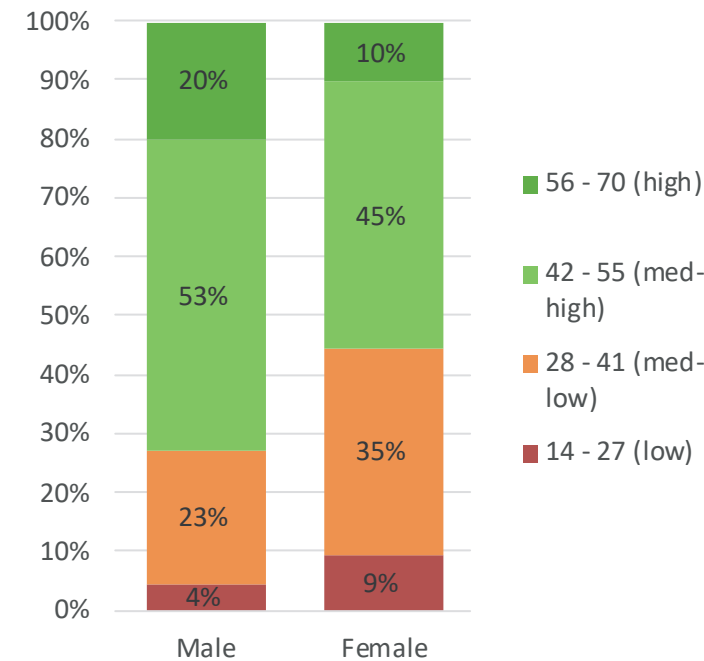
- 87% of students said they have experienced at least one of the upsetting or stressful events either last year or this year; 12% said they have experienced more than 5 such events. Figures for 'this year':



## THE WARWICK-EDINBURGH MENTAL WELLBEING SCORE (WEMWBS)

- The score is derived from a set of individual items, for example: 64% of students responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 33% said they have been feeling optimistic about the future 'rarely' or 'none of the time'.

## COMBINED SCORES:



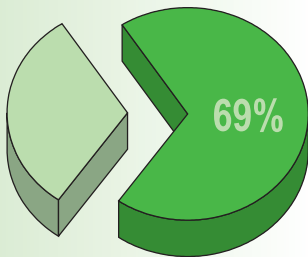
- 7% of students had a low score on the WEMWBS.
- 15% of students had a high score.
- A greater proportion of girls than boys had low or med-low scores.

We added a question at the end of the standard WEMWBS list of items:

- 39% of students said they feel they have a clear idea about what they want to do in their life 'often' or 'all of the time'.

## TRUSTED ADULTS

- 8% of students responded that there are no adults they can trust.
- 69% of students responded that they can trust three or more adults.



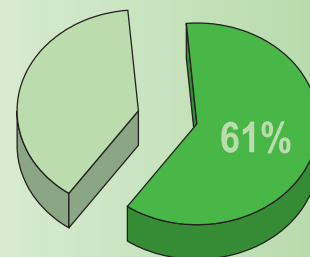
# Relationships

## ORIENTATION

- 79% of students responded that they are straight/heterosexual, while 2% said they are gay/lesbian and 5% said they are bisexual.

## PEER PRESSURE

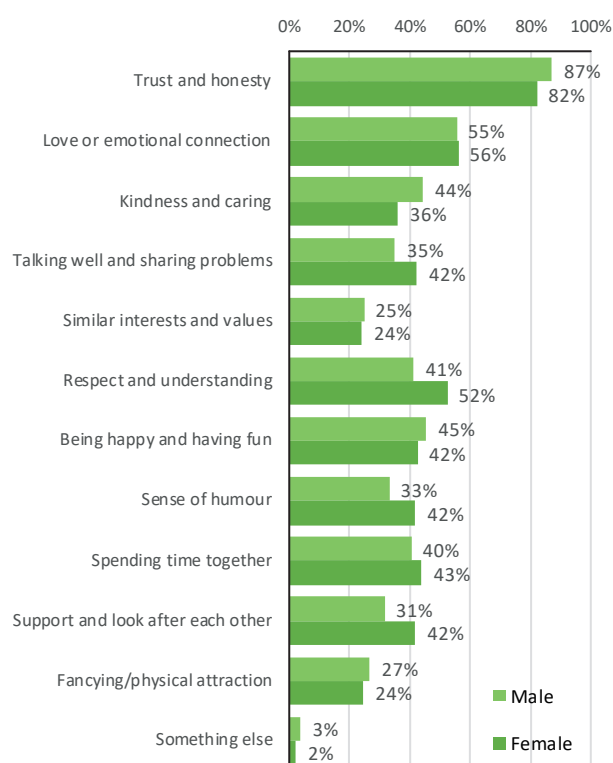
- 61% of students responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.



- 11% of students responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

## GOOD AND SAFE RELATIONSHIPS

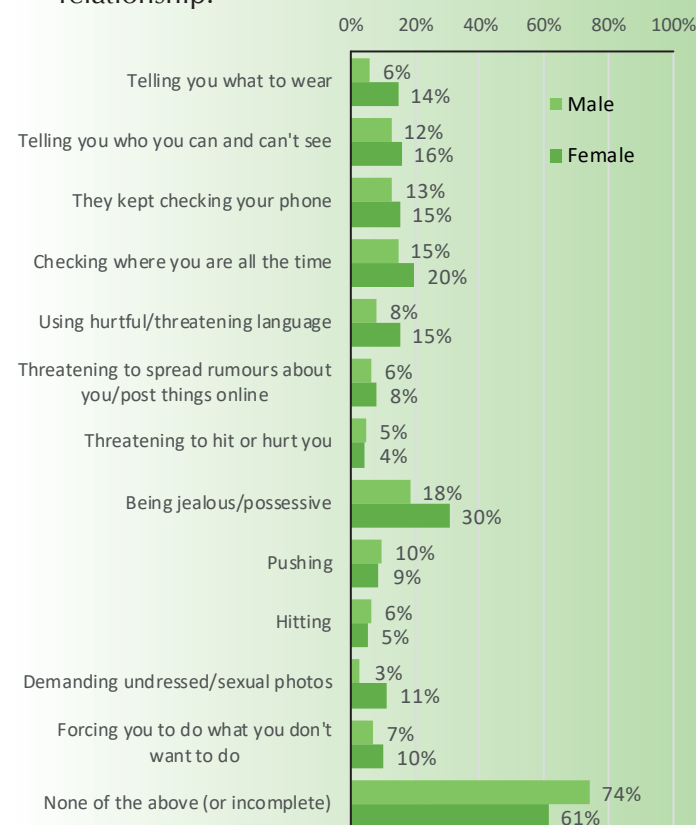
- 85% of Y10 students responded that trust and honesty are important to make a good relationship with a boyfriend/girlfriend and 40% said the same about kindness and caring.



- 58% of Y10 students responded that it is always wrong to tell someone what to wear in a relationship with a partner and 46% said the same about being jealous/possessive.
- 56% of Year 10 students said they have had a boyfriend/girlfriend/partner.

- Of the 397 Y10 students who said they have had a boyfriend/girlfriend/partner, 58% said they have experienced at least one of the negative/controlling behaviours listed while in a relationship.

- The figures in the chart below are for the whole sample, not just those that have had a relationship.



- There is a marked gender disparity in the experience of these unwelcome behaviours, with 25% of Y10 males reporting them compared with 39% of females.

# Sexual Health

## SEXUALLY TRANSMITTED INFECTIONS

- 40% of Year 10 students responded that they have 'never heard of' or 'know nothing about' HIV/AIDS; 64% said the same about chlamydia.

Year 10 Male	Never heard of it	Know nothing about it	Not reliable to prevent pregnancy	Reliable
Condoms	4%	5%	6%	85%
Contraceptive pill	8%	10%	10%	71%
Female condom	14%	23%	12%	51%
(Morning-after Pill)	15%	21%	30%	34%
Rhythm method	26%	30%	32%	10%
Sex but no penetration	22%	27%	24%	26%
Long-Acting Reversible Contraception (eg. coil)	32%	29%	8%	29%

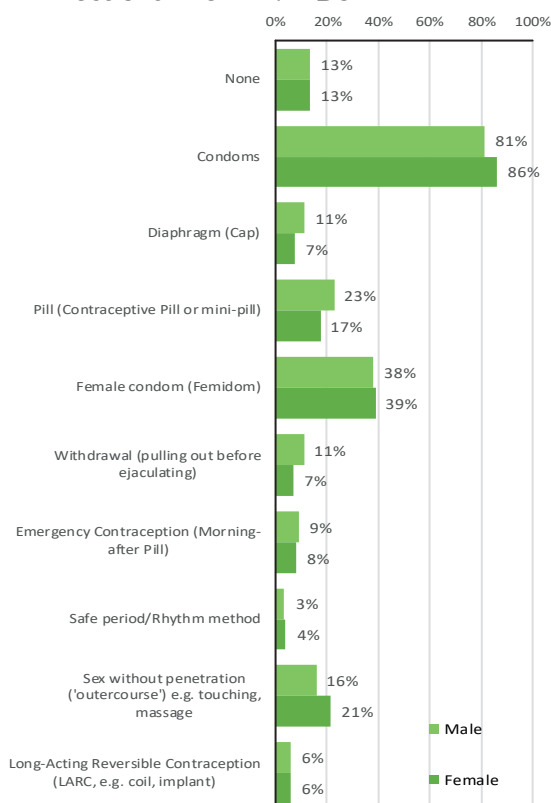
  

Year 10 Female	Never heard of it	Know nothing about it	Not reliable to prevent pregnancy	Reliable
Condoms	0%	2%	18%	79%
Contraceptive pill	2%	5%	15%	78%
Female condom	9%	24%	20%	46%
(Morning-after Pill)	8%	10%	34%	46%
Rhythm method	15%	24%	50%	9%
Sex but no penetration	16%	22%	36%	24%
Long-Acting Reversible Contraception (eg. coil)	20%	16%	11%	51%

## CONTRACEPTION

- We asked Y10 students, first, if any methods are reliable to prevent pregnancy, then if they think the methods are reliable to prevent infections like HIV/AIDS.

### Percentages of Y10 students who think the methods are reliable to prevent infections like HIV/AIDS:



## YEAR 10+ ONLY: SEXUAL HEALTH SERVICES

- 37% of Year 10+ students responded that they know where they can get condoms free of charge.
- 23% of Year 10+ students responded that there is a local Contraception and Sexual Health Service they can get to.
- 37% of Year 10+ students responded that they might be too shy or embarrassed to use a local Contraception and Sexual Health Service and 44% said they don't know where to go.
- 80% of Year 10+ students agreed that it's illegal for a 15-year-old to have sex with an 18-year-old, while 11% said they 'disagree'.
- 28% of Year 10+ students agreed that you don't need permission from parents/carers to get contraception if you are under 16, while 29% said they 'disagree'.

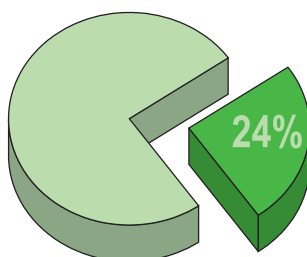
## YEAR 10+ ONLY: SEXUAL RELATIONSHIPS

- 8% of Year 10+ students responded that they have either had sex in the past or are currently in a relationship where they have sex. (For the purposes of this answer, 'sex' includes oral sex.)
- 2% of Year 10+ students responded that they have had sex and they 'never' use a method of protection or contraception, while 1% said they did so only 'sometimes'.
- Of the 45 students who have had sex, 37% responded that they 'always' use a method of protection or contraception.
- 4% of Year 10+ students responded that they have taken risks with sex (e.g. not used a condom) after drinking alcohol or drug use, while 1% said they are 'not sure' if they have.
- 6% of Year 10+ students responded that they have gone further than they would like after drinking alcohol or drug use, while 10% said they are 'not sure' if they have.

# Safety in person and online

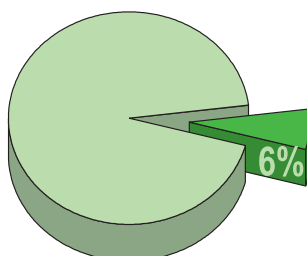
## SAFETY OF LOCAL AREA

- 66% of students rated their safety as 'good' or 'very good' at school.
- 24% of students rated their safety as 'poor' or 'very poor' when going out after dark in the area where they live.
- 7% of students responded that they have been the victim of violence or aggression in the area where they live in the last 12 months, while 13% said they are 'not sure' if they have.

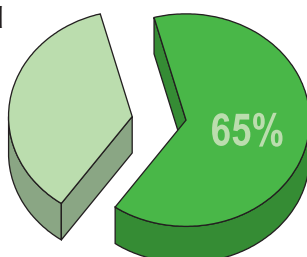


## KNIVES AND WEAPONS

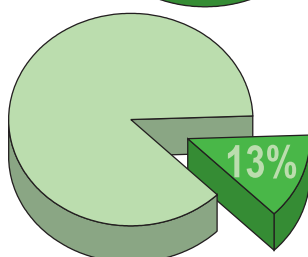
- 6% of students responded that they are 'fairly sure' or 'certain' they or their friends carry weapons or other things for protection when going out. 3% of students reported that this was a weapon with a blade (half of those who are at least 'fairly sure').



- 65% of students responded that they at least 'sometimes' worry about people with knives when going out; 20% said they 'usually' or 'always' do.



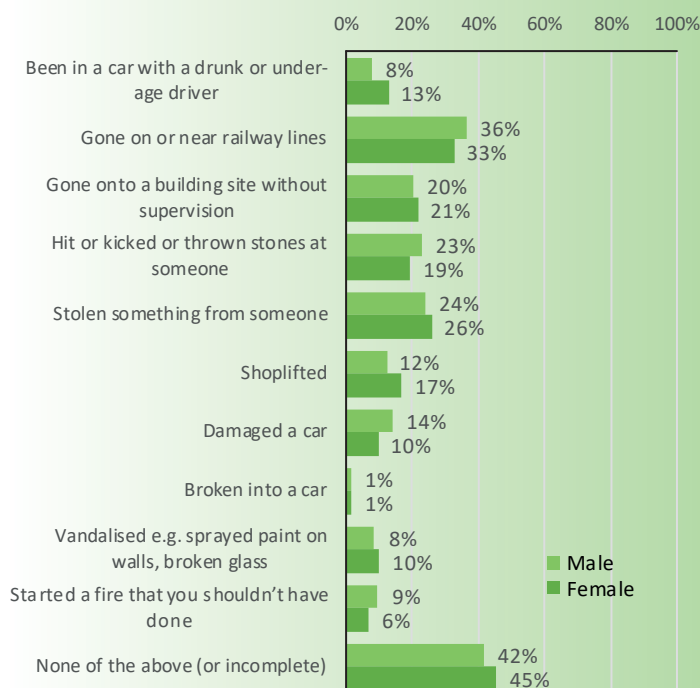
- 13% of students responded that they, their family or a friend have been threatened or harmed by someone with a weapon; 22% said they are 'not sure'.



- 4% of students said this happened to their Mum or Dad and 3% said it happened to them; 8% said a knife was used.

## DANGEROUS ACTIVITIES

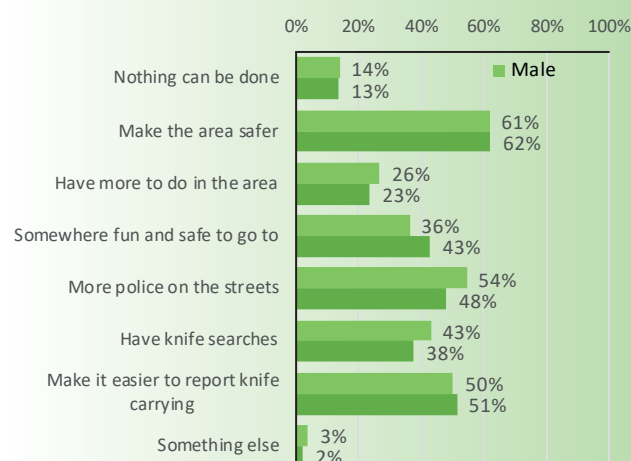
- 57% of students said they have done at least one of the illegal or dangerous activities listed in the chart below; 24% said they have done three or more.



- 43% of students said they have ever seen/spoken to someone from the police at a visit in a lesson; 26% said they have ever seen/spoken to someone from the police at their home.
- 12% of students said they have seen/spoken to someone from the police at their home this year.

## GANGS AND GANG CULTURE

- 40% of students said they think a gang is a group of young people who 'always' think it's OK or cool to do some illegal things and 32% think they deal/sell drugs.
- 4% of students said they at least 'often' defend an area against other young people and 2% said they have done violent things with friends/a gang.
- We asked, what might help about knife crime:





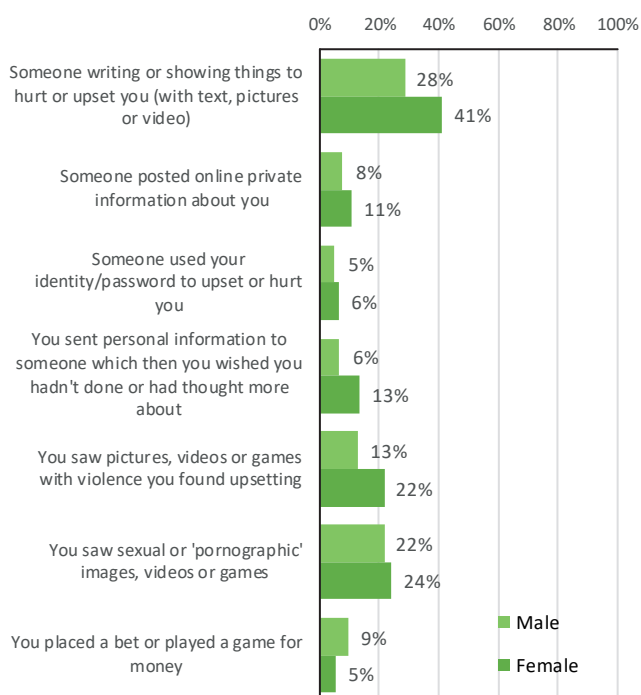
# Bullying in person and online

## BULLYING

- 30% of students responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 7% of students responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- 19% of students responded that they have been bullied at or near school in the last 12 months, while 17% said they 'don't know' if they have.
- 12% of students responded that they have been bullied online in the last 12 months, while 11% said they 'don't know' if they have.
- 7% of students responded that they have bullied someone else at school in the last 12 months, while 11% said they 'don't know' if they have.
- 31% of students responded that they think their school takes bullying seriously, while 39% said they think it doesn't take bullying seriously.

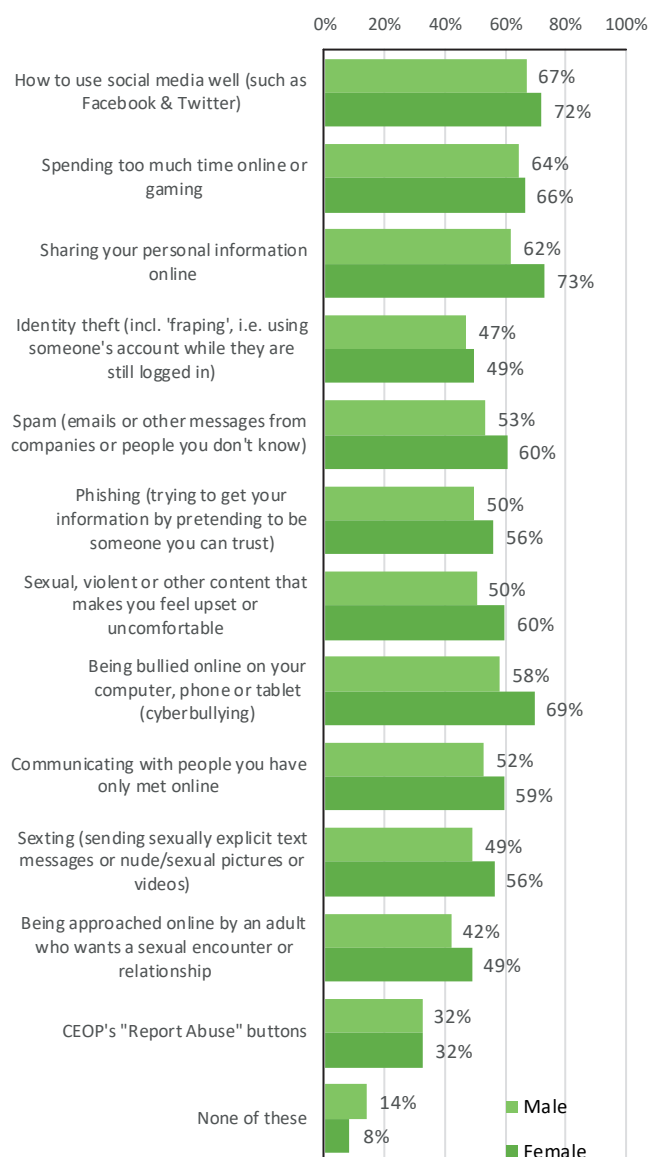
## INTERNET SAFETY

- 51% of students said they have experienced at least one of the things listed in the chart below when online; 15% said they have experienced 3 or more.



- 56% of students responded that they have been taught or given advice about communicating with people they have only met online and 32% said they have been taught or given advice about CEOP's 'Report Abuse' buttons.
- Of the 1673 students who have been taught or given advice about internet safety topics, 8% said they 'never' follow the advice they have been given; 36% said they do so only 'sometimes'.

- 45% of students responded that they have been taught or given advice about the internet safety topics listed in the chart below and 'always' follow the advice they have been given.
- Of the students who have been taught or given advice about internet safety topics, 50% said they 'always' follow the advice they have been given.

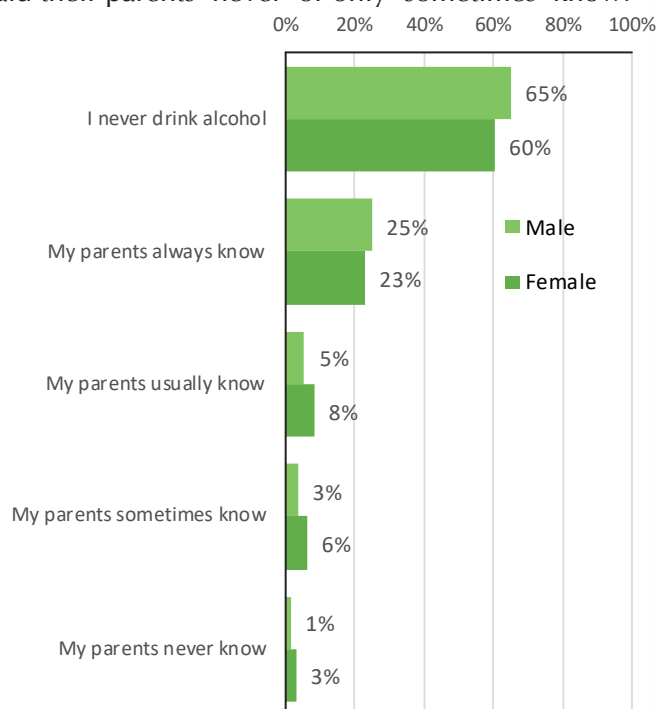




# Alcohol, drugs and tobacco products

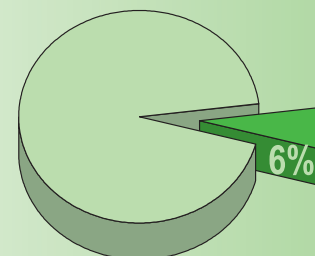
## ALCOHOL

- ❑ 13% of students had an alcoholic drink in the 7 days before the survey.
- ❑ 4% of students responded that they drank alcohol on more than one day in the 7 days before the survey; 2% said they did so on at least three days. 1% said they drank alcohol, but didn't specify on how many days.
- ❑ 5% of students responded that they got drunk in the 7 days before the survey. 1% said they drank alcohol, but didn't specify whether or not they got drunk.
- ❑ 1% of students responded that they got drunk on more than one day in the 7 days before the survey.
- ❑ 1% of students drank over the advised weekly limit of alcohol for adults of 14 units.
- ❑ Of the students who said they drink alcohol, 19% said their parents 'never' or only 'sometimes' know.

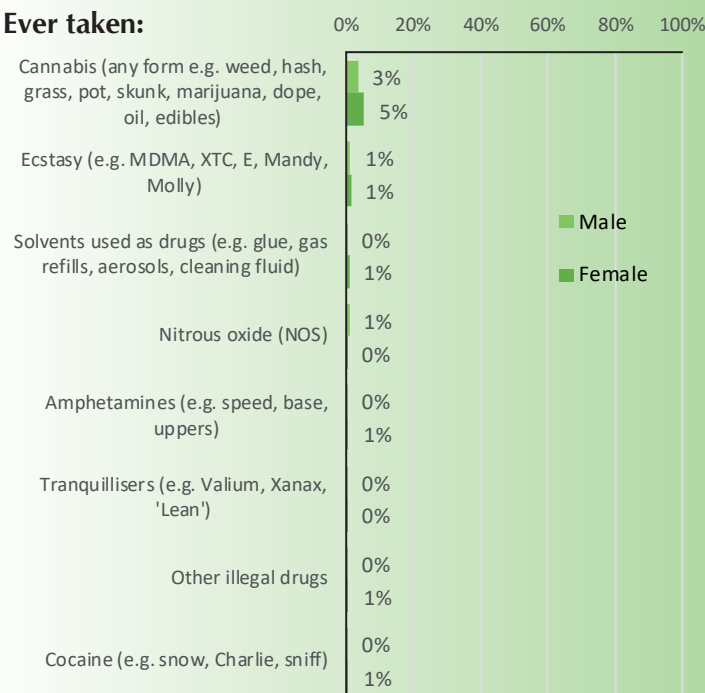


## DRUGS

- ❑ 20% of students responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 12% of students responded that they have been offered cannabis; 9% have been offered drugs other than cannabis; overall 15% of students responded that they have been offered cannabis or other drugs.
- ❑ **6% of students responded that they have ever taken at least one of the drugs listed in the questionnaire.**
- ❑ It seems if 15% have ever been offered drugs and 6% have ever taken them, then at least 60% of those ever being offered refuse, perhaps refusing many offers.



### Ever taken:

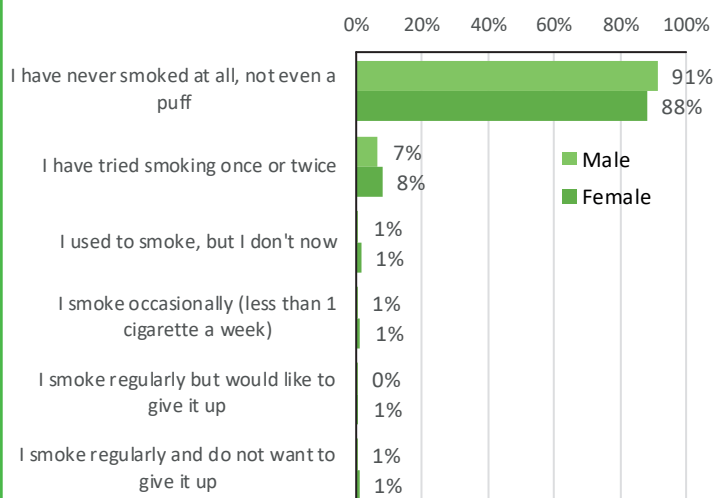


- ❑ 2% of students responded that they have taken at least one of the drugs listed during the last month.
- ❑ 58% of students responded that they know where they would go for support if they wanted help or advice about drugs.
- ❑ 55% of students said they think young people their age obtain drugs from friends (or friends of friends); 24% think they get them from the internet.
- ❑ 61% of students said they think one of the biggest risks from using drugs is that you never really know what's in them; 34% said 'getting caught'.

# Tobacco products

## SMOKING

90% of students have never tried smoking.



41% of the students who said they smoked also said they would like to give it up.

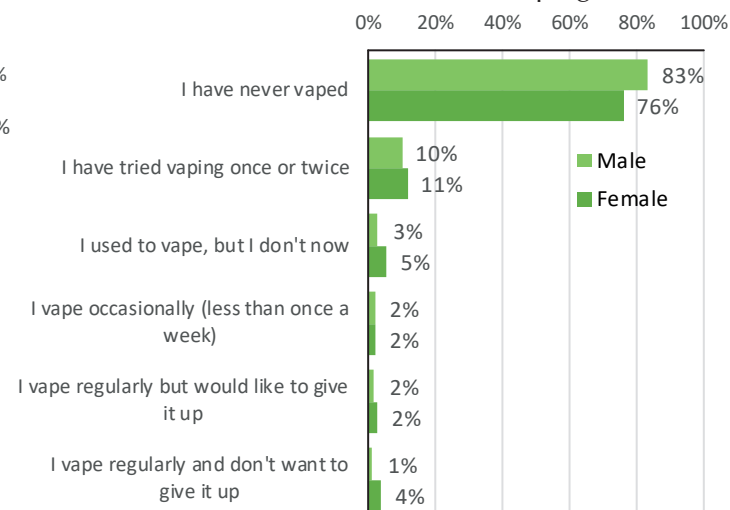
1% of students responded that they have recently smoked and bought their last cigarettes in a shop; 1% bought them from somewhere else, and 2% were given them.

30% of students report that at least one person regularly smokes indoors in their home; 15% said more than one person does.

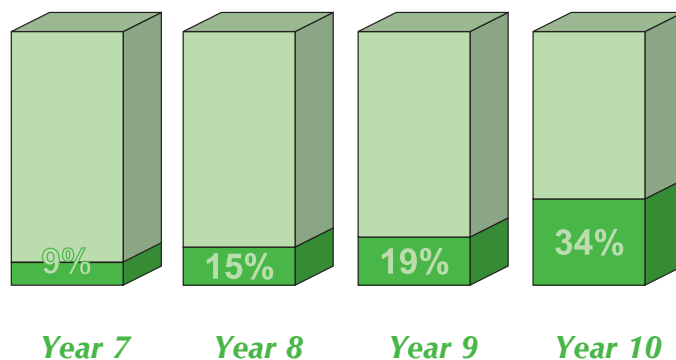
96% of students say they have never tried shisha.

## VAPING

79% of students have never tried vaping

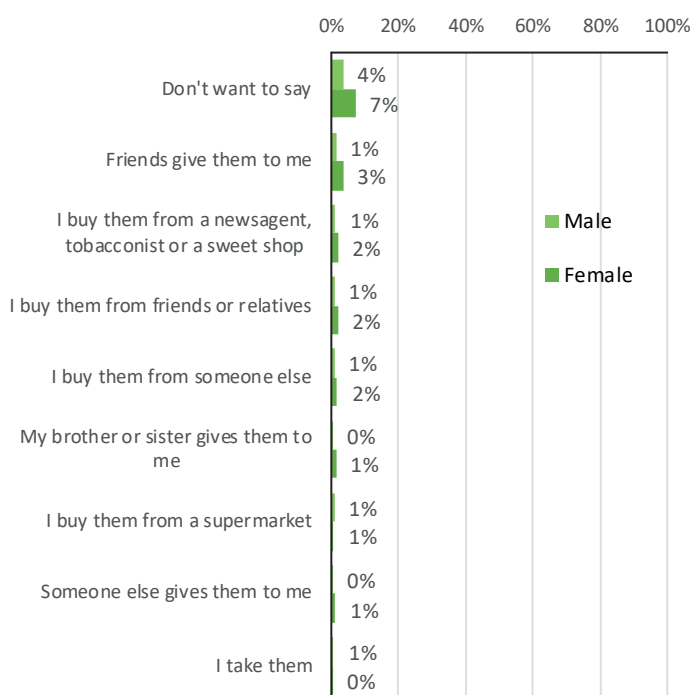


Ever tried vaping:



24% of the students who said they vape regularly wanted to give up vaping.

We asked where they got their vapes from:



## Enjoying and Achieving

### RECREATIONAL ACTIVITIES

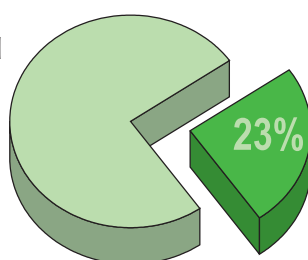
- 25% of students said they would like to see more gaming indoors for young people to do in their area; 16% said they would like to see more discussion groups.
- 52% of students said they would like to see more physical activities for young people to do in their area; 28% said they would like to see more artistic activities.

### SATISFACTION

- 6% of students responded that they are 'not at all' satisfied with their life at the moment.
- 54% of students responded that they are 'quite a lot' or 'very' satisfied with their life at the moment.

### SCHOOL LESSONS

- 23% of students responded that they enjoy 'hardly any' of their lessons at school.**
- 25% of students responded that they enjoy 'most' or 'all' of their lessons at school.
- 48% of students responded that they have found school lessons about drug education (incl. alcohol and tobacco) 'quite' or 'very' useful; 43% said the same about lessons on sex and relationship education.



### FUTURE PLANS

- 31% of students responded that they want to continue in full-time education when they leave school.
- 39% of students responded that they want to find a job as soon as they can when they leave school.
- 53% of students responded that they want to get training for a skilled job when they leave school.
- 20% of students responded that they want to stay in the neighbourhood where they live when they leave school.

### EVERY CHILD MATTERS

- 56% of students responded that people with different backgrounds are valued in their school.

### VIEW AND OPINIONS

- 19% of students responded that their views and opinions are asked for in school, while 35% said they aren't asked for.

### LOCAL SERVICES

- From a list of young people's health and wellbeing services, Childline had the highest level of recognition, with over 90% of students aware of the service and 41% saying they knew how to use it. Other local services had various recognition levels between 30% and 40% of students aware of

## Comments about the secondary results

- Participants in the Nottinghamshire secondary school surveys represent about 6.0% of Notts young people aged 11-15. Most schools focused on Year 10 students: in this year group (aged 15), the sample was 8.1%. Schools which participated are self-selecting, with representation in all districts of the County except Ashfield.
- One reason for commissioning the survey work was to find out more about local young people's vaping rates. Results were reassuring in the sense that findings were similar to those in national surveys carried out by NHS Digital or Action for Smoking and Health. Whilst confirming that most local young people do not smoke or vape, findings also indicated an emerging social gradient in vaping, similar to that found in smoking, and also that vaping is more prevalent in girls than in boys. This intelligence will help us target our future preventative efforts.
- There were also some surprising findings in these surveys. Results showing a lack of awareness of sexual health matters (questions only asked of Y10+) have been picked up by our locally commissioned sexual health services and used to start a dialogue with young people, to identify the information they need and how best to reach them to communicate it. Another area of concern was in relationship behaviours (questions only for Y10+), where 58% of young people who had dated had experienced jealous or controlling behaviours in their personal relationships, and about half of all survey respondents did not think such behaviours were always wrong. These results demonstrate the importance of schools having specialist relationship training available to challenge beliefs and ensure that young people understand what healthy and equal relationships are like.
- Individual schools have also fed back to us about their use of the results. One school identified that they had asked the Police to come and talk to groups of young people about some of the issues highlighted in their results. Another has worked with the Public Health team to pilot a social norms approach to vaping, promoting that according to their own results, most young people have never even tried vaping - the opposite of what you might think from reading the news - and of the small proportion that say they do vape regularly, half want to stop. Other schools tell us they have used the information to plan the RSHE lessons and tutor time activities. Young people themselves also reflected that participating made them consider their own wellbeing and whether they could do more to be healthy.

# Inequalities among Y10 students

- ❑ The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable. So from the top left corner, second row, we see that 16% of Male students ever tried smoking, compared with 18% of all Y10 students.
- ❑ The table also shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown. **Colour + white text = Statistically significant difference.** That is, the difference compared with the remainder of the year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the rest of the year group. Large differences will not always reach statistical significance in small samples. **Green** = positive difference; **orange** = unwelcome difference; **paler tone & italic** shows  $p < 0.05$ , while **more robust colours and plain (not italic) figures** show  $p < 0.01$ .
- ❑ No correction has been attempted for multiple comparisons, but of the 208 analysis cells, 117 are shown in colour – more than 55%, which is rather more than 5%. There is, sad to say, a lot of orange on this table, which shows many poorer experiences or habits for these groups compared with those of their peers.

Year 10	All	Male	Female	Not White-British	Single-parent family	Young Carer	SEND	LGB	LGBT+	p<0.01		p<0.05	
										Text: positive criterion	Significantly better	PCT	PCT
												Text: negative criterion	Significantly worse
All	848	426	382	298	134	39	114	59	73				
Eat 5-a-day	18%	20%	16%	20%	21%	18%	18%	17%	16%				
Ever tried smoking	18%	16%	20%	19%	17%	22%	20%	21%	24%				
Drank last week	25%	25%	26%	20%	27%	45%	26%	29%	28%				
Ever offered drugs	28%	26%	26%	21%	28%	41%	29%	34%	32%				
Ever taken drugs	12%	9%	12%	7%	11%	21%	12%	7%	7%				
Physically active (2½h/week)	54%	67%	38%	49%	49%	41%	42%	34%	36%				
Daily hard exercise	56%	64%	48%	49%	49%	49%	52%	42%	42%				
Bullied at school last year	17%	15%	18%	17%	20%	33%	31%	28%	30%				
Worry about job prospects	32%	25%	39%	34%	30%	45%	40%	41%	44%				
Worry about school	46%	32%	61%	44%	55%	76%	54%	61%	62%				
Sexually active	8%	8%	9%	7%	13%	20%	15%	11%	9%				
Can get to a sexual health/advice service	23%	14%	15%	7%	15%	15%	15%	19%	18%				
I know my own targets and I am helped to meet them	41%	49%	35%	47%	41%	43%	48%	27%	29%				
No trusted adults	25%	20%	27%	31%	18%	32%	33%	31%	30%				
A least 'quite a lot' satisfied with life	53%	65%	43%	54%	39%	35%	49%	33%	29%				
Worry 'a lot' about at least one issue	53%	39%	66%	56%	55%	79%	62%	80%	77%				
I find it hard to concentrate on or enjoy anything because of worries	16%	6%	27%	12%	16%	34%	31%	39%	37%				
High/med wellbeing score	50%	58%	43%	51%	51%	34%	39%	33%	37%				
Low resilience score	41%	29%	52%	35%	44%	61%	52%	64%	68%				
High resilience score (24+)	12%	15%	8%	17%	11%	13%	13%	4%	4%				
Cut/hurt self when they have a problem or feel stressed	9%	2%	15%	6%	11%	18%	18%	31%	27%				
I can always say no to a friend 'usually' or 'always'	62%	69%	56%	61%	63%	58%	58%	47%	46%				
Being jealous/possessive is always wrong in a relationship	46%	46%	46%	45%	44%	55%	50%	51%	53%				
Experienced aggressive/controlling/jealous behaviour in current/previous relationship	60%	49%	73%	61%	70%	67%	68%	69%	65%				
Useful school lessons about managing money	16%	21%	12%	17%	18%	23%	17%	13%	10%				
Asked for views in school	20%	24%	16%	17%	17%	23%	25%	13%	15%				

## Deprivation among Y10 students

- The table below shows percentages for selected criteria for the whole year group sample and by deprivation score, for those students who gave a full postcode. So from the top right cell, we see that 23% of the least deprived students ate 5-a-day, compared with 18% of all Y10 students.
- The table also shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown. **Colour + white text = Statistically significant difference.** That is, the difference compared with the whole year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the year group as a whole. Large differences will not always reach statistical significance in small samples. **Green** = positive difference; **orange** = unwelcome difference; **paler tone & italic** shows  $p < 0.05$ , while **more robust colours and plain (not italic) figures** show  $p < 0.01$ . No correction has been attempted for multiple comparisons, but a similar count can be made as for the previous tables (29/130 = 22%).
- The differences are not numerous or very marked, but they do suggest that students in the least deprived areas have better outcomes compared with those of their peers. However, there are splashes of green to the left of this table, suggesting a more mixed picture.

Year 10	All	Most deprived	2nd	3rd	4th	Least deprived
Text: positive criterion Text: negative criterion	Significantly better Significantly worse	p<0.01 PCT PCT	p<0.05 PCT PCT			
All	848	26	94	104	136	165
Eat 5-a-day	18%	8%	16%	10%	17%	23%
Ever tried smoking	18%	27%	24%	15%	8%	16%
Drank last week	25%	27%	28%	26%	19%	31%
Ever offered drugs	28%	8%	20%	28%	21%	28%
Ever taken drugs	12%	4%	7%	10%	9%	10%
Physically active (2½h/week)	54%	54%	46%	49%	49%	69%
Daily hard exercise	56%	42%	53%	51%	58%	62%
Bullied at school last year	17%	13%	25%	10%	19%	15%
Worry about job prospects	32%	25%	33%	37%	30%	30%
Worry about school	46%	54%	46%	46%	48%	41%
Sexually active	8%	11%	2%	8%	5%	9%
Can get to a sexual health/advice service	23%	12%	5%	13%	17%	17%
I know my own targets and I am helped to meet them	41%	39%	42%	42%	46%	38%
No trusted adults	25%	29%	25%	17%	25%	26%
A least 'quite a lot' satisfied with life	53%	52%	51%	58%	54%	57%
Worry 'a lot' about at least one issue	53%	54%	60%	49%	56%	46%
I find it hard to concentrate on or enjoy anything because of worries	16%	0%	24%	18%	15%	14%
High/med wellbeing score	50%	46%	45%	48%	50%	59%
Low resilience score	41%	43%	41%	45%	40%	30%
High resilience score (24+)	12%	4%	18%	15%	15%	11%
Cut/hurt self when they have a problem or feel stressed	9%	13%	12%	10%	8%	7%
I can always say no to a friend 'usually' or 'always'	62%	54%	64%	60%	68%	59%
Being jealous/possessive is always wrong in a relationship	46%	59%	55%	43%	50%	50%
Experienced aggressive/controlling/jealous behaviour in current/previous relationship	60%	67%	51%	60%	59%	58%
Useful school lessons about managing money	16%	23%	10%	9%	25%	14%
Asked for views in school	20%	26%	18%	21%	24%	19%



# Comparisons with a reference sample

The table below shows comparisons between the Nottinghamshire Year 10 sample and a reference sample from young people of the same age from across the country. Each year, SHEU produce a report of aggregate school survey results using similar surveys in their *Young People* series, often referred to by news media as 'national data'. The studies that give rise to the reports are large, numerous, and from many parts of the United Kingdom, but they do not form a deliberately-selected sample. Despite the 'accidental' nature of the sample, the picture produced by the SHEU annual data sets typically matches survey outcomes from other data-collection agencies using structured or random sampling. This 2023 sample has been used to produce the report *Young People into 2024*, by Angela Balding and David Regis. For more details, please contact the Schools Health Education Unit ([www.sheu.org.uk](http://www.sheu.org.uk)).

	Nottinghamshire 2024 Y10	Reference 2023 Y10
N	848	13253
Eat 5-a-day	18	17
Ever tried smoking	18	16
Drank last week	25	20
Ever offered drugs	28	25
Ever taken drugs	12	10
Bullied at school last year	17	15
Worry about job prospects	32	34
Worry about school	46	41
Sexually active	8	8
I know my own targets and I am helped to meet them	41	46
No trusted adults	8	13
A least 'quite a lot' satisfied with life	53	46
Worry 'a lot' about at least one issue	53	48
I find it hard to concentrate on or enjoy anything because of worries	16	18
High wellbeing score	13	13
Low resilience score	41	44
High resilience score	12	12

There are several notable differences between the Year 10 Nottinghamshire results and the findings from the Year 10 reference sample. It may be that differences in phrasing or context have influenced these differences, but the comparisons are at least plausible and usually exact. The largest differences have been flagged by highlighting the larger figure, **green if welcome**, **orange if unwelcome**.