

# **How Are You? Year 9**

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## **Introduction:**

Chameleon PDE were commissioned by Swindon Borough Council, Healthy Schools to design, deploy and analyse data collected via the 'How Are You?' survey.

The survey has been run a number of times in previous years,

The survey aimed to capture data on student's behaviour, perceptions of peer behaviour, views on safety in their local community, the impact of the covid 19 pandemic on their lives and their experience of their school's PSHE programme so far.

The survey was modified to ensure it was age-appropriate for year 9 students and was made available to all mainstream secondary schools in Swindon.

## **Summary of findings**

The sample size (669), though sufficient to make inferences was a little disappointing with only three of the 14 schools invited surveying a full cohort of year 9 students. Given the statutory requirements around PSHE and expectation of student consultation it also represents a missed opportunity for the majority of schools across the borough.

Nonetheless, data collected suggests that year 9 students in Swindon are very unlikely to be engaging in a range of risk-taking behaviours with numbers reporting the use of tobacco or cannabis almost negligible. Although almost half of students have tried alcohol, there are very few students drinking even on an occasional basis. A significant minority of student's report looking at pornography, however, very few have uploaded an inappropriate image of themselves.

Covid has had an impact on the lives of most students with around half reporting negatively on a range of areas associated with mental health and over half feeling that they had fallen behind with schoolwork. However, there were also some positive responses in relation to covid.

The majority of students reported feeling safe in their community, reported bullying was low and very few students were part of a gang.

The most surprising and concerning issue reported was the level of self-harm. 38% of year 9 students reported that they had self-harmed and although for most it was a short-term behaviour, there are a small number of students who are self-harming on an on-going basis and in some cases, this is happening most weeks or even daily.

## YEAR 9 Survey overview

### 1. Numbers Completing

- 669 complete survey responses
- 267 incomplete survey responses

In total 667 students successfully completed the survey. A further 267 partially completed, however, only surveys that have been fully completed are included in the results.

Three out of the 14 schools invited to take part appear to have made a good attempt to include all of the year 9 cohort in the survey. Of the remaining schools it appears that one or two tutor groups have completed or just a handful of students. Seven schools did not return any year 9 surveys.

There is a slight over-representation of female students, and this has been the case in previous years. 8% of students have either preferred not to state their gender or have identified as non-binary or trans.

Just under three quarters of students are white British.

### 2. Schools Completing the survey

School	Students Completed (% of Sample)
Abbey Park School	117 (17%)
Lawn Manor School	174 (26%)
The Commonweal School	85 (13%)
Great Western Academy	144 (22%)
Highworth Warneford School	75 (11%)
St Josephs College	19 (3%)
Swindon Academy	54 (8%)

### 3. Gender

Gender	Students Completed (% of Sample)
Female	310 (46%)
Male	306 (46%)
Prefer Not to Say	22 (3%)
Non-Binary/Trans	31 (5%)

### 4. Age

Age	Students (% of Sample)
13	220 (33%)
14	450 (67%)

### 5. Ethnicity

Ethnicity	Students (% of Sample)
White British	455 (67%)
Black, Asian, Minority Ethnic	88 (11%)
'Prefer Not to Say'	27 (7%)
Other European	46 (6%)
Other Non – European	9 (1%)
Other	455 (67%)

## Headline data:

- Almost 96% of students reported that they do **NOT** smoke (only 13 student reported smoking more than 1 cigarette per week)
- 97% of students do **NOT** use e-cigarettes/vape
- 99% of students reported that they did **NOT** use cannabis
- 55% of students report that they have **NEVER** drank alcohol, of the 45% who have tried alcohol, the majority reported that it had been on rare occasions.
- 74% have **NOT** viewed pornography
- 91% have **NOT** uploaded an inappropriate image of themselves
- Bullying is rare for the majority with the most common type of bullying reported being verbal bullying. 85% reported that they would act if someone was being bullied.
- Mental health findings were generally good, **HOWEVER**, 38% reported that they had self-harmed and 9% are currently self-harming. Just over 8% report self-harming 'most days' or 'most weeks.'
- 77% generally feel safe in their day-to-day life.
- 97% of students are **NOT** in a gang.

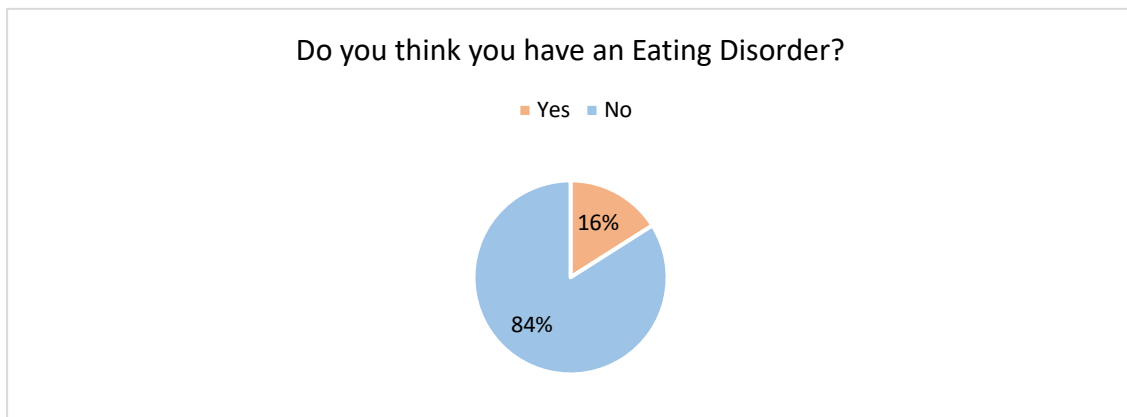
- There were both positive and negative impacts of **Covid**.
- Perception data around smoking, vaping and cannabis use was very close to the actual figures. There was a slight over-perception around the behaviour of ‘boys in your year group’, however, on the whole **students had a very accurate and positive picture about the behaviour of their peer group.**



## Survey Findings

### Food and Eating

The majority of students (84%) report that they do not have an eating disorder. In the 16% of students who reported to have an eating disorder, 86% have anxiety about their body image and 31% of students have received support about their eating. 10 students reported that they had received support specifically from their GP or CAMHS about their eating.



### Exploratory behaviours

Students were asked about a range of exploratory behaviours including substance use, gambling, pornography and uploading an inappropriate image.

#### Smoking -

	Yes	No
<b>Smoking</b>	More than 1 cigarette per week = 13 students	639 Almost 96%
<b>Vaping</b>	22 students have vaped between less than once per week to 5-7 times per week	650 students (97%) of students do not vape
<b>Cannabis</b>	11% students reported to use cannabis between 1-2 and 5-7 times per week	659 = 99%

Only 2% of students reported smoking more than 1 cigarette per week, cannabis use was reported by a minority group of students, and whilst e-cigarette use was higher, figures remain very low.

### Alcohol – Have you ever drunk alcohol?

	Yes	No
Alcohol	45% (337 students)	55% (368 students)

Just under half of students have drunk alcohol, but of that group (337 students) only 31 (under 10%) reported drinking on a regular basis.

Parents are the main source of alcohol, with 71% reporting that their parents gave them alcohol. 17% took alcohol from their home and 9% had it bought for them by older relatives or friends.

### Gambling

The majority of students have not gambled

	Yes	No
Gambling	137	532 = 80%

- 83% have used scratch cards.
- 28% have bought a National Lottery ticket
- 26% have participated in online betting.
- 7% have been to a betting shop.

Given the legal status of gambling it is somewhat surprising that so many students have been able to gamble. It may be that parents or older relatives have gambled on their behalf.

## Pornography

	No	Yes
Pornography	74%	26%

- 26% of students (173) have viewed pornography online.
- Of this group 32% have viewed pornography rarely i.e., less than 6 times
- 74% of students (496) have NOT viewed pornography online.

This figure is lower than expected as it is widely reported that many students view pornography for the first time at around 11 years old, even if unintentionally.

	No	Yes
Uploading an inappropriate image	91%	9% = 58 students

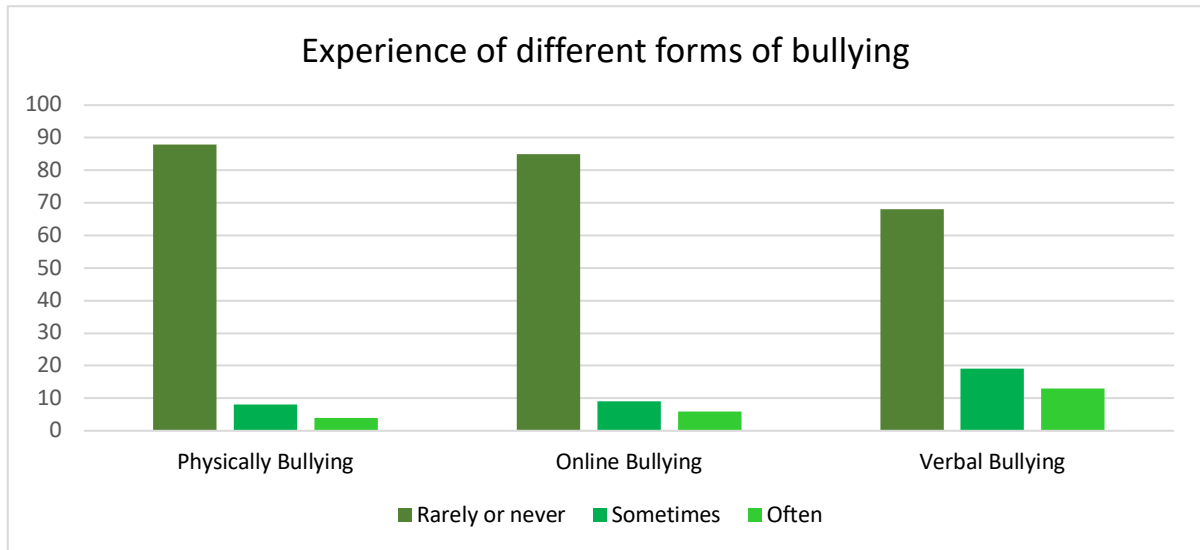
It is reassuring that this figure is very low.

## Sex

	No	Yes
Had Sex	640 students (96%)	30 students (4%)

## Mental & Emotional Health

### Bullying



- 85% of students would act if they, or someone they knew, was being bullied.
- Of which, 38% would speak to a parent and 52% would speak to a teacher.

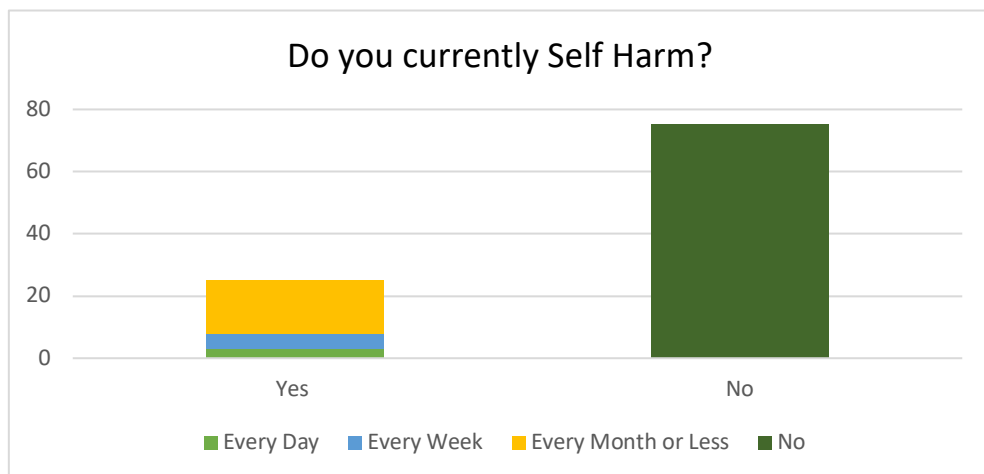
Most students have either never experienced bullying at all or have only rarely been bullied. Verbal bullying is the most common form of bullying and just over 20% of students have experienced this type of bullying ‘sometimes’ or ‘often’.

The majority of students report having at least one friend, family member and a member of staff at school they can turn to for help and support. Figures drop a little for general feelings of happiness at school in comparison to general feelings of happiness with their life. Close to three quarters of students report to have healthy ways to manage difficult feelings.

- 90% Agree to have a friend they can turn to for support.
- 80% Agree to have people at home who they can turn to for support.
- 69% Agree to have staff in school who they can go to for help.
- 67% Agree to be happy with their life.
- 55% Agree to be happy at school.
- 69% Agree to have healthy ways to manage difficult feelings.

## Self-Harm

	Yes	No
Ever self-harmed	38% (252 students)	62% (417 students)
Currently self-harming	9% (60 students)	91% (609 students)



- 9% students reported self-harming most days or most weeks.
- 11% students reported self-harming occasionally i.e., less than once per month

The figures for self-harm are higher than expected for this age group. A significant minority report that they have self-harmed, and 60 students report that they are currently self-harming. 76 students report self-harm on an occasional basis, a further 36 report weekly self-harm and 24 report self-harming on most days.

## General happiness

When students were asked to agree or disagree with the following statement:

**‘ I would be happy if school spent more time helping students manage their feelings, emotions and mental health. ’**

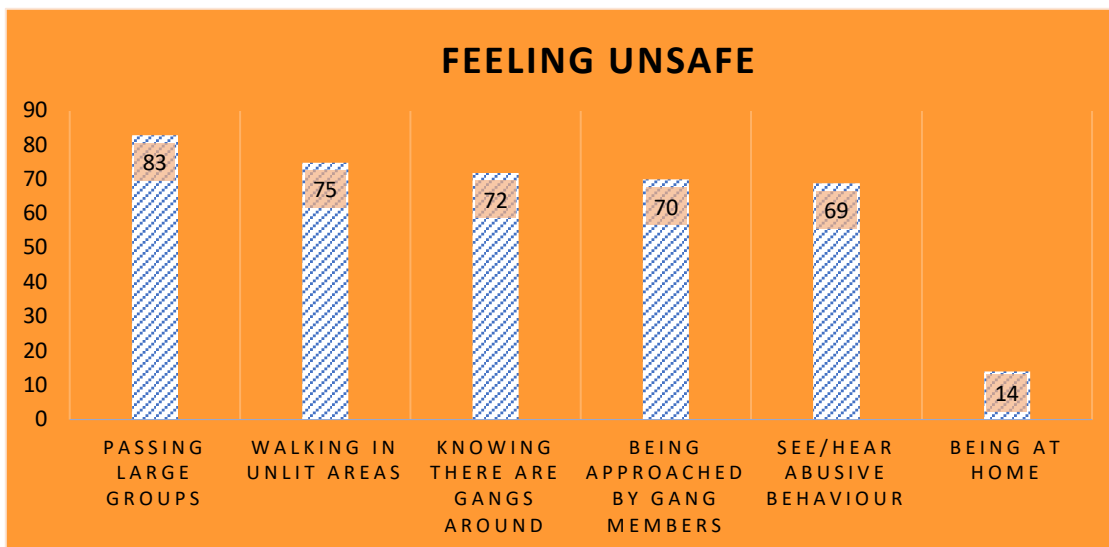
They answered as follows:

- 66% of students **Agree**.
- From this, 36% of students **STRONGLY Agree**.
- 24% of students are **Unsure**.
- 9% of students **Disagree**.
- From this, 4% **STRONGLY Disagree**.

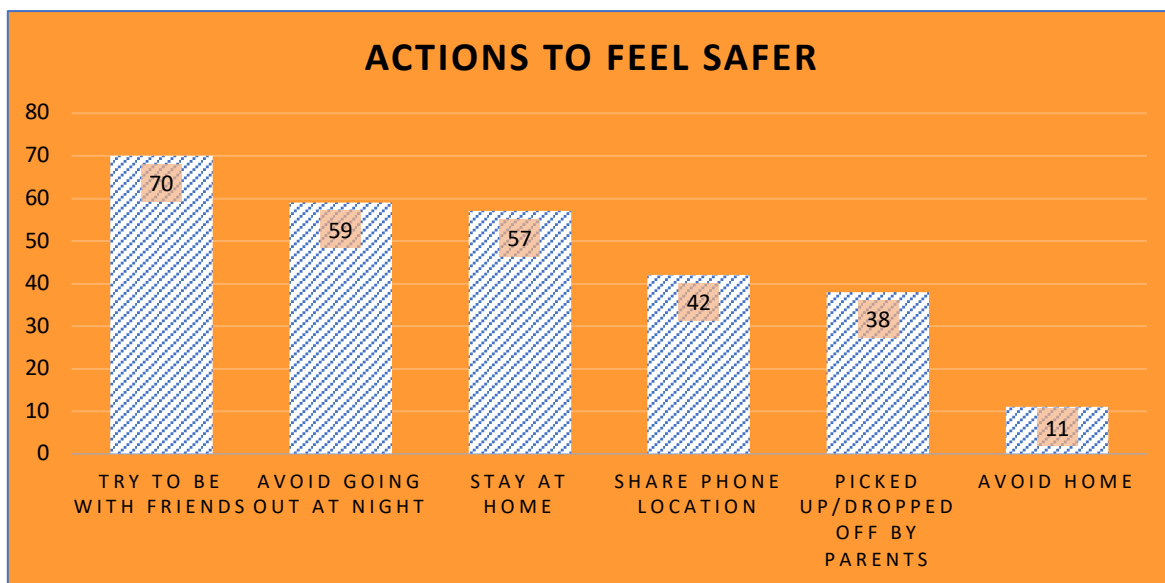
This suggests that almost two thirds of students feel that they would benefit from some support with mental/emotional health.

## Safety

This section has been extended in 2021 to provide greater insight on how safe young people in Swindon feel in their local community.



- 10% know someone in the school who has had nowhere to sleep at night on one or more occasions.
- 22% know someone who has been asked to do something that could be illegal.
- 20% knows someone in the school who spend a lot of time with older people that are not family or close friends.
- 30% know someone in the school who has been forced to do something they don't want to do.
- 65% of students know where to get help in the instance of these situations.
- 35% of students do not know where to get help in these situations.
- 77% generally feel safe in their daily life.
- 23% generally do not feel safe in their daily life.



13 students reported that they would carry a weapon to feel safer.

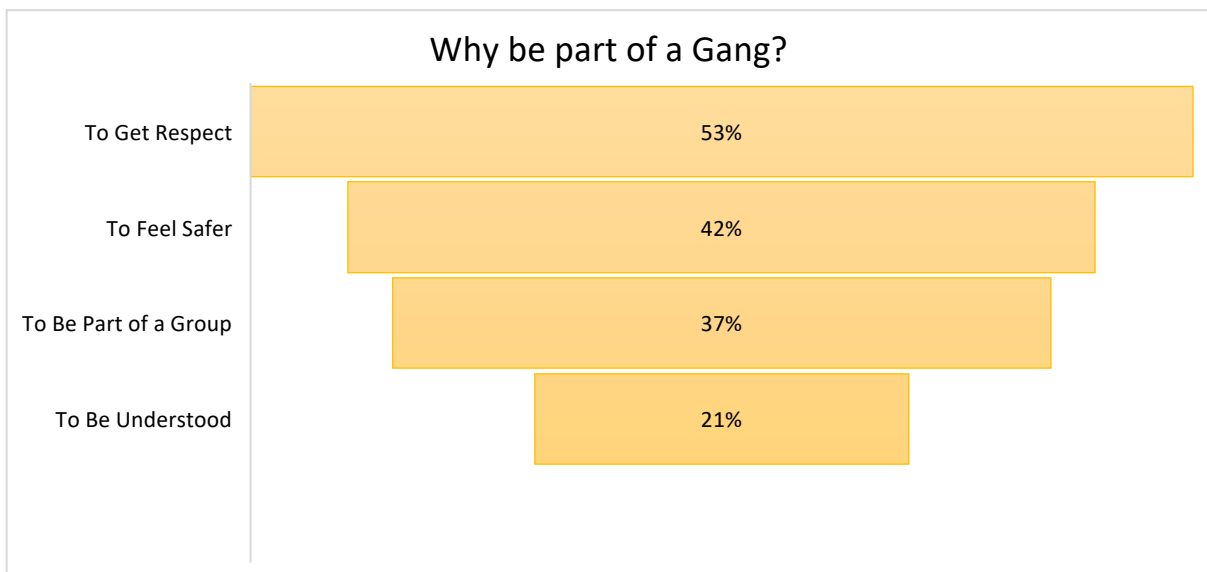
## Gangs –

Very few year 9 students who completed the survey report that they are in a gang.

Findings suggest that the majority in this age group feel safe, are not in gangs, however, 23% report not feeling safe and 11% would avoid home to feel safer.

- 3% of students (18) are in a gang.
- 97% of students (651) are not in a gang.

When asking the small number of students in a gang a bit more about their gang membership the following information was reported. Numbers are very small, therefore data should be treated with caution.



- 44% of students (8) in a gang carry a weapon.
- 56% of students (10) in a gang behave violently.
- 56% of students (10) in a gang dress in a particular way
- 67% of students (12) in a gang use specific vocabulary.
- 56% of students (10) in a gang do not want to leave.
- want to, however some were unsure about how to leave a gang safely.



	Yes	No	I am NOT in a Gang
<b>Do you know how to leave a Gang safely?</b>	11 (2%)	7 (1%)	651 (97%)

### PSHE - What do students think of PSHE?

From September 2020 it became a statutory requirement for schools to deliver a programme of Relationships, sex, and health education. Ofsted expect this offer to meet the needs of the students and for schools to modify their PSHE programmes to meet student needs. The ‘How Are You?’ survey which is freely available to schools via Swindon Borough Council is an excellent opportunity for schools to comprehensively consult with their students and the findings for those schools who have taken part will provide data that they can use to inform their PSHE programme.

Students were asked comment on how much PSHE input they had received across a range of areas and the tables below provide the ‘top 6’ and ‘bottom 6’ areas as rated by students.

#### Best rated topics

Topic	A lot/some
<b>Online Safety Laws</b>	58%
<b>Physical Health &amp; Fitness</b>	56%
<b>Information on Drugs</b>	55%
<b>Difference &amp; Diversity of Culture</b>	55%
<b>Puberty - Body</b>	55%
<b>Information on Alcohol</b>	51%

It is very reassuring that students are rating some of their PSHE highly with the majority acknowledging ‘a lot’ or ‘some’ input on the above topic areas. thoroughly.

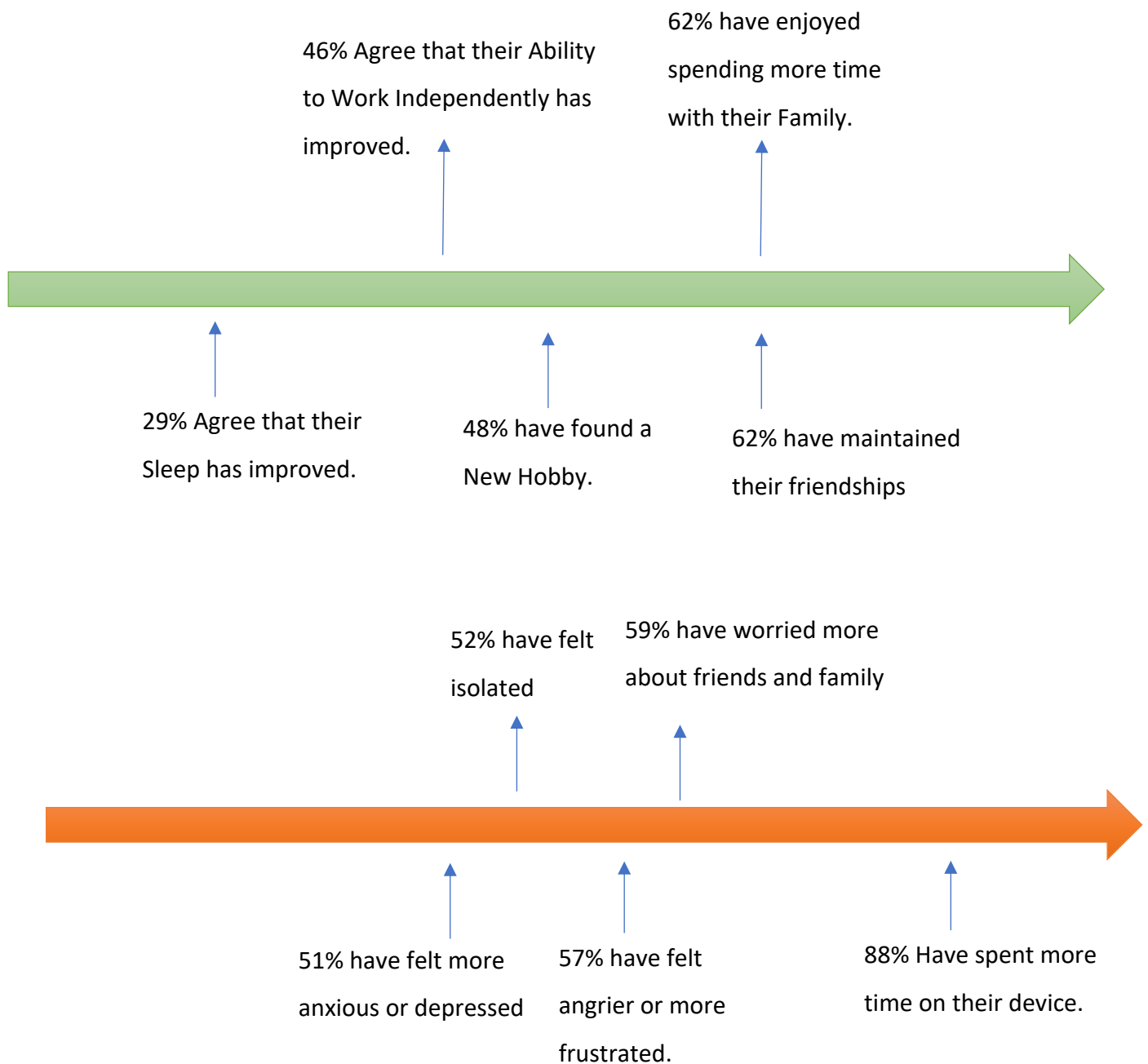
## Worst rated topics

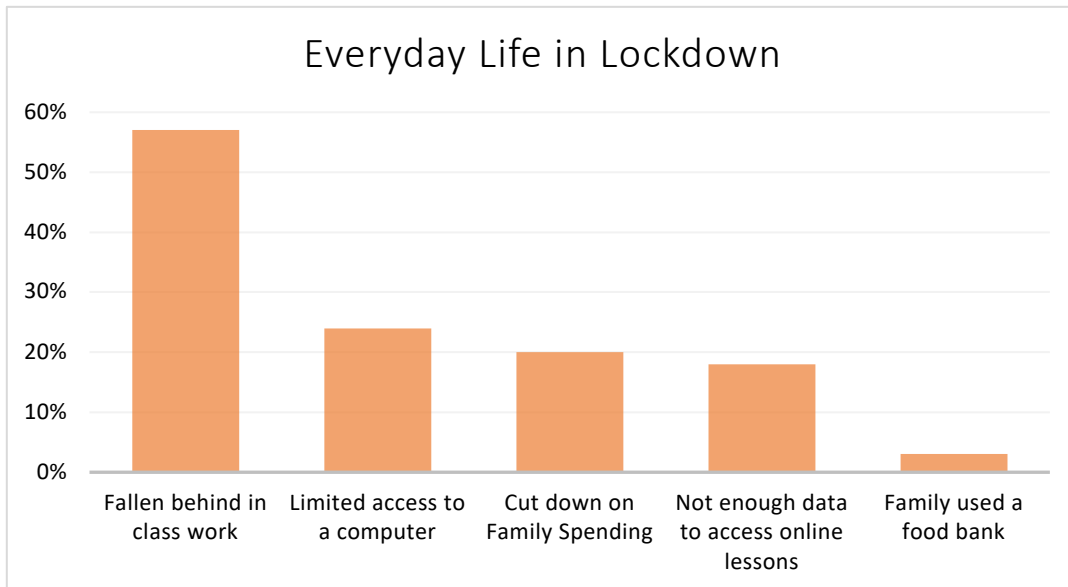
Topic	A little/nothing
Pornography	56%
Basic First Aid	47%
Changes in a Relationship	46%
Radicalisation & Extremism	40%
Health, Cancer, Tooth Decay	36%
Managing Stress & Anxiety	35%

The above topics were areas where the majority of students reported little or no input. It may be that these subjects are more likely to be delivered later in the PSHE programme, however, there are some areas that would be important at an early stage in secondary school, for example, grooming and exploitation. A significant minority of students are accessing pornography and it would make sense to cover this area in PSHE.

## Impact of Covid 19

A set of questions directly related to the impact of the Covid 19 pandemic on students was added. There was some positive feedback reported but also some negative reporting, particularly around mood, mental health, and feelings of isolation.





There were also some practical issues reported that caused some students difficulty as a result of the pandemic. Most notably feeling that they had fallen behind with schoolwork. For some there were issues with accessing technology, however, very few reported the use of a foodbank, although around a 5<sup>th</sup> did report a drop in family spending.