

How Are You? Year 11

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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 completed regularly in recent years; however, this is the first year that year 7 students have been included.

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. It also included questions on how successfully students had transitioned from primary to secondary school.

The survey was modified to ensure it was age-appropriate for year 7 students and was made available to all mainstream secondary schools in Swindon.

Summary of findings

The sample size (502) though sufficient to make inferences was a little disappointing with only two of the 14 schools invited surveying a full cohort of year 7 students. Given the statutory requirements around PSHE and expectation of student consultation it also represents a missed opportunity for most schools across the borough.

Nonetheless, data collected suggests that year 7 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. Three quarters of students have not drunk alcohol and of the 25% who have, almost all have done so rarely. Only 6% of students report watching pornography and only 1% have uploaded an inappropriate image of themselves.

Covid has had an impact on the lives of most students both positively and negatively and transition to secondary school has not been too problematic for most, despite the unprecedented experience of the pandemic.

Most students reported feeling safe in their community, reported bullying was low and gang membership was low.

The most surprising and concerning issue reported was the level of self-harm. Almost 30% of students reported that they had self-harmed and 15% were self-harming at the time the survey was completed.

Survey overview

- 502 complete survey responses
- 454 incomplete survey responses

In total 502 students successfully completed the survey. A further 454 partially completed, however, only surveys that have been fully completed are included in the results.

Two out of the 14 schools invited to take part appear to have made a good attempt to include all the year 7 cohort in the survey. Of the remaining schools it appears that one or two tutor groups have completed or just a handful of students. Six school did not return any year 7 surveys.

There is greater representation of female students, and this has been the case in previous years. 4% of students have either preferred not to state their gender or have identified as non-binary or trans.

Just over two thirds of students are white British.

1. Schools Completing

School	Students Completed (% of Sample)
Abbey Park School	167 (33%) (944 on roll)
Lawn Manor School	118 (24%) (772 on roll)
The Commonweal School	67 (13%)
Great Western Academy	59 (12%)
Highworth Warneford School	55 (11%)

St Josephs College	22	(4%)
UTC Swindon	11	(2%)
Swindon Academy	3	(1%)

2. Gender

Gender	Students Completed (% of Sample)	
Female	272	(54%)
Male	208	(41%)
Prefer Not to Say	17	(3%)
Non-Binary/Trans	5	(1%)

3. Age

Age	Students (% of Sample)
11	161 (32%)
12	341 (68%)

4. Ethnicity

Ethnicity	Students (% of Sample)	
White British	337	(67%)
Black, Asian, Minority Ethnic	57	(11%)
'Prefer Not to Say'	36	(7%)
Other European	32	(6%)
Other Non – European	6	(1%)
Other	34	(7%)

Key Findings:

- Almost 100% of students reported that they do **NOT** smoke (only 1 student reported smoking more than 1 cigarette per week)
- 99% of students do **NOT** use e-cigarettes/vape
- 100% of students reported that they did **NOT** use cannabis
- 76% of students report that they have **NEVER** drank alcohol, of the 24% who have tried alcohol the majority reported that it had been on rare occasions.
- 94% have **NOT** viewed pornography
- 99% 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. 92% reported that they would act if someone was being bullied.
- Mental health findings were generally good, **HOWEVER**, 28% reported that they had self-harmed and 15% are currently self-harming. Just over 4% report self-harming 'most days' or 'most weeks.'
- 84% generally feel safe in their day-to-day life.

- 95% of students are **NOT** in a gang.
- Just under 60% felt 'stressed' about the move from primary to secondary school and most felt that secondary school had helped them settle in.
- 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.

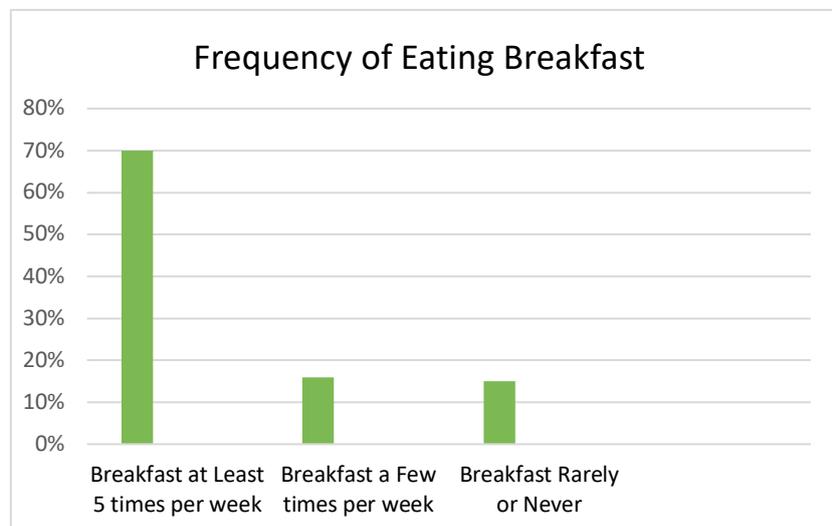
Survey Findings

Food and Eating

The majority of students (70%) report eating breakfast at least 5 times per week. 70% report that their diet is 'good' or 'not too bad' with 30% admitting it could be improved.

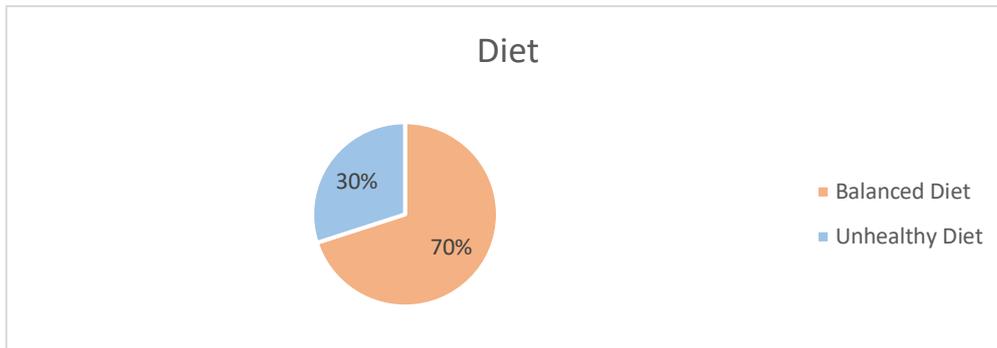
There are clearly some students with anxiety about their body image (63%), size (50%) or attitude towards food (53%). Only 7% reported having an eating disorder. 20 students reported that they had received support from their GP of CAMHS about their eating.

Breakfast –



- 20% do not feel like eating in the morning.
- 19% do not have time for breakfast in the morning.
- 10% prefer eating later in the day (break or lunch)
- 8% skip breakfast in trying to manage weight.

How healthy is your diet?



Exploratory behaviours

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

Smoking -

	Yes	No
Smoking	More than 1 cigarette per week = 1 student	501 Almost 100%
Vaping	6 students have vaped between less than once per week to 3-5 times per week	496 students (98.8%) of students do not vape
Cannabis	No students reported cannabis use	502 = 100%

Only 1 student reported smoking more than 1 cigarette per week, cannabis use was not reported by any student and e-cigarette use was very low.

Alcohol – Have you ever drunk alcohol?

	Yes	No
Alcohol	24% (120 students)	76% (382 students)

Just under a quarter of students have drunk alcohol, but of that group (120 students) only 3 reported drinking on a regular basis. Health guidelines recommend that alcohol is never consumed under 15 and the best advice is to wait until 18 or over if young people wish to drink alcohol.

Parents are the main source of alcohol, with 64% reporting that their parents gave them alcohol. 10% took alcohol from their home and 5% had it bought for them by older relatives or friends.

Gambling

The majority of students have not gambled

	Yes	No
Gambling	15%	85%

- 68% have used scratch cards.
- 27% have bought a National Lottery ticket
- 11% 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	94%	6%

- 5% of students (26) have viewed pornography online.
- Of this group 62% have viewed pornography rarely i.e., less than 6 times
- 95% of students (470) have NOT viewed pornography online.

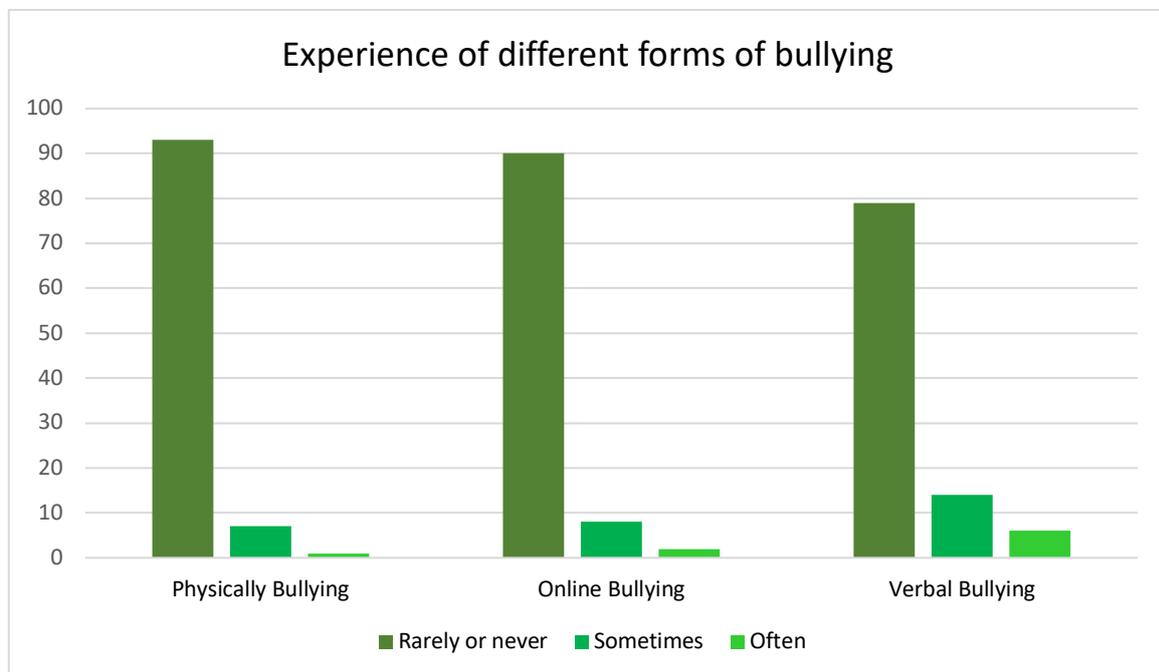
This figure is lower than expected as it is widely reported that many students view pornography for the first time at around 11 years old, even if unintentionally.

	No	Yes
Uploading an inappropriate image	99%	1%

It is reassuring that this figure is very low as the potential consequences of uploading an explicit image can be serious and wide ranging.

Mental & Emotional Health

Bullying –



- 92% of students would act if they, or someone they knew, was being bullied.
- Of which, 69% would speak to a parent and 40% would speak to a teacher.

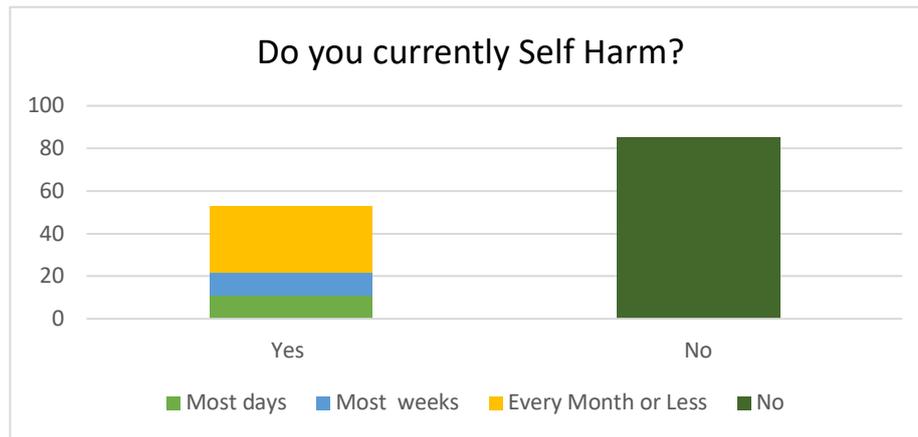
Most students have either not experienced bullying at all or have only rarely been bullied. Verbal bullying is the most common form of bullying and almost 20% of students have experienced this type of bullying ‘sometimes’ or ‘often’.

Most 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 and on having strategies for managing difficult feelings with close to a third of students reporting difficulty in these areas.

- 95% Agree to have a friend they can turn to for support.
- 92% Agree to have people at home who they can turn to for support.
- 86% Agree to have staff in school who they can go to for help.
- 82% Agree to be happy with their life.
- 71% Agree to be happy at school.
- 71% Agree to have healthy ways to manage difficult feelings.

Self-Harm

	Yes	No
Ever self-harmed	28% (138 students)	72% (362 students)
Currently self-harming	15% (76 students)	85% (426 students)



- 22% students reported self-harming most days or most weeks.
- 31% 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 76 students report that they are currently self-harming. 44 students report self-harm on an occasional basis, a further 16 report weekly self-harm and 16 report self-harming on most days.

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:

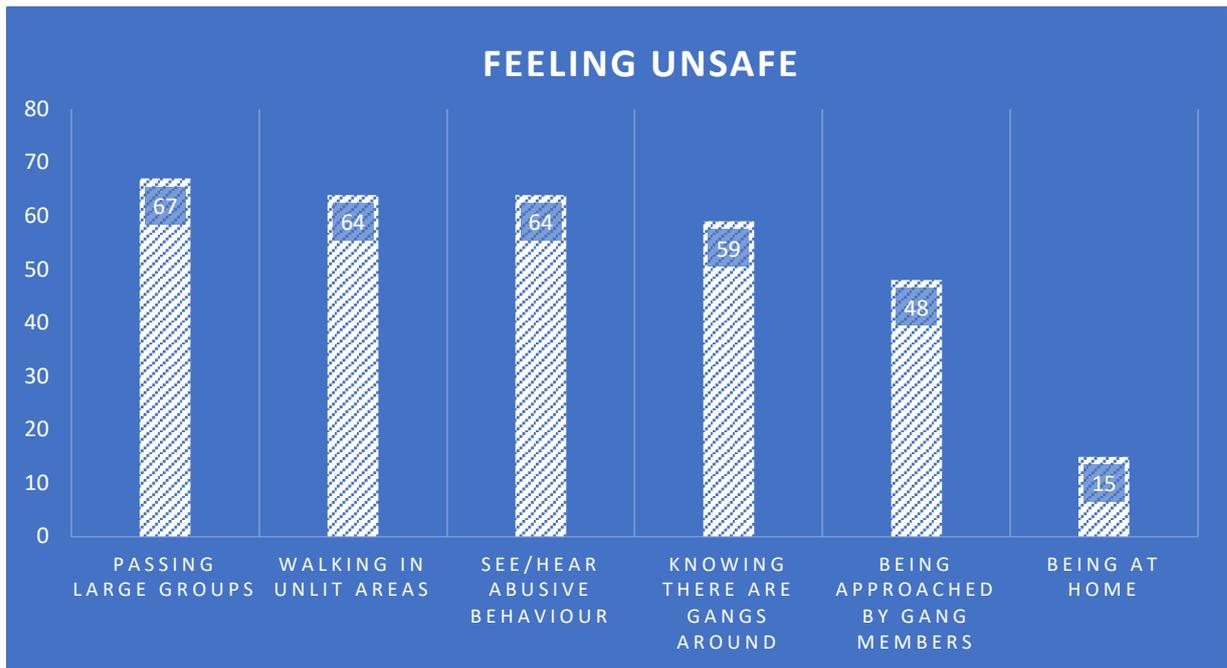
- 65% of students **Agree** (From this, 31% of students **STRONGLY Agree**)
- 29% of students are **Unsure**.
- 6% of students **Disagree**.
- From this, 3% **STRONGLY Disagree**.

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.

- 4% know someone in the school who has had nowhere to sleep at night on one or more occasions.
- 8% know someone who has been asked to do something that could be illegal.
- 10% knows someone in the school who spend a lot of time with older people that are not family or close friends.
- 19% know someone in the school who has been forced to do something they don't want to do.
- 76% of students know where to get help in the instance of these situations.
- 25% of students do not know where to get help in these situations.
- 84% generally feel safe in their daily life.
- 16% generally do not feel safe in their daily life.

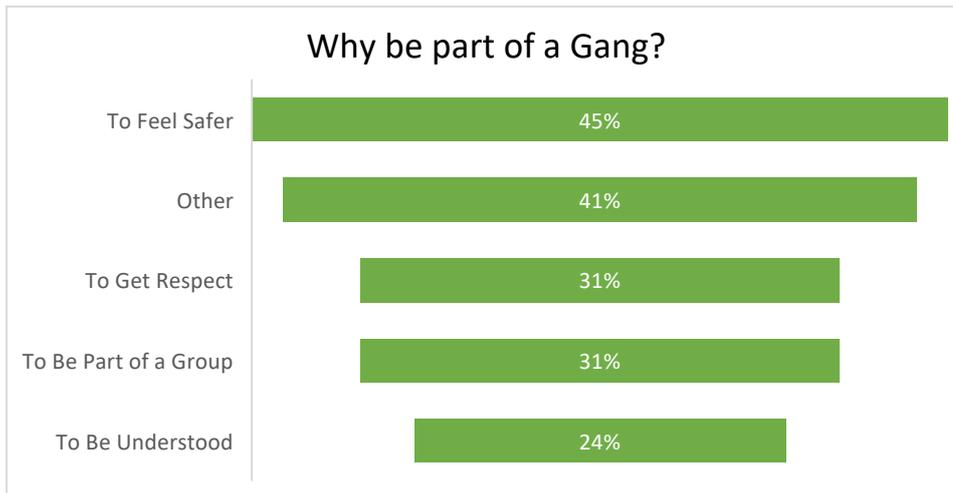


Gangs –

- 5% of students (24) are in a Gang.
- 95% of students (477) are not in a Gang.

Findings suggest that the majority in this age group feel safe, are not in gangs, however, 16% report not feeling safe and 6% would avoid home to feel safer.

When asking the small number of students in a gang a bit more about their gang membership the following information was reported. The numbers are very small; therefore, it is important to treat the data with caution.



- 8% of students (2) in a gang carry a weapon.
- 8% of students (2) in a gang behave violently.
- 20% of students (5) in a gang dress in a particular way
- 28% of students (7) in a gang use specific vocabulary.
- 80% of students (20) in a gang do not want to leave.
- 20% of students (5) in a gang feel that they can leave when they want to
- 2 students in a gang reported feeling too scared to leave.

	Yes	No	I am NOT in a Gang
Do you know how to leave a Gang safely?	23 (5%)	2 (0.03%)	477 (95%)

PSHE - What do students think of PSHE?

From September 2020 it was 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 is available free to schools via Swindon Borough Council and 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 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
Body changes at puberty	82%
Benefits of physical health and fitness	82%
Emotional changes at puberty	80%
Link between physical and emotional health	75%
Online safety	72%
Importance of sleep	68%

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. It may be that some of these topics were thoroughly taught at primary school as most primary schools in Swindon have invested in the Jigsaw PSHE programme which covers the above topics thoroughly.

Worst rated topics

Topic	A little/nothing
Pornography	82%
Radicalisation & extremism	71%
Relationships changes	63%
Budgeting & finance	62%
Grooming & exploitation	60%
Legal status of relationships	58%

The above topics were areas where most 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.

Transition from primary to secondary school

This is the first year that Swindon Healthy Schools has included year 7 students in the 'How are you?' survey and it made sense to ask about their experiences of moving from primary to secondary school, particularly given the reduced transition programme as a result of the covid pandemic. Although most students reported feeling stressed about the move to secondary school, the majority didn't report negatively about the move.

Most students didn't have a bad experience with 50% feeling the experience was 'ok'. 38% reported there was lots of help and advice available during transition.

For individual students there were some problems, and these were recorded in the 'comments' section but on the whole the experience appears to have been successful for the majority of children

Transition –

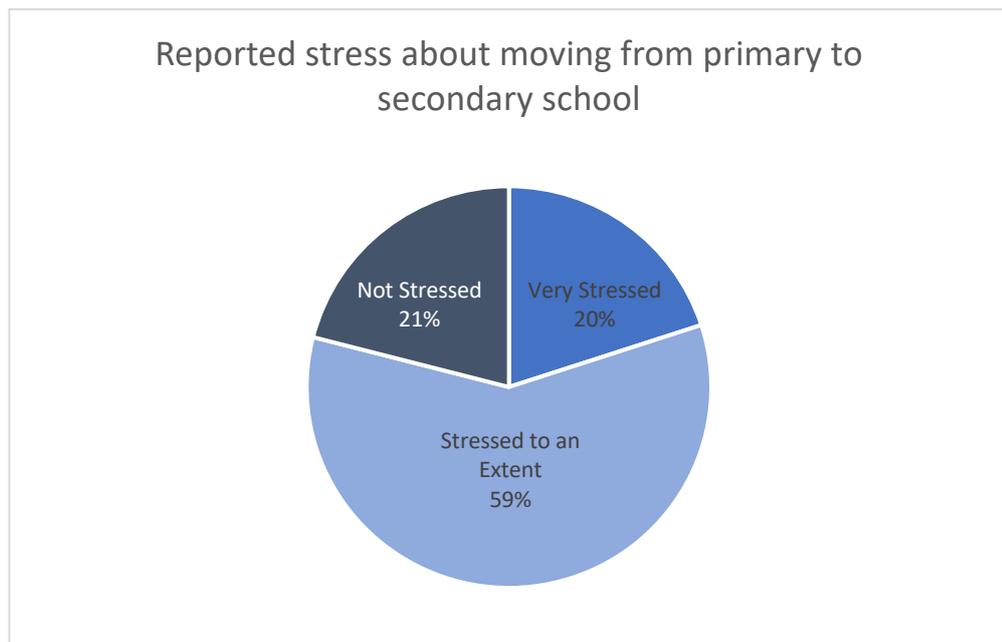
- 50% of students found the Transition Period 'okay'.
- 38% of students felt that there was lots of help and advice available during the Transition Period.
- 9% of students thought that the school could have done a lot more.
- 4% of students suggested that the school did not do anything.

Comments:

“This was probably linked to the covid pandemic as we had no induction days “

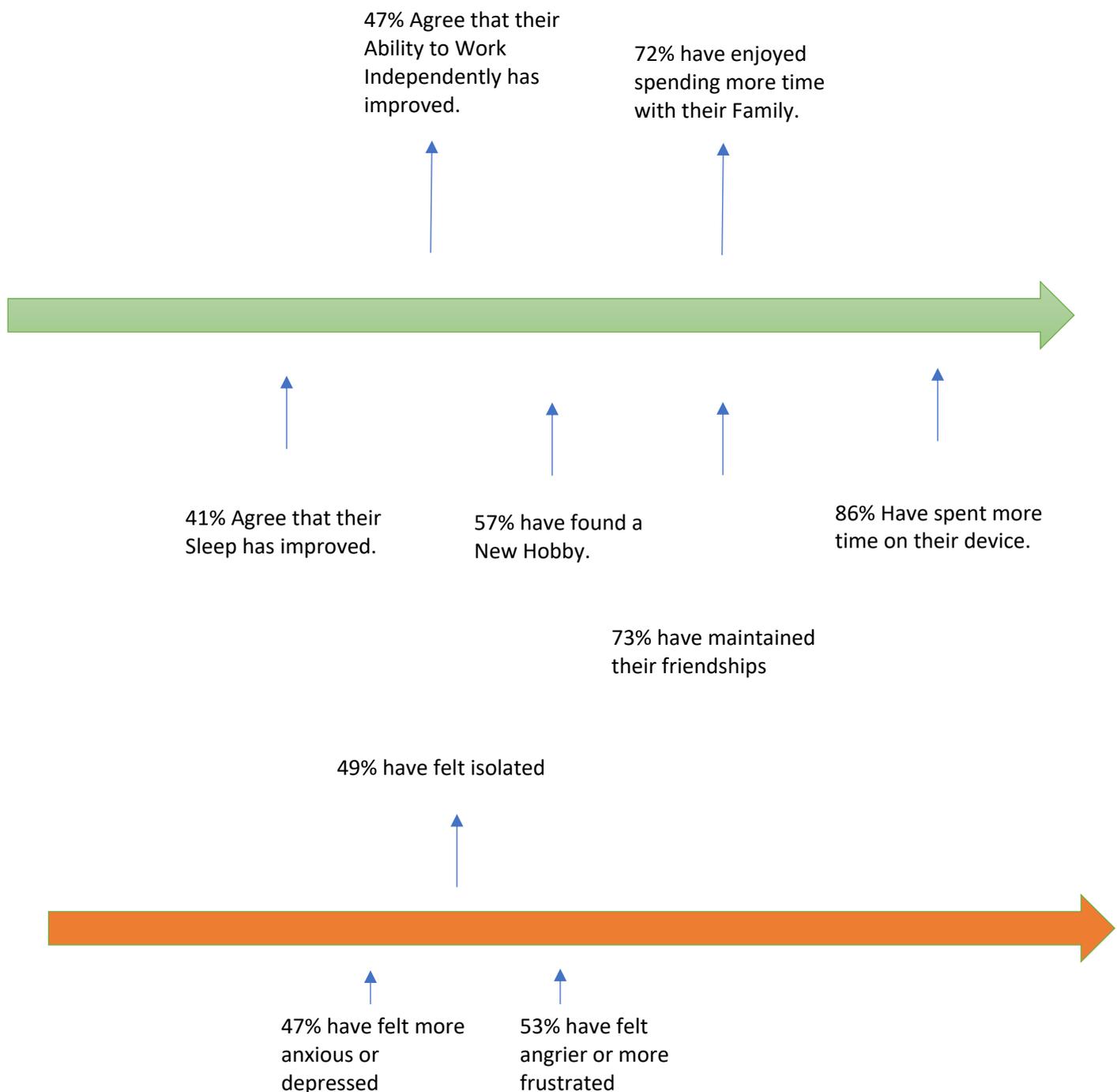
“I was self-isolating, and I came 2 weeks late and I didn't know anything at all”

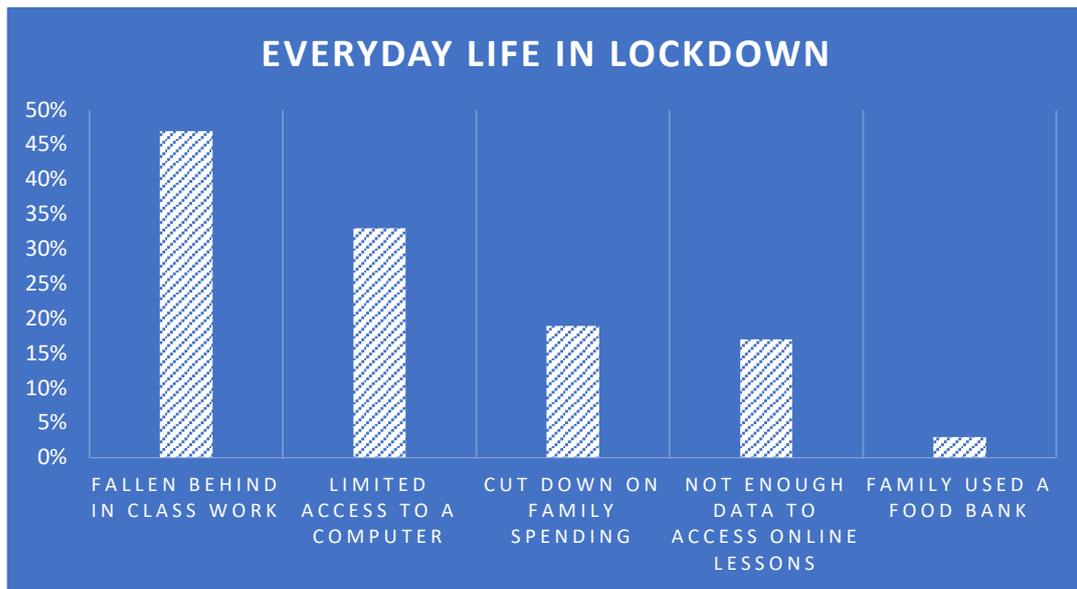
The level of stress perceived around transition is fairly high, however most students report a high level of resilience suggesting that they deal well with stress and can move forward from the difficulties associated with transition.



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 because of the pandemic. Most notably the 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 5th did report a drop in family spending.